

BUDHA DAL PUBLIC SCHOOL PATIALA
Second Term Examination (21 December 2024)

Subject - Physical Education (Set-A)

M.M. 70

Time: 3hrs.

GENERAL INSTRUCTIONS:

- 1) The question paper consists of 5 sections and 37 Questions.
- 2) Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
- 3) Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. There is internal choice available.
- 4) Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. There is internal choice available
- 5) Sections D consist of Question 31-33 carrying 4 marks each and are case studies.
- 6) Section E consists of Question 34-37 carrying 5 marks each and should not exceed 200-300 words. There is internal choice available.

Section – A

- Q1. Sit and Reach Test measures :
a) Shoulder flexibility b) Hyper extension of the back
c) Flexibility of lower back and Hamstring d) Abdominal strength
- Q2. Sports biomechanics can be described as:
a) Mechanics of sports b) Kinesiology c) Physics of sports d) Sports dynamics
- Q3. VO_2 Max is related to :
a) Muscular system b) Respiratory system c) Cardiovascular system d) Energy production system
- Q4. Who developed Harvard Step Test?
a) Dr. Harald M. Barrow b) Lucien Broutia and his associates
c) Dr. Hans Kraus & Dr. Sonja Weber d) Dr. Ken H. Cooper
- Q5. In the human body, the most common class of lever.....
a) 1st class lever b) 2nd class lever c) 3rd class lever d) None of the above
- Q6. Reactive Aggression is also called
a) Instrumental Aggression b) Hostile Aggression c) Assertive Aggression d) Both (a) and (b)
- Q7. In this exercise no movement takes place:
a) Isometric b) Isotonic c) Isokinetic d) Isonomic
- Q8. Isokinetic method was developed by :
a) H.C. Buck b) Joy Perrny c) J.J. Perrine d) J.J. Coubertin
- Q9. Partrial Curl Up Test measures
a) Abdominal strength b) Endurance c) Both (a) as well as (b) d) None of the above
- Q10. A sprain is an injury to :
a) Muscle b) Tendon c) Ligament d) Bone

Q11. It is a disease in which bone weakening increases the risk of a broken bone:
a) Measles b) Osteoporosis c) Atherosclerosis d) Beriberi

Q12. Kicking off a stationary ball is an example of:
a) Law of Action and Reaction b) Law of Acceleration
c) Law of inertia d) Both (a) and (b)

Q13. Traits like Sadness, mood swings and emotional instability are related with ...
a) Extroversion b) Agreeableness c) Conscientiousness d) Neuroticism

Q14. Carl Jung classified personality into main types :
a) Two b) Three c) Four d) Five

Q15. A Cycle is the shortest training cycle.
a) Micro b) Macro c) Meso d) None of these

Q16. In which method is stretching done in a rhythmic way?
a) Slow stretch b) Slow stretch and hold c) Ballistic method d) PNF

Q17. A soft tissue injury damager:
a) Ligaments and tendons b) Bone c) Cartilage and muscles d) Carpals

Q18. 600m Run / Walk test is used to measure:
a) Strength Endurance b) Endurance and Carobic fitness
c) speed and acceleration d) None of the above

Section – B (Attempt any five questions)

- Q19. Define measurement.
Q20. What is stroke volume?
Q21. What do you mean by projectile?
Q22. What do you understand by personality?
Q23. What is coordinative ability?
Q24. What is reaction ability?

Section – C (Attempt any five questions)

- Q25. How is Plate Tapping Test done?
Q26. Explain any six changes due to ageing.
Q27. Explain Newton's Third law of Motion with suitable example.
Q28. What is the benefits of positive selftalk?
Q29. What is Fartlek Training? Write in brief.
Q30. Differentiate isometric and isotonic exercise.

Section - D

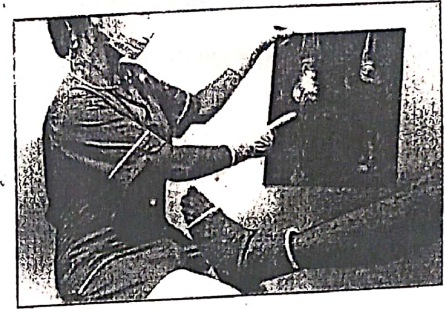
Q31. During a soccer game, Nitin collided with another player and fell, fracturing his arm. He experienced intense pain and swelling, prompting his parents to rush him to the emergency room. The doctor diagnosed Nitin with a broken bone and recommended a cast to immobilise the arm while it healed.

Based on this case and image answer the following questions:

- Breaking of a bone is called
- fractures are caused by overuse and repetitive activity.
- fracture is very common in small kids.
- When the bone is broken into so many pieces or parts, it is called fracture.

OR

..... fractures occur when the bone gets broken at an angle.



Q32. During a swimming competition, Asheet executes a forceful push-off from the pool wall to gain momentum. As he exerts force against the wall, an equal and opposite force is generated, propelling him forward through the water while also causing the wall to exert a force backward.

Based on this case and image answer the following questions:

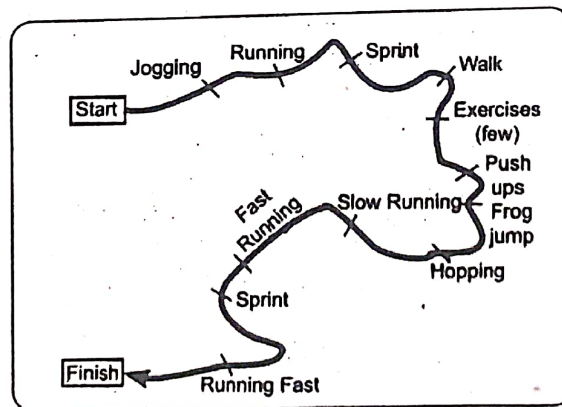
- The above example is based on Newton's law of motion.
- For every action, there is an equal and reaction.
- When a swimmer pushes against the water with his arms and legs, the water exerts an equal and opposite reaction force
- Newton's second law of motion is an expression of the interrelationship among force and acceleration.

OR

The acceleration of an object depends directly upon the net force acting upon the object, and upon the mass of the object.



Q33.



- From the above picture, it is identified as _____ training method.
 (a) Pace runs (b) Fartlek (c) Isometric (d) Isotonic
- The above training method helps in increasing the _____.
 (a) Strength (b) Speed (c) Endurance (d) Flexibility
- The Swedish word meaning "Speed Play" is _____.
 (a) Citius (b) Fartlek (c) Pace (d) Altius
- In the above training method, plays an important role :
 (a) Self-discipline (b) Coach (c) Guidance (d) Support
- This training method was developed by :
 (a) Holmer (b) Fartlek (c) Robert (d) Johnson

Section – E (Attempt any three questions)

Q34. What are soft tissue injuries? Describe any two soft tissue injuries and their treatment.

Q35. Explain Newton's law of Motion. Discuss about their application in Games and sports.

Q36. What do you mean by self – talk? What are its types?

Q37. Define strength. Explain any two methods of improving strength.