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JKBOSE

Question Paper

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Y–34–X

Roll No. .....

Total No. of Questions : **30**]

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XIARJKUT23

9234–X

PHYSICAL EDUCATION

Time : 3 Hours]

[Maximum Marks : 70

Section–A

(Multiple Choice Questions) 1 each

1. Physical Education enables an individual to learn :

   (A) Friendship

   (B) Social Adjustment

   (C) Honesty

   (D) None of these

2. The amount of air inspired or expired per breathe is known as :

(A) Body Composition

(B) Tidal volume

(C) Lung volume

(D) Brain volume

3. Anxiety means a disturbed state of :

(A) Body

(B) Play

(C) Mind

(D) Psychology

4. Adverse effects of caffeine are :

(A) Insomnia

(B) Diarrhea

(C) Anxiety and Instability

(D) All of these

5. The height of pole in Kho-Kho from ground is :

(A) 120 cm to 125 cm

(B) 120 m to 125 m

(C) 120 feet to 125 feet

(D) 120 yard to 125 yard

6. The distance between Baulk line to bonus line in Kabaddi is :

(A) One feet

(B) One yard

(C) One meter

(D) One inch

7. Winter Olympic Games were introduced in the year :

(A) 1896

(B) 1900

(C) 1920

(D) 1924

8. Proteins are needed to build and maintain :

(A) Muscle

(B) Blood

(C) Skin and Bones

(D) All of these

Section–B

(Very Short Answer Type Questions)

9. Briefly discuss MAKA trophy.

Or

Write a short note on National Games.

10. How motivation is differ from achievement ?

11. State role of self-assessment in career choice.

12. Mention two objectives of health education.

13. Mention the purpose of short service line in badminton ?

14. Why women were not allowed to participate in Ancient Olympic Games ?

15. Write any *two* functions of Diet.

16. Briefly define contusion.

17. Mention dimensions of Kabaddi Court.

18. Draw a labelled diagram of Badminton Court with its dimension.

Section–C

(Short Answer Type Questions) 3 each

19. What do you mean by Physical Education ? Support the same with appropriate definitions.

Or

Elaborate the modern trends of Physical Education.

20. Explain the human digestion process.

21. Give the list of commonly misused drugs in Sports ? Explain any *one*.

22. Elaborate the difference between Psychology and Sports Psychology.

23. Write a detailed note on School Games Federation of India.

24. Discuss Dronacharya Award.

25. Describe the historical background of Ancient Olympic Games.

26. What are the various effects of exercise on Muscular System ?

27. Discuss the relationship of Physical Education with general education.

Section–D

(Long Answer Type Questions) 5 each

28. What are the categories of Nutrients ? Explain in detail.

Or

What do you know about Obesity ? What are its causes and how to prevent it ?

29. Define Sports Injury. Describe any *five* sports injuries in detail.

Or

Define fracture and dislocation. Explain the types of fracture and its handling.

30. Discuss the various career opportunities with reference to nature of job for each opportunity.

Or

Define the various courses of physical education in detail.

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