

Total No. of Printed Pages—7

**HS/XII/A.Sc.Com.V/PE/19**

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**PHYSICAL EDUCATION**

*Full Marks : 70*

*Time : 3 hours*

*The figures in the margin indicate full marks for the questions*

*General Instructions :*

- (i) Write all the answers in the Answer Script.
- (ii) Attempt objective questions serially.
- (iii) Attempt all parts of a question together at one place.

**1.** State whether the following statements are *True* or *False* : 1×15=15

- (a) For a positive sports environment, the basic requirement is having adequate open spaces, grounds and courts for carrying out a wide variety of games, sports and other physical education activities.
- (b) Deficiency of vitamin C leads to retardation of growth, painful gums and joints.
- (c) AAPHER was first introduced in England.
- (d) There are two types of friction, i.e., static and dynamic frictions.
- (e) The basic laws of training are the law of specificity, law of overload and law of reversibility.

( 2 )

- (f) The 100 mt and 200 mt sprints are long-term endurances.
- (g) The cardiac muscle has both features of muscles, i.e., skeletal muscle and smooth muscle.
- (h) Kyphosis is an increase in the curvature of the thoracic region of spine.
- (i) Anaerobic activities are strenuous exercises that are carried out in the absence of adequate oxygen supply.
- (j) The formula to calculate the BMI of an individual is

$$\text{BMI} = \frac{\text{Height}^2}{\text{Body weight}}$$

- (k) The respiratory system is altered as a result of physical exercises and training.
- (l) Intramural events are inter-school/district events.
- (m) There are seven field events in athletics.
- (n) Scoliosis is a postural deformity.
- (o) The objective of flexibility training is to improve the range of stretch of the antagonistic muscles.

2. Choose and write the correct answer from the choices given: 1×15=15

- (a) The shoulder joint is an example of a \_\_\_\_ .
  - (i) pivot joint
  - (ii) ball-and-socket joint
  - (iii) hinge joint

- (b) \_\_\_\_\_ training is a method that blends continuous training with interval training.
- (i) Fartlek
  - (ii) Circuit
  - (iii) Plyometric
- (c) The law of \_\_\_\_\_ states that adaptation is specific to the type of load.
- (i) specificity
  - (ii) overload
  - (iii) reversibility
- (d) There are \_\_\_\_\_ players on each side of the court in a volleyball match.
- (i) 5
  - (ii) 6
  - (iii) 7
- (e) In which of the following types of tournament, a team which is defeated once, gets eliminated immediately?
- (i) Knockout
  - (ii) Double-knockout
  - (iii) Single-league
- (f) In which event did Hima Das secure the gold medal in the Asian Games, 2018?
- (i) 200 mt
  - (ii) 400 mt
  - (iii) 800 mt

- (g) If the skin looks scraped and feels irritated and starts to bleed, it is known as
- (i) abrasion
  - (ii) bruise
  - (iii) contusion
- (h) The factor(s) affecting an object flight is/are
- (i) angle of projection
  - (ii) projection height
  - (iii) initial velocity
  - (iv) All of the above
- (i) Newton's second law of motion is
- (i) Law of inertia
  - (ii) Law of acceleration
  - (iii) Law of reaction
- (j) A body having muscular shapes, large bones and a natural athletic build with broader shoulders than hips is known as
- (i) endomorph
  - (ii) mesomorph
  - (iii) ectomorph
- (k) The deoxygenated process in the respiratory system takes place in the
- (i) lungs
  - (ii) bronchioles
  - (iii) alveoli

( 5 )

- (l) The upper chambers of the heart are
- (i) right ventricles and right atrium
  - (ii) left atrium and left ventricles
  - (iii) right atrium and left atrium
- (m) \_\_\_\_\_ are found in pulses, beans, cheese, milk, fish, meat and eggs.
- (i) Carbohydrates
  - (ii) Proteins
  - (iii) Fats
- (n) "Measurement refers to the process of administrating a test to obtain quantitative data." Who said this?
- (i) Barry L Johnson
  - (ii) H. M. Barrow
  - (iii) Jack Nelson
- (o) The longest bone in the body is
- (i) tibia
  - (ii) radius
  - (iii) femur

**3.** Answer any *five* of the following questions : 2×5=10

- (a) What do you understand by sports environment?
- (b) List at least six qualities of a good leader.

( 6 )

- (c) What is the importance of proteins in our body?
- (d) Briefly describe the objectives of intramural in sports.
- (e) Write down any five advantages of a correct posture.
- (f) Write a brief summary on the effects of physical training on the respiratory system.
- (g) What are the two categories of motivation? Briefly describe.
- (h) What are the causes of sports injuries?

4. Answer any *six* of the following questions : 5×6=30

- (a) What role do spectators play in creating a positive sports environment? 5
- (b) Draw a fixture for a single-knockout tournament with 21 teams. 5
- (c) How does diet affect the performance of a sports person? Give examples. 5
- (d) “The exertion of a force depends upon the strength requirements of the sport.” What are the three main types of strength? Explain. 5

( 7 )

- (e) Write notes on any *two* of the following indicating the causes and remedial measures for the deformity :  $2\frac{1}{2}+2\frac{1}{2}=5$
- (i) Flat foot
  - (ii) Bow legs
  - (iii) Round shoulders or kyphosis
  - (iv) Hollow back or lordosis
- (f) Explain the contents and administration on any two tests of the Kraus-Weber test in detail.  $2\frac{1}{2}+2\frac{1}{2}=5$
- (g) Name two tests for the measurement of body flexibility. Discuss its content and administration in detail.  $1+2+2=5$
- (h) What are the various committees required for sports events? Explain the duties of any three committees.  $2+1+1+1=5$

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