

Total No. of Printed Pages—8

HS/XII/A. Sc. Com. V/PE/26

2 0 2 6

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 Section—A (Objective Questions) serially.
- (iii) Attempt all parts of a question together at one place.

SECTION—A

(Marks : 18)

All questions are compulsory

Choose and write the correct answer from the choices given below : 1×18=18

1. 'Concept' implies a general

- (a) publicity
- (b) idea or notion
- (c) control

(2)

2. The primary goal of intramural competition is
 - (a) to provide opportunity for mass participation of students
 - (b) to participate in interschool competition
 - (c) to provide intraschool competition
3. Lordosis deformity is
 - (a) lateral curvature of the spine
 - (b) abnormal backward curvature of the thoracic region of the spine
 - (c) aggravated lower curvature of the lumbar spine
4. Psychological benefits of women participation in sports includes
 - (a) cooperation
 - (b) emotional control
 - (c) communication
5. Blood pressure is measured in
 - (a) kg
 - (b) liter
 - (c) mm/Hg

(3)

6. Identify the Asana :



- (a) Bhujangasana
 - (b) Vajrasana
 - (c) Halasana
7. The first Paralympic Games were held in
- (a) Rome, 1960
 - (b) Rome, 1988
 - (c) Seoul, 1988
8. Inclusive education is an approach where ____ students get education together.
- (a) blind and physically disabled students
 - (b) mentally and physically disabled students
 - (c) normal and disabled students
9. Cramp is an injury related to the
- (a) muscle
 - (b) joint
 - (c) bone

(4)

10. Which of the following sequences of food items is correct in descending order of their carbohydrate contents?

- (a) Sugar, jaggery, rice, potato
- (b) Sugar, jaggery, potato, rice
- (c) Jaggery, sugar, rice, potato

11. Which of the following helps to calculate the number of calories required by an individual while doing the basic level of activity?

- (a) BMI
- (b) Flamingo
- (c) BMR

12. Johnson-Metheny test battery does not consist of _____ motor stunts.

- (a) front roll
- (b) back roll
- (c) Both of the above

13. Haemoglobin is found in

- (a) RBC
- (b) WBC
- (c) platelets

(5)

- 14.** Ball and socket joint is a
- (a) fixed joint
 - (b) movable joint
 - (c) slightly movable joint
- 15.** The law of acceleration is also known as
- (a) law of reaction
 - (b) law of inertia
 - (c) law of momentum
- 16.** Moving your arm laterally away from your body is
- (a) abduction
 - (b) adduction
 - (c) extension
- 17.** _____ is the imagination of an athlete.
- (a) Self-efficacy
 - (b) Mental imagery
 - (c) Self-talk
- 18.** Fartlek training is used to develop
- (a) endurance
 - (b) strength
 - (c) speed

(6)

SECTION—B

(Marks : 10)

Attempt any *five* questions of the following : 2×5=10

- 19.** Write the causes and precautions of a round shoulder. 1+1=2
- 20.** Describe two long-term effects of exercise on respiratory system. 2
- 21.** Describe Plate Taping Test (Reaction Taps test). 2
- 22.** What is Yoga? 2
- 23.** What does the word 'Paralympics' mean? 2
- 24.** Define extramural competitions. 2

SECTION—C

(Marks : 15)

Attempt any *five* questions of the following : 3×5=15

- 25.** What is a 'bye'? Write the procedure of giving 'bye' in a fixture. 1+2=3
- 26.** Explain the various factors which usually lead to osteoporosis among women athletes. 3
- 27.** Define motivation. Describe any two techniques of motivation. 1+2=3
- 28.** With suitable example, explain the application of Newton's law of reaction in sports. 3
- 29.** Describe the types of aggression in sport. 1×3=3
- 30.** Describe any three coordinative abilities. 1×3=3

(7)

SECTION—D

(Marks : 12)

(Internal Choices Available)

31.

(A)

1-2						
1-3	2-3					
1-4	2-4	3-4				
1-5	2-5	3-5	4-5			
1-6	2-6	3-6	4-6	5-6		
1-7	2-7	3-7	4-7	5-7	6-7	

(B)

	A	B	C	D	E	F	G	H
A		1	2	3	4	5	6	7
B			3	4	5	6	7	2
C				5	6	7	1	4
D					7	1	2	6
E						2	3	1
F							4	3
G								5
H								

(C)

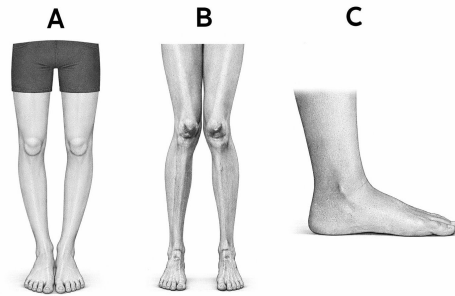
R-I	R-II	R-III	R-IV	R-V	R-VI	R-VII
Bye ↔ 1 7 ↔ 2 6 ↔ 3 5 ↔ 4	Bye ↔ 7 6 ↔ 1 5 ↔ 2 4 ↔ 3	Bye ↔ 6 5 ↔ 7 4 ↔ 1 3 ↔ 2	Bye ↔ 5 4 ↔ 6 3 ↔ 7 2 ↔ 1	Bye ↔ 4 3 ↔ 5 2 ↔ 6 1 ↔ 7	Bye ↔ 3 2 ↔ 4 1 ↔ 5 7 ↔ 6	Bye ↔ 2 1 ↔ 3 7 ↔ 4 6 ↔ 5

Select any one fixture from the above and answer the following questions as per the selected fixture : $1 \times 4 = 4$

- Which method is shown in the picture to draw fixture in league tournament?
- What is the formula to calculate number of matches?
- In league or round-robin tournament winner will be decided on the basis of _____.
- If 7 teams participate in a league tournament, _____ number matches will be played.

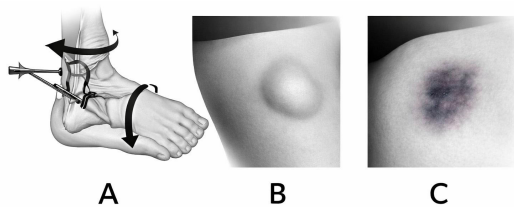
(8)

32.



Identify any one postural deformity from the above pictures and write its causes and disadvantages. 1+3=4

33.



Identify any one injury from the above pictures and write the symptoms, treatment and preventions of that injury.

1+1+1+1=4

SECTION—E

(Marks : 15)

Attempt any *three* of the following :

5×3=15

34. Draw a fixture for 10 teams on either knock-out or league basis.

35. Explain the methods of developing endurance in detail.

36. Elaborate the importance of food during and after competition.

2½+2½=5

37. Explain any five principles of projectile.

38. How does Yoga help a person in coping mental stress and in which way does it act as a form of relaxation?

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