

Time - 1½ Hours

class - 12th

Mark - 25

Sub - Health and physical education

Q-1 (A) Fill in the blanks with proper Option

Mark (2)

- (i) Body Fat (%) level is Measured with _____ instrument.
(Skinfold Caliper, Thermometer, Weight Machine)
- (ii) _____ is one of the Combined events ten events in Athletics.
(Pentathlon, Heptathlon, Decathlon)
- (iii) The radius of the penalty area in football is _____ from the center of the goal line.
(16.50mtrs, 16.75mtrs, 16.95mtrs)
- (iv) _____ is another name of table tennis game.
(Ding Dong, King-Kong, Ping-Pong)

(B) Match the Following Sentences: -

Mark (2)

- | | |
|---------------------|-------------|
| (1) Pargat Sing | (a) 600 Gms |
| (2) Leander Paes | (b) ECG/EEG |
| (3) Javelin (women) | (c) Hockey |
| (4) Heart Rate | (d) Tennis |

(C) State whether the following Statements are TRUE OR FALSE

Mark (2)

- 1) WHR is also known as Quetelet Index.
- 2) Angle of inclination is 34.92° for shot put.
- 3) Runway width for Javelin throw is 4 Meters.
- 4) Height of the Kho-Kho pole for men category is 1 meter.

Q-2:- Answer the following Question in one Sentence: -

Mark (5)

- 1) What is the height of the Badminton net at the center?
- 2) Write the main Skills used in Handball game.
- 3) Explain the Specifications of Discus Throw.
- 4) Name the three methods of sprint start.
- 5) Explain motor Physical Fitness.

Q-3 Define the following Terms: -

Mark (4)

- 1) Define physical Fitness.
- 2) Classify Athletic events.

Q-4 Answer the following Question in brief: -

Mark (6)

- 1) List out the events of Decathlon for men and Women
- 2) Explain the specifications Volley-ball game.

Mark (4)

Q-5 Write short note on any famous Player of India

OR

Draw the proper diagram of ground/ Field of any Sport/ game of your own choice.