

GUESS PAPER BOARD EXAMINATION 2012–13

CLASS: XII

PHYSICAL EDUCATION (CODE NO: 048)

MAX. MARKS: 70

TIME: 3 HOURS

General instructions:

1. All questions are compulsory.
2. Attempt all parts of a question together.
3. Question paper carries two parts namely A & B
4. The number of question should be written clearly.
5. Answer to questions carrying 1 mark should not exceed 30 words each.
6. Answer to questions carrying 2 marks should not exceed 40-60 words each.
7. Answer to questions carrying 3 marks should not exceed 60-80 words each.
8. Answer to questions carrying 5 marks should not exceed 100-125 words each.

PART-A

| | | |
|-------|------------------------------------------------------------------------------|---|
| Q.1 | Write down the meaning of physical fitness. | 1 |
| Q.2. | What is bye? | 1 |
| Q.3. | What is Environment? | 1 |
| Q.4. | What is Lordosis? | 1 |
| Q.5. | Define Yoga | 1 |
| Q.6. | What are Proteins? | 1 |
| Q.7. | Define the term 'weight training'. | 1 |
| Q.8. | Define Sports Psychology | 1 |
| Q.9. | Explain any two components of physical fitness. | 2 |
| Q.10. | Define Asana. | 2 |
| Q.11. | What is role of diet in sports performance? | 2 |
| Q.12. | What is Fartlek training method? | 2 |
| Q.13. | What is anxiety? | 2 |
| Q.14. | What are anaerobic exercises? | 3 |
| Q.15. | What is the importance of Yoga? | 3 |
| Q.16. | What are the factors affecting balanced diet? | 3 |
| Q.17. | What is the importance of sports psychology? | 3 |
| Q.18. | List the various types of tournament. Draw a knock-out fixture for 21 teams. | 5 |

OR

What is importance of tournament?

- Q.19. Discuss the role of an individual in the improvement of sports environment for prevention from sports related accidents. 5
- Q.20. Describe the causes and preventive measures of Lordosis? 5
- Q.21. Give a brief description of Circuit training method with the help of any ten exercises in proper sequence. 5

PART-B

- Q.22. Give a brief account of history of game/Sport. 2
- Q.23. Explain any six latest general rules of the game/Sport 3
- Q.24. Draw the diagram of the field/court of the related games/sports. 5

OR

Name important two National and International tournament of the game/Sport of your choice.

List any three personalities of the game/sport.

What are the sports gears related to game/Sport? Write importance of the sports gears.

- Q.25. Explain any two fundamental skills of the game/Sport. 2
- Q.26. Explain any three terminologies related to game/Sport. 3
- Q.27. Write a short note on Arjuna Award. 5

OR

Write a short note on Dronacharya Award.

Define First aid. Mention any two sports injuries.

What are the reasons for the occurrence of Injuries in Sports?

*******The end*******