

**A-47-Z**

Roll No.....

Total No. of Questions : 30]

[Total No. of Printed Pages : 4

**XIARWZJD21**

**5747-Z**

# **PHYSICAL EDUCATION**

**Time : 2.30 Hours]**

**[Maximum Marks : 70**

## **Section-A**

**(Multiple Choice Questions)**

**1 each**

1. The length and breadth of Handball Play field is :  
(A) 30 m x 20 m (B) 20 m x 50 m  
(C) 40 m x 20 m (D) None of these
2. The weight of Hockey stick is .  
(A) 16 to 32 ounce (B) 20 to 32 ounce  
(C) 32 to 15 ounce (D) None of these
3. The weight of newly born baby heart is .  
(A) 50 gm (B) 30 gm  
(C) 20 gm (D) None of these

4. The Human Body contains more than individual muscles :
- (A) 500 to 400 (B) 600 to 650  
(C) 206 to 306 (D) None of these
5. The female taking Anabolic Steroids develops :
- (A) Feminine (B) Masculine  
(C) Animal (D) None of those
6. No Smoking Day is observed throughout the world on :
- (A) January, 15 (B) May, 31  
(C) June, 30 (D) None of these
7. The plain dictionary meaning of word physical is relating to :
- (A) Human (B) Body  
(C) Strength (D) None of these
8. "Psychology is a positive science of behaviour." Who says ?
- (A) Ross (B) N.L. Mum  
(C) Wharton (D) None of these

**Section-B**

**(Very Short Answer Type Questions)**

9. Define Strain and its types.

*Or*

Define Fracture and its types.

10. Write short note on Body Building Food.
11. Write short note on Olympic Torch.
12. Write short note on Independence Day.
13. Name the different colleges/universities of J & K those offered courses of Physical Education.
14. Write short note on Dislocation.
15. Explain the types of Obesity.
16. Write short note on Olympic Rings.
17. Write short note on Dhyan Chand Award.
18. Explain the terms Yoga teacher and Fitness trainer.

**Section-C**

**(Short Answer Type Questions)**

3 each

19. Explain the importance of Physical Education.

*Or*

Write down the various objectives of Physical Education.

20. Write down any *three* definitions of Psychology.
21. Explain the avenues of career preparation in Physical Education.
22. Write short note on Rajiv Gandhi Khel Ratna Award.
23. Write down the modern history of Olympic Games.
24. Write short note on Vitamins and Minerals.
25. Write short note on Muscle Pull.
26. Explain any *three* definitions of Physical Education.
27. Explain the meaning of Motivation.

**Section-D**

**(Long Answer Type Questions)**

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~~28.~~ Explain the fundamental skills of Hockey in detail.

*Or*

Explain the fundamental skills of Badminton in detail.

~~29.~~ Write down the importances of Health Education in detail.

*Or*

Write down the harmful effects of Drugs on Individual.

~~30.~~ Explain the effects of exercises on Respiratory system.

*Or*

Explain the effects of exercises on Muscular system.