

CAREERS 360



JKBOSE Class 12 Physical Education
Model Test Paper

MODAL QUESTION PAPER

TIME ALLOWED:3HRS
(CLASS 12TH)

Subject :- PHYSICAL EDUCATION
MAX.MARKS:60

GENERAL INSTRUCTION

- 1) The Question paper consists of 28 Questions.
- 2) All Questions are compulsory.
- 3) Question 1-16 carry 1 mark and are multiple choice Questions.
- 4) Question 17-24 carry 3 marks each and should not exceed 100 words .
- 5) Question 25-28 carry 5 marks each and should not exceed 200 words.

SECTION- (A)

Q1. The resistance ability against fatigue is called:

a) Speed b) Flexibility c) Endurance d) Strength

Q2. The fatigue is the result of accumulation of .

a) Lactic acid b) Sulphuric acid c) Carbonic acid d) All of these

Q3. Fartlek training is used to develop:

a) Flexibility b) Strength c) Endurance d) None of these

Q4. Isometric exercise is one in which muscle length is:

a) Constant b) Shorten c) Lengthen d) None of these

Q5. Sociology deals with :

a) Functions of the body b) Activities of the mind
c) Movements of the body d) Behaviour of man in relation to society

Q6. Which leadership style takes full charge of his team?

a) Permissive b) Autocratic c) Directive d) Democratic

Q7. By which of the following means do we acquire values, beliefs and behaviour?

a) Culture b) Recreation
c) Socialization d) Physical education

Q8. A person having both traits of introvert and extrovert is known as?

- a) Extroversion b). Ambiverts c) Endomorph d) Mesomorph

Q9. Adaptation to training load at high altitudes is known as:

- a) Thermoregulation b) Super compensation
- c) Acclimatization d) None of these.

Q10. High Altitude Training at 8000ft-

- a) Enhances performance b) Deteriorates performance
- c) Decrease muscle strength d) None of these

Q11. The word asana refers to -

- a) A yoga pose or posture b) A breathing practice
- c) A relaxation technique d) None of these

Q12. The word "Pranayama" refers to-

- a) Mediation b) Relaxation
- c) Breath control exercises d) A yoga posture

Q13. What is the length of pitch in cricket:

- a) 21yds b) 22yds c) 23 yds d) 24yds

Q14. For men, 110m hurdle race the height of the hurdle is.

- a) 1.11m. b) 0.92m c) 1.067m. d) 0.84

Q15. Sprain is injury to .

- a) Bone b) Ligament c) Brain d) Tendon

Q16. What are the causes of muscle cramps?

- a) Salt deficiency b) Any injury to muscle
- c) Hyper ventilation d) All of these

SECTION (B)

Q17. Write down the meaning and importance of physical fitness?

or

Explain those factors which have adverse effects on physical fitness?

Q18. Explain iso-kinetic exercises along with its advantages?

Q19. Discuss the importance of sociology in the field of physical education?

Q20. How physical education programme leads to value Education. Explain?

or

What is the need and importance of moral education in present era?

Q21. What are the main effects of high altitude on physical performance?

Q22. Enlist the elements of yoga and explain any three of them?

Q23. Write a short note on athletics?

or

Write about the history of table tennis?

Q24. What is dehydration its causes and symptoms?

SECTION (C)

Q25. Explain the method of circuit training and its advantages and disadvantages?

Or

What is Endurance? How you can improve Endurance?

Q26. Games and sports are our cultural heritage. Elaborate?

Q27. Explain the role of an individual in improvement of environment for sports related accidents?

Q28. Explain fundamental skills of basketball and also draw a labelled diagram of basketball court?

or

Give a brief history of cricket. Explain the fundamental skills of cricket?