

Roll No.

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Roll No. Please check that this question paper contains 2 printed pages.
Please check that this question paper contains 18 questions.
Please write down the serial number of the question before attempting it.

CLASS: XII

Subject: PHYSICAL EDUCATION
MODEL PAPER-2008

MAX. MARKS: 70

TIME: 3 HOURS

General instructions:

1. The number of question should be written clearly.
2. Answer to questions carrying 2 marks should not exceed 30 words each.
3. Answer to questions carrying 4 marks should not exceed 60-80 words each.
4. Answer to questions carrying 6 marks should not exceed 100-125 words each.
5. Attempt all parts of a question together.

PART - A

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| Q.1. | Define "Physical Fitness". | 2 |
| Q.2. | What are the factors effecting Physical Fitness and Wellness?
Name them. | 2 |
| Q.3. | State any four benefits of cycling. | 2 |
| Q.4. | Bring out the difference between "Exercise and Training". | 2 |
| Q.5. | Name at least two basic Principles or Laws of Training. | 2 |
| Q.6. | What are the qualities of a good Leader? | 3 |
| Q.7. | What are Isokinetic Exercises? Give at least four examples of
Isokinetic Exercises. | 3 |
| Q.8. | Give an introduction of Slow Interval training Method
Employed for endurance development. What are it's | 6 |

advantages.

- Q.9.** What is Sociology? How is it important in physical Education? 6
Discuss.

PART - B

- Q.10.** What do you know about Rajiv Gandhi Khel Ratna Awards? 2
- Q.11.** Write short answers of the following questions related to the 2
game or sport of your choice.
- a)** Write a short history of the game or sport of your choice, with 2
particular reference to its development in India.
- b)** Name at least four renowned India or International 2
personalities of the game or sport selected.
- c)** Explain at least four Terminologies of the game or sport 2
selected.
- d)** Give an introduction of any three fundamental skills of the 3
game or sport of your choice.
- e)** Draw a diagram of the field/ court/table of any game or sport. 3
Give all important specifications.
- f)** Explain at least three general rules of the game or sport 6
selected.

PART - C

- Q12.** Define Environment. What should be the requirements of a 2
Healthy Living Environment?
- Q13.** What is a Strain? What is the general treatment of a Strain? 2
- Q.14.** Give the signs and symptoms of bone Dislocation. 2
- Q.15.** What is the first aid or general treatment should be given in the 2

case of a Dislocation.

- Q.16.** What do you understand by Adolescence? What are the main characteristics of Adolescents? **3**
- Q.17.** What are the essential requirements of a happy married life? **3**
- Q.18.** What problems are associated with Teen age Pregnancies? Explain.

Or

What should be the role of parents in healthy growth and development of children? **6**