

Total No. of Questions : 28]

Roll No.

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12th ARNKD(W/Z) JKLUT-2025

1129-C

PHYSICAL EDUCATION

Time : 2½ Hours]

[Maximum Marks : 60

Note:- "Attempt any 51 Marks out of 60 Marks".

16

SECTION-A

(1 mark each)

1. The Roman "Colosseum" was mainly used for:

- (a) Music concerts
- (b) Public speeches
- ☒ (c) Wrestling, fighting, and other physical contests
- (d) Olympic swimming events

Turn Over

2. According to cricket literature, the autobiography *Playing It My Way* was written by:

- (a) Rahul Dravid
- (b) Sachin Tendulkar
- (c) Kapil Dev
- (d) None of the above

3. According to scientists, extreme heat with humidity leads to:

- (a) More stamina
- (b) ✓ Heat cramps and stroke
- (c) Stronger muscles
- (d) Extra energy

4. ^① Cardio-respiratory endurance mainly depends on the functioning of:

- (a) Muscles and bones
- (b) ☒ Heart and respiratory system
- (c) Ligaments and joints
- (d) Nervous system

5. ^① Match the following

List I (Yoga Limbs)

List II (Meaning)

- A. Yama
- B. Niyama
- C. Āsana
- D. Prāṇāyāma

- 1. Postures
- 2. Breath control
- 3. Ethical discipline
- 4. Rules of personal discipline

Codes:

- ~~(a)~~ A-3, B-4, C-1, D-2
- (b) A-4, B-3, C-2, D-1
- (c) A-1, B-2, C-3, D-4
- (d) A-2, B-1, C-4, D-3

6. 

Match the following:

List I (Sports Example)

- A. Marathon
- B. Weightlifting
- C. 100m sprint
- D. Gymnastics

List II (Fitness Component)

- 1. Flexibility
- 2. Speed
- 3. Maximum strength
- 4. Endurance

Codes:

- (a) A-1, B-2, C-3, D-4
- (b) A-2, B-3, C-4, D-1
- (c) A-3, B-4, C-1, D-2
- (d) A-4, B-3, C-2, D-1

7 ①
Match the following:

List I (Substance)

A. Testosterone

B. Ephedrine

~~C. Morphine~~

D. THC (Tetrahydrocannabinol)

List II (Category)

1. Stimulant

2. Cannabinoid

3. Anabolic steroid

4. Narcotic

Codes:

(a) A-1, B-2, C-3, D-4

(b) A-2, B-3, C-1, D-4

~~(c)~~ A-3, B-1, C-4, D-2

(d) A-4, B-2, C-1, D-3

[6]

8.

Which one of the following is NOT a moral value?

- (a) Brotherhood
- (b) Tolerance
- (c) ☒ Terrorism
- (d) Truth

9.

Which of the following events is not part of athletics combined events (decathlon)?

- (a) Javelin Throw
- (b) Long Jump
- (c) 400 m race
- (d) ☒ Table Tennis singles

10. Air pollution increases the chances of:

- (a) Weight gain
- (b) ✓ Eye and throat damage
- (c) Better immunity
- (d) Muscle strength

11. Explosive strength is most required in:

- (a) Football matches
- (b) ✓ Shot-put and hammer throw
- (c) Long-distance running
- (d) Swimming

12.

Games and sports in ancient Greece were held in honour of:

(a) ~~Zeus~~

(b) ✓ Apollo

(c) Poseidon

(d) Ares

13.

Arrange the following in correct order as per Aṣṭāṅga Yoga:

(a) ~~Pratyāhāra → Dhāraṇā → Dhyāna → Samādhi~~

(b) Dhāraṇā → Pratyāhāra → Samādhi → Dhyāna

(c) Samādhi → Dhyāna → Dhāraṇā → Pratyāhāra

(d) Dhyāna → Samādhi → Pratyāhāra → Dhāraṇā

14. Which training method uses repeated fast runs with rest intervals?

- ☒ (a) Circuit training
- ☒ (b) Interval training
- (c) Continuous training
- (d) Fartlek training

15. The inclusion of moral education in the school curriculum will:

- ☒ (a) Create stress in students
- ☒ (b) Help in character building
- (c) Reduce academic learning
- (d) Only increase homework

(10)

16

Which of the following is NOT an objective of First Aid?

- (a) To preserve life
- (b) To prevent the condition from worsening
- (c) To promote recovery
- (d) To perform surgery immediately

SECTION-B

15

17. How does harmony and group cohesion develop through sports?

(3 marks each)

OR

20

What is the meaning of sports sociology?

18. How does altitude affect sports performance?

19. List any three skill-related components of physical fitness, along with examples.

20. Define the following basketball terms:

(a) Travelling

(b) Dead ball

(c) Double foul

OR

Explain the following Cricket terms:

(a) Sledging

(b) IPL

(c) Tampering

(d) Run-up

(e) No-ball

21. Explain the five advantages of Pranayama.

22. Define Doping. Explain why it is considered unethical in sports.

23. Differentiate between active flexibility and passive flexibility.

OR

Write a short note on isotonic exercises, with suitable examples.

24. Physical education plays an important role in moral development. "Justify".

SECTION-C (8)

(5 marks each)

~~25.~~ What role does environment play in the success of Physical education programmes?

OR

Explain how a proper sports environment helps in:

- (a) Avoiding sports injuries
- (b) Encouraging mass participation

~~26.~~ (3) "Discuss the importance of socialization through games and sports".

27. Define speed. Explain its types and methods of development.

28. ³ Draw a neat diagram of the shot-put sector with all specifications.

OR

Draw a neat diagram of a javelin runway and its sectors with all specifications.
