

CLASS: XII

SUBJECT: PHYSICAL EDUCATION
MODEL PAPER-2008

MAX. MARKS: 70
TIME: 3 HOURS

General instructions:

1. All questions are compulsory.
 2. Question paper carries three parts namely A, B and C.
 3. Answer to any question carrying 2 marks should be in approximately 30 words.
 4. Answer to any question carrying 3 - 4 marks should be in approximately 50-60 words.
 5. Answer to question carrying 6 marks should be in approximately 100-125 words.
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PART - A

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| Q.1. | Specify any four principles of physical fitness development. | 2 |
| Q.2. | What are the components of physical fitness? | 2 |
| Q.3. | Specify at least four beneficial effects of Calisthenics or Rhythmic Exercises. | 2 |
| Q.4. | Define Warming Up and Limbering Down. | 2 |
| Q.5. | Discuss the importance of physical fitness. | 2 |
| Q.6. | Write a short note on Circuit Training. | 4 |
| Q.7. | What do you understand by Isometric and Isokinetic Exercises? Give at least four examples of Isometric Exercises. | 4 |
| Q.8. | Explain the Interval Training method of endurance development. What is the principal of this type of training method? | 6 |
| Q.9. | Define leadership. Explain in details the qualities of good leader. | |

Or

Games and Sports are man's cultural heritage. Explain. 6

PART - B

- Q.10.** What do you know about Arjuna Awards? 2
- Q.11.** Write short answers of following questions related to the game or sport of your choice:
- a)** Write the names of four personalities of National or International Status of the game of your choice. 2
 - b)** Name at least two national or International competitions of the game/ sport of your choice. 2
 - c)** Explain at least two terminologies of the game or sport of your choice. 2
 - d)** Describe any three important skills of the game/sport. 3
 - e)** Write a short history of game of your choice. 3
 - f)** Draw a sketch of the field/court/table of the game of your choice and indicate its specifications/measurements. 6

PART - C

- Q12.** What do you understand by workplace environment? 2
- Q13.** What is Strain? What is the general treatment of a Strain? 2
- Q.14.** Highlight the importance of prevention of sports injuries. 2
- Q.15.** What first aid or general treatment should be given in case of a Fracture? 2
- Q.16.** Write a short note of Menstruation. 3
- Q.17.** Define Family. What are the main functions of family? 3
- Q.18.** What are the objectives of conceptional care or care of women during pregnancy?

Or

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