HS/XII/A.Sc.Com.V/PE/18

2 0 1 8

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.

(PART : A—OBJECTIVE)

(*Marks* : 35)

1. Write whether the following statements are *True* or *False* :   1×10=10

   (a) Calcium is required for healthy bones.

   (b) Due to the acute shortage of vitamin B_1, an individual may fall prey to Beri Beri disease.

   (c) Vitamin C is also known as ascorbic acid which is not soluble in water.

   (d) Carbohydrates should be given to athletes in excessive amount.

   (e) In a method of fixing byes, the third bye is given to the first team of the lower half.

(2)

(f) Weight training method is used to develop mental fitness.

(g) 'Fine motor development' involves the development of large muscles in a child's body.

(h) Females tend to be more flexible than males in all categories.

(i) The stroke volume of experienced athletes at rest remains at 90–120 ml/beat.

(j) Isokinetic exercise was developed by J. Perrine in 1967.

2. Choose and write the correct answer : 1×11=11

(a) The first modern Olympic Games were held in 1896 in

   (i) Athens

   (ii) Persia

   (iii) Paris

(b) Karnam Malleshwari became the first Indian woman to secure a bronze medal in weight lifting in the year 2000 in

   (i) Sydney Olympics

   (ii) Beijing Olympics

   (iii) None of the above

(3)

(c) The capacity and will to rally men and women to a common purpose is called leadership. It was given by

   (i) Bernard Montgomery

   (ii) La Pierre

   (iii) Coubertin

(d) Development of the body stops, if there is any shortage of

   (i) vitamin B_1

   (ii) vitamin B_2

   (iii) vitamin B_6

(e) In which tournament, a team which is once defeated, automatically gets eliminated from the tournament?

   (i) Challenge tournament

   (ii) Knock-out tournament

   (iii) Combination tournament

(f) A person having a wide gap between the knees when standing with feet together is known as

   (i) knock knees

   (ii) bow legs

   (iii) flat foot

(g) The period when girls are temporarily taller and heavier than boys is

    (i) middle childhood stage

    (ii) late childhood stage

    (iii) early childhood stage

(h) A test which measures the level of muscular fitness is also known as

    (i) Kraus-Weber Test

    (ii) AAPHER youth fitness test

    (iii) Harvard step test

(i) Muscles fibres that suit for aerobic activities or endurance activities are also known as

    (i) slow twitch fibres

    (ii) fast twitch fibres

    (iii) medium twitch fibres

(j) Gravitational force and air resistance are two forces which act on

    (i) projectile

    (ii) power

    (iii) energy

(k) The 'drive to strive' is called motivation according to

    (i) Crooks and Stein

    (ii) Sage

    (iii) Alderman

(5)

3. Answer any *seven* of the following questions :   2×7=14

(a) What is sports environment?

(b) List down the objectives of adventure sports.

(c) What do you mean by purging and non-purging Bulimia?

(d) Enlist the objectives of planning in sports.

(e) Elucidate the advantages of weight training.

(f) Discuss cardiovascular fitness in brief.

(g) Define work.

(h) What is intrinsic motivation?

(i) Define explosive strength and strength endurance.

(6)

(PART : B—DESCRIPTIVE)

(*Marks* : 35)

4. Answer the following questions :   7×5=35

(a) What do you mean by adventure sports? Is there any need of proper sports environment in the field of sports and games? Give your view.   2+5=7

(b) What is camping? Explain the leadership qualities in the field of physical education.   1+6=7

(c) What is food intolerance? Describe the types of non-nutritive components of diet in detail.   2+5=7

Or

Draw a fixture of 13 teams out of which 3 teams are to be seeded.   7

(d) What is motor development? Discuss the factors affecting motor development in detail.   1+6=7

Or

Discuss in detail the physiological factors determining strength.   7

(e) What do you mean by biomechanics? Discuss the angular and linear movements in detail.   1+6=7

Or

Define personality. What are the roles of sports in personality development?   1+6=7

Or

What is sports training? What are the methods used to improve flexibility in the field of sports and games?   2+5=7

★ ★ ★