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HS/XII/A.Sc.Com.V/PE/22

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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 : 35)

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

- (a) Due to lack of proper sports environment, the standard of sports cannot be raised.
- (b) Every individual requires the same type of diet.
- (c) One of the advantages of knockout tournament is that maximum number of officials are required in organizing such type of tournaments.

(2)

- (d)* Flatfoot is commonly found among old age people.
- (e)* Fine motor development involves the development of large muscles in the child's body such as sitting, walking, etc.
- (f)* Speed is determined to a great extent by training.
- (g)* If an object is projected at the angle of 90° , it does not cover any distance but falls on the same spot from where it is projected.
- (h)* If the initial velocity is less, the object covers maximum distance.
- (i)* For sportspersons, stress may be doubled in comparison to common man.
- (j)* Strength of the body of an individual cannot be measured.
- (k)* Good posture is one in which the body is so balanced as to produce more fatigue.
- (l)* Cardiac output is the amount of blood pumped by the heart in one minute.
- (m)* The ability of a person to overcome resistance is flexibility.

(3)

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

(a) The reason behind lack for less participation of women towards games and sports competition is because

(i) lack of interest of spectators and very less opportunities at all levels

(ii) less number of women coaches as most of females feel shy of male coaches

(iii) Both of the above

(b) Natural resources are derived from

(i) environment

(ii) man-made

(iii) Both of the above

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

(i) 1 : 1 : 4

(ii) 1 : 2 : 4

(iii) 1 : 3 : 4

(4)

- (d) According to National Institute of Health, if the BMI is between 25–29, a person is considered to be
- (i) a healthy weight
 - (ii) overweight
 - (iii) obese
- (e) “A game for each and each for a game” may be considered as the motto of
- (i) intramural competition
 - (ii) extramural competition
 - (iii) Both of the above
- (f) The period of late childhood begins from
- (i) 7 years and continues up to 10 years
 - (ii) 11 years and continues up to 12 years
 - (iii) 13 years and continues up to 14 years
- (g) Sit and reach test was first propounded by Wells and Dillon in
- (i) 1952
 - (ii) 1953
 - (iii) 1954

(5)

(h) The fast twitch fibres are also known as

(i) red fibres

(ii) white fibres

(iii) red and white fibres

(i) If the level of landing surface is less than the height of projection, decrease the angle of projection means

(i) less than 90°

(ii) less than 60°

(iii) less than 45°

(j) The word 'personality' is derived from the Latin word

(i) persona

(ii) persena

(iii) porsena

(k) Iso-kinetic exercises were developed by Perrine in the year

(i) 1967

(ii) 1968

(iii) 1969

(6)

(l) To pass few days away from the routine life in the lap of nature is

(i) mountaineering

(ii) camping

(iii) trekking

(m) The inward curvature of the spine is

(i) scoliosis

(ii) lordosis

(iii) kyphosis

3. Answer any *seven* of the following questions : $2 \times 7 = 14$

(a) What are the main functions of proteins in our body?

(b) What do you mean by the term 'planning'?

(c) What do you mean by correct posture?

(d) Define motor development.

(e) What is test and measurement?

(f) What do you understand by the word 'biomechanics'?

(g) What is angular movement? Give two examples.

(h) Define anxiety.

(i) What is autogenic technique?

(7)

- (j) What is type 'A' personality?
- (k) Define endurance.
- (l) What is locomotor ability? Give three examples.

(PART : B—DESCRIPTIVE)

(Marks : 35)

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

1. (a) What are the needs of sports environment? Explain them in detail. 7

Or

- (b) Draw a fixture of 11 teams on knockout basis. 7

2. (a) Define adventure sports. What are the main objectives of adventure sports in the field of physical education and sports? 2+5=7

Or

- (b) What are the good qualities of a leader in the field of physical education? Explain them briefly. 7

3. (a) What do you understand by the term 'eating disorders'? Explain the causes of anorexia in detail. 2+5=7

Or

- (b) Why do you feel that tournaments are important in the field of physical education and sports? 7

(8)

4. (a) What do you mean by the word 'extramurals'? Briefly explain the significance of extramural competition. 2+5=7

Or

- (b) What are bow legs? Briefly explain the corrective exercises related to kyphosis. 2+5=7

5. (a) What are the factors affecting motor development of our body? Explain them in detail. 7

Or

- (b) What is oxygen intake? Briefly explain the long-term effects of exercises on cardiovascular system. 1+6=7

Or

- (c) What is intrinsic motivation? Explain the role of sports in personality development of an individual. 1+6=7

Or

- (d) What do you mean by AAPHER fitness test? Explain the administration of any three test items of this test. 1+6=7

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