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**HS/XII/A. Sc. Com. V/PE/21**

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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.

( PART : A—OBJECTIVE )

( Marks : 21 )

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

- (a) As a matter of fact, adventure sports are usually indoor sports.
- (b) Sources of fats that we get from butter, curd, fish oil, ghee, etc., are also known as vegetable sources.
- (c) The word 'Intramural' is derived from the Greek word 'Intra' and 'Muralis'.

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- (d) When we sit in a chair, our hips should be as far back in the chair as possible.
- (e) The unused/excess calories are accumulated as fats in the body.
- (f) Kraus-Weber test consists of six test items.
- (g) Generally the resting heart rate of an adult remains at 72 beats per minute.
- (h) Linear motion refers to any motion that moves along a straightline in two directions.
- (i) In the situation of stress, the brain prepares the body to take defensive action by releasing stress hormones which are called cortisone and adrenaline.
- (j) Weight training method is used to develop mental fitness.
- (k) Knock knee is a type of deformity related to the spine.
- (l) AAPHER was first introduced in England.
- (m) The ability of a person to continue an activity for a prolonged period of time without any fatigue is called strength.
- (n) Calcium is required for healthy bones.
- (o) Development of the body stops, if there is any shortage of vitamin B<sub>2</sub>.

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2. Choose and write the correct answer (any *eleven*) :  $1 \times 11 = 11$

(a) Society is a web of relationships, which is always changing, said by

(i) Linton

(ii) MacIver

(iii) A. W. Green

(b) The ability to react quickly in already determined manner to a known signal is

(i) simple reaction ability

(ii) complex reaction ability

(iii) Both of the above

(c) The proper ratio among proteins, fats and carbohydrates should be

(i) 1 : 1 : 1

(ii) 1 : 2 : 3

(iii) 1 : 1 : 4

(d) Round-Robin Tournament is also known as

(i) Knock-out Tournament

(ii) Combination Tournament

(iii) League Tournament

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- (e) While reading, the approximate distance between the book and eyes should be atleast
- (i) 30 cm
  - (ii) 25 cm
  - (iii) 35 cm
- (f) The period of middle childhood starts from
- (i) 2nd year to 6th year
  - (ii) 5th year to 7th year
  - (iii) 7th year to 10th year
- (g) A test that measures the minimum muscular fitness of an individual is also known as
- (i) AAPHER motor fitness test
  - (ii) Harverd step test
  - (iii) Kraus-Weber test
- (h) Fast twitch muscle fibers are also known as
- (i) red muscle fibres
  - (ii) white muscle fibres
  - (iii) None of the above

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- (i) The two forces which act on a projectile are
- (i) gravitational force and frictional force
  - (ii) gravitational force and air resistance
  - (iii) gravitational force and normal force
- (j) Stress is defined as a perturbation of the body's homeostasis by
- (i) Oxford dictionary
  - (ii) Wikipedia
  - (iii) Medical language
- (k) Those exercises in which movements can be seen directly are
- (i) isometric exercises
  - (ii) isokinetic exercises
  - (iii) isotonic exercises
- (l) Mechanical energy is a combination of
- (i) force and power energy
  - (ii) kinetic energy and potential energy
  - (iii) kinetic energy and power energy

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- (m) An increase in the curvature of the thoracic region the of spine is
- (i) kyphosis
  - (ii) lordosis
  - (iii) scoliosis
- (n) The longest bone in the body is
- (i) tibia
  - (ii) radius
  - (iii) femur
- (o) The 'drive to strive' is called motivation according to
- (i) Crooks and Stein
  - (ii) Sage
  - (iii) Alderman

( PART : B—SHORT TYPE QUESTIONS )

( Marks : 14 )

- 3.** Answer any *seven* of the following questions :      2×7=14
- (a) What is physical environment?
  - (b) What do you mean by the word adventure sports?
  - (c) List down the Macro Nutrients.
  - (d) Define planning.
  - (e) Explain the correct sitting posture.
  - (f) What do you mean by motor development?
  - (g) What is flexibility?

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- (h) How do you administer shuttle run as per AAHPERD Youth Fitness Test?
- (i) Give the meaning of biomechanics.
- (j) What is angular motion?
- (k) Define anxiety.
- (l) What is autogenic technique?
- (m) List down the immediate effects of exercises on cardiovascular system.

( PART : C—DESCRIPTIVE )

( Marks : 35 )

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

1. (a) Explain the reasons of low participation of women in sports and games. 7

*Or*

- (b) Differentiate between renewable and non-renewable resources. Suggest the steps for conservation of forest. 3+4=7

2. (a) What are the good characteristics of a leader in the field of physical education? 7

*Or*

- (b) What is extramural? Write down the importance of extramurals competition. 1+6=7

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3. (a) According to your understanding, explain the importance of physical exercises as a collective measure for various deformities. 7

*Or*

- (b) What are the factors affecting motor development? Explain in brief. 7

*Or*

- (c) Write a short note on skin fold measurement. Explain the procedure for calculating the skin fold measurement for boys. 2+5=7

4. (a) What is cardiac output? What are the long-term effects of exercises on cardiovascular system? 2+5=7

*Or*

- (b) What are the factors affecting projectile trajectory? Explain in detail. 7

*Or*

- (c) Explain intrinsic and extrinsic motivation. What are the various techniques of motivation? 2+5=7

5. (a) What is locomotor ability? Explain the advantages and disadvantages of Fartlek training method. 2+5=7

*Or*

- (b) What do you understand by balance ability? Explain the methods to improve flexibility. 1+6=7

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