CLASS : 12th (Sr. Secondary)
Series : SS-M/2017

ROLL NO.

PHYSICAL EDUCATION
[Hindi and English Medium]

ACADEMIC/OPEN
(Only for Fresh Candidates)
(Evening Session)

Time allowed : 3 hours
(Maximum Marks : 60)

Please make sure that the printed question paper are contains 17 questions.

The Code No. and Set on the right side of the question paper should be written by the candidate on the front page of the answer-book.

Before beginning to answer a question, its Serial Number must be written.

Don’t leave blank page/pages in your answer-book.

Except answer-book, no extra sheet will be given. Write to the point and do not strike the written answer.
Candidates must write their Roll Number on the question paper.

Before answering the questions, ensure that you have been supplied the correct and complete question paper, **no claim in this regard, will be entertained after examination.**

**General Instructions:**

(i) All questions are compulsory.

(ii) Marks for each question are indicated against it.

(iii) Question Nos. 1 to 3 are long answer type questions. Each question carries 5 marks.

(iv) Question Nos. 4 to 10 are short answer type questions. Each question carries 3 marks.
(v) Question Nos. 11 to 16 are very short answer type questions. Each question carries 2 marks.

(vi) Question No. 17 consists of twelve (i-xii) objective type questions. Each question carries 1 mark.

1. What do you mean by Physical Fitness? Elucidate the factors affecting Physical Fitness.  
   
   अथवा
   
   OR
   
   Discuss the various methods for developing strength in detail.

2. What do you mean by Health Education? Explain its aim and objectives in detail.  
   
   अथवा
   
   OR
   
   Clarify the meaning of First Aid and elaborate the qualities of a good first aider.

3. Clarify the meaning of Sociology and discuss its significance in the field of Physical Education and Sports in detail.
<table>
<thead>
<tr>
<th>Number</th>
<th>Question</th>
<th>Marks</th>
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<tbody>
<tr>
<td>4.</td>
<td>योग एवं प्राणायाम के अर्थों को स्पष्ट कीजिए।</td>
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<td></td>
<td>Clarify the meanings of Yoga and Pranayama.</td>
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<td>5.</td>
<td>ओलंपिक ध्वज पर संक्षेप में टिप्पणी लिखिए।</td>
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<td>Write down a brief note on Olympic Flag.</td>
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<td>6.</td>
<td>भीम पुरस्कार पर एक संक्षिप्त नोट लिखिए।</td>
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<td></td>
<td>Write down a brief note on Bheem Award.</td>
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<td>7.</td>
<td>भार प्रशिक्षण के महत्त्व का वर्णन कीजिए।</td>
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<td></td>
<td>Discuss the importance of Weight training.</td>
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<td>8.</td>
<td>लरण दौड़ों का संक्षेप में वर्णन कीजिए।</td>
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<td>Discuss Acceleration Runs in brief.</td>
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<td>9.</td>
<td>प्राथमिक चिकित्सक के कर्त्तव्यों की संक्षेप में व्याख्या कीजिए।</td>
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<td></td>
<td>Elucidate the duties of first aider in brief.</td>
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<td>10.</td>
<td>सामाजिक रण का अर्थ स्पष्ट कीजिए।</td>
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<td></td>
<td>Clarify the meaning of Socialization.</td>
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<td>11.</td>
<td>परिवार का अर्थ स्पष्ट कीजिए।</td>
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<td>Explain the meaning of Family.</td>
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<td>12.</td>
<td>नियम से क्या तात्पर्य है ? नियमों को सूचीबद्ध कीजिए।</td>
<td>2</td>
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<tr>
<td></td>
<td>What do you mean by Niyama ? Enlist the Niyamas.</td>
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2018/ (Set : A)
2018/ (Set : A)

13. **Clarify the meaning of Olympic Movement.**

14. **What is the meaning of National Sports Awards?**

15. **Explain the Coordinative Abilities.**

16. **What do you mean by Cooling Down?**

*(सत्रूणिण्य प्रश्न)*

**(Objective Type Questions)**

17. (i) **Which type of clothes should be worn while jogging?**

(ii) **From what age, Weight training can be started?**

(iii) **On which principle, the Interval Training is based?**

(iv) **What are the samadhan avastha in which the prakriya ka kya name hai?**
What is the name of process to bring the body back to normal stage?

(v) कौन अन्य भंग प्रायः किसे होता है ?

Who are usually affected by Green Stick Fracture?

(vi) किस देश ने जिम्नास्टिक पर विशेष बल दिया था?

Which country laid specific stress on Gymnastics?

(vii) “शिशु का पालन-पोषण करो, बच्चे को मुर्गी दो और वयस्क को स्वतंत्र कर दो।” यह किसका कथन है?

Who said, "Nurse the body, protect the child and free the adult"?

(viii) “युज” शब्द का क्या अर्थ है?

What is the meaning of the word "Yuji"?

(ix) अर्जुन पुरस्कार कब प्रारम्भ किया गया था?

In which year, the Arjuna Award was started?

(x) किस पुरस्कार में 7.5 लाख रुपये की राशि प्रदान की जाती है?

In which award, the amount of Rs. 7.5 Lakh is awarded?

(xi) परिधि प्रशिक्षण में लगभग कितने स्टेशन होते हैं?

Approximately how many stations are included in Circuit Training?
Who stopped the Ancient Olympic Games?