

# Rajasthan Board Class 12 2026 Physical Education Question Paper

Time Allowed :3 Hours

Maximum Marks :70

Total questions :38

## General Instructions

**Read the following instructions very carefully and strictly follow them:**

1. The paper is divided into Section A and Section B.
2. Section A includes objective-type questions.
3. All questions in Section A are compulsory.
4. Section B includes short answer, and long answer type questions.
5. Answers must be written legibly within the word limit.
6. Use of unfair means or electronic devices is prohibited.
7. Follow the correct format and instructions for each section.

## Section - A

**1. A sound mind develops in a sound body. Who said this statement?**

- (A) Hall
- (B) R. Kassiddy
- (C) Aristotle
- (D) Swami Vivekananda

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**2. Who publicized yoga through the way of Art of Living?**

- (A) Swami Ramdev
- (B) Guru Ravishankar
- (C) Maharishi Patanjali
- (D) Swami Vivekananda

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**3. When was Laxmi Bai National College of Physical Education established?**

- (A) 1957
  - (B) 1958
  - (C) 1959
  - (D) 1960
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**4. How many years of M.P.Ed. course?**

- (A) 1 year
  - (B) 2 years
  - (C) 3 years
  - (D) 4 years
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**5. Where is Indira Gandhi Physical Education and Sports Science Institute situated?**

- (A) Gwalior
  - (B) Patiala
  - (C) New Delhi
  - (D) Amravati
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**6. What are the components of Pranayama?**

- (A) Purak
  - (B) Rechak
  - (C) Kumbhak
  - (D) All of the above
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**7. Water soluble vitamins are**

- (A) B-1

- (B) B-6
  - (C) B-12
  - (D) All of the above
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**8. Who developed the circuit training method?**

- (A) R.E. Morgan
  - (B) Holmer
  - (C) Boldemor
  - (D) Bikila
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**Section - B**

**9. Write about Slow Stretch and Holiday Method?**

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**10. Discuss about Co-ordinate Ability.**

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**11. Explain Personality Development in detail?**

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**12. Write importance of sports nutrition in Modern Life.**

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**13. Explain Yogic Exercises in detail.**

**14. How can Nutrient be classified on the basis of Chemicals?**

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