

No of Printed Page-1  
Subject- Physical Education  
Time - 3 Hours

Roll No -  
class XII - ---  
Maximum Marks - 70

General Instructions-

- (1) All questions are compulsory.
- (2) Answers to question carrying 01 mark should be in approximately 20 to 30 words.
- (3) Answers to question carrying 03 mark should be in approximately 80 to 90 words.
- (4) Answers to question carrying 05 mark should be in approximately 150 to 200 words.

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| (1) what is "seeding" ?  | (1) |
| (2) what is knock knee ?   | (1) |
| (3) what do you mean by motor development ?  | (1) |
| (4) what is Rockport one mile test ?   | (1) |
| (5) what do you mean by stroke volume ?  | (1) |
| (6) what is Projectile (2)   | (1) |
| (7) Define motivation.   | (1) |
| (8) Define endurance.  | (1) |
| (9) How far roughage is significant for human beings ? Explain in brief.                             | (1) |
| (10) what do you mean by colour compounds ?  | (1) |
| (11) what do you mean by oxygen intake ?   | (1) |
| (12) Elaborate about river rafting in detail.  | (3) |
| (13) Discuss the symptoms of anorexia nervosa.   | (3) |
| (14) Explain the cyclic method of league tournament with the help of an example.                     | (3) |
| (15) Briefly discuss the deformities of spinal curvature.  | (3) |
| (16) Discuss the physiological changes in senses due to ageing process.                              | (3) |
| (17) Elaborate the types of personality in brief.  | (3) |
| (18) Briefly mention about the types of friction.  | (3) |
| (19) Elaborate the various leadership qualities one inculcates by participating in adventure sports. | (3) |

- Q.20. Elucidate the various reasons of low participation of women in sports and games. (5)
21. What do you mean by conservation of environment? mention the significant suggestions for conservation of environment. (5)
22. What do you mean by planning? Elucidate the objectives of planning in sports in detail. (5)
23. Explain the causes, precautions and remedies of Knock-knees. (5)
24. Elucidate the Harvard Step Test in detail. (5)
25. Discuss the mechanical analysis of walking in detail. (5)
26. What is a league tournament? Draw a fixture of six teams using round robin method. (5)

H. Sharma

Expected Board Examination 2015-16

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- Q.1. Define sports medicine. (1)
- Q.2. What do you understand by adventure sports? (1)
- Q.3. Define Macronutrition. (1)
- Q.4. What do you mean by correct standing posture? (1)
- Q.5. What is motor development? (1)
- Q.6. Define Biomechanics. (1)
- Q.7. What is motivation? (1)
- Q.8. What do you mean by isokinetic exercises? (1)
- Q.9. What do you mean by ageing process? (1)
- Q.10. What is the process of Byst? Give example. (1)
- Q.11. Define Friction. (1)
- Q.12. What do you mean by sprain and strain? Explain their preventions. (3)

- Q.13. Explain about Rock climbing in detail. (3)
- Q.14. Briefly explain about any four food myths. (3)
- Q.15. Discuss about any three factors affecting motor development. (3)
- Q.16. What is the importance of Biomechanics in sports? Explain. (3)
- Q.17. Explain the methods of improving speed. (3)
- Q.18. "The effects of stress depend on the perception and intensity of the stressors." Give your views. (3)
- Q.19. Last year, our school organised a strenuous trekking expedition. Our Physical Education Teacher was accompanying us. One day, while trekking towards high mountains it started raining heavily. The trekking route became slippery and as a result of that, Raman, the Senior most trekker slipped spontaneously. His lower vertebrae were displaced. It became impossible for him to make any movement. Without losing any moment, our teacher lifted him up on his back and returned back to the base camp for first aid.  $1 \times 3 = (3)$

on the basis of above passage, answer the following questions.

- (i) Comment upon the values shown by the Physical Education Teacher.
- (ii) State in brief the safety measures during trekking.
- (iii) Describe the various qualities required among individuals who go for trekking expedition.

- Q.20. Suggest various methods for flexibility training to improve the optimum flexibility. (5)
- Q.21. Participation in sports results in all-round development of Personality. Justify. (5)
- Q.22. Recall the adaptive effects that take place in our Cardiovascular system after engaging in exercise for a longer period. (5)
- Q.23. Draw a Circuit Training plan for developing strength among school children. Explain it. (5)
- Q.24. Describe the procedure for administering Rikli and Jones Sr. Citizen fitness test. (5)
- Q.25. Suggest at what age children should be exposed to Weight Training and justify your answer. (5)
- Q.26. Draw a fixture of 24 Teams on the basis of Knock out cum league Tournament. (5)

R.K. Sharma

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4. Answers to questions 05 marks should be in approximately 150 to 200 words.

1. Play grounds are essentials for creating sports environment. Justify your answer. |
2. What do you mean by 'surfing' in adventure sports? |
3. Enlist two non nutritive component of diet. |
4. What does the school intend by stating that 'only such students shall participate in the Basketball Intra-murals who have not represented the school in Basketball in the past and minimum 10 substitutions shall be compulsory? |
5. What is "an abnormal curvature of spine at front" termed as? |
6. What type of resistance ~~can~~ can be <sup>used</sup> for developing strength among children? |
7. Which test would you suggest for your grandmother to test lower body flexibility? |
8. What does involvement in regular exercise delay the onset of fatigue? |
9. What is energy? |
10. Explain Intrinsic motivation. |
11. "Pace races means, running the whole distance of a race at a constant speed", which are the races included in pace races? |

- 12- Mention any three objectives of adventure sports? 3
- 13 Recently Sarita Devi refused to accept the bronze medal during the ceremony. The International body (AIBA) which regulates boxing has taken a stringent action against Sarita Devi and the coaches.
  - (i) Do you agree with the decision of Sarita Devi? 3
  - (ii) Justify your answer. What values do you think Sarita Devi has not shown by her behaviour during the medal distribution ceremony? 3
- 14 What do you mean by 'round shoulders'? Suggest any few physical activities for correcting round shoulders. 3
- 15 Critically Explain the use of dietary supplement in heavy dose for longer duration. Justify your answer with two suitable examples. 3
- 16 Explain in brief "The Harvard Step test". 3
- 17 "Regular physical activity can delay your ageing process" justify your answer on physiological changes. 3
- 18 How does angle of projection help as a factor for athletes in games and sports? 3
- 19 Dynamic strength is divided into three parts. Write in brief. 3
- 20 What are the five essential elements of positive sports environment? 5
- 21 Draw a knockout fixture of 21 teams mentioning all the steps involved. 5
- 22 What are the various factors affecting physiological fitness? Explain. 5
- 23 Explain the cognitive aspect of stress. Suggest any three techniques briefly to overcome stress. 5
- 24 Differentiate between 1:1 and 1:2 ratio interval training with suitable examples. 5
- 25 Vitamins are very essential for working of the body and are divided into two groups. Explain about them. 5
- 26 Weight training is one of the oldest methods for development of strength. What are its advantages and disadvantages? 5

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