

**D-38-Y**

Roll No.....

Total No. of Questions : 18]

[Total No. of Printed Pages : 4

**12<sup>th</sup>RKDO18**

**20338-Y**

## **PHYSICAL EDUCATION**

Time : 3 Hours]

[Maximum Marks : 60

(Long Answer Type Questions)

5 each

- 1 Explain how strength can be developed through isometric and isotonic type of exercises.

*Or*

Explain how can you develop endurance through interval training method and continuous training method.

2. Define sports environment. Explain the importance of sports environment

*Or*

How does value education developed through physical education programme ? Explain.

3. Enlist the element of Yoga and explain in detail.

*Or*

Write an essay on 'Yoga as an Indian Heritage'.

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Turn Over

(Short Answer Type Questions)

3 each

4. Describe the importance of Physical fitness.
5. Explain Leadership Qualities.
6. Describe the need of moral education in modern sphere.
7. Explain the essential elements of positive sports environment.
8. Elaborate the role of media for creating positive sports environment.
9. Explain the importance of sports medicine.
10. Mention main fundamental skills of Cricket. Explain any *two*.

(Very Short Answer Type Questions)

2 each

11. Write a short note on circuit training.
12. How can be a sports person prevent sports related accidents ?
13. Write any *two* definitions of Sociology.
14. Give the types of sports injuries in brief.
15. Make a list of the defensive strokes in Table-Tennis.
16. Write briefly the importance of moral education.
17. Draw a labelled diagram of Javelin Throw.

(Multiple Choice Type Questions)

1 each

18. (A) Fill in the blanks with appropriate words :

- (i) ..... training method was developed by R.E. Morgan and G.T. Admson.
- (ii) The ..... sports environment should developed at school, college and university level.
- (iii) ..... warming up may cause injury to the sports person.

(B) Choose the correct/most appropriate answer :

- (i) Who said 'Endurance is the ability to resist fatigue' ?
  - (a) Dr. K. Landerson    (b) D. Harre
  - (c) Edward Bortz        (d) None of these
- (ii) Weight of Javelin Throw for men is :
  - (a) 800 gm
  - (b) 600 gm
  - (c) 850 gm
  - (d) None of these

