

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 60 words each.
7. Answer to questions carrying 3 marks should not exceed 100 words each.
8. Answer to questions carrying 5 marks should not exceed 150-200 words each.

PART-A

- | | | |
|-------|---|---|
| Q.1 | Define wellness. | 1 |
| Q.2. | What is the meaning of positive sports Environment? | 1 |
| Q.3. | What is Meditation? | 1 |
| Q.4. | What are fats? | 1 |
| Q.5. | Define the term 'Interval training'. | 1 |
| Q.6. | Explain ethics in sports? | 1 |
| Q.7. | Explain in brief any two factors affecting physical fitness and wellness. | 2 |
| Q.8. | Distinguish between intramural & extramural programmes/activities. | 2 |
| Q.9. | How media can play an important role in creating positive sports environment? | 2 |
| Q.10. | Suggest four corrective exercises for flat foot? | 2 |
| Q.11. | Explain developmental characteristics during childhood. | 2 |
| Q.12. | Enlist the principles for development of physical fitness. | 3 |
| Q.13. | Write about any three essential elements of positive sports environment? | 3 |
| Q.14. | How can adolescent problems be managed? | 3 |
| | OR | |
| | Explain in brief any three techniques to motivate the sports person. | |
| Q.15 | What is seeding? Draw a knock-out fixture for 27 teams. | 5 |
| | OR | |
| | Define and classify fixtures. Draw a league fixture for 12 teams. | |
| Q.16. | Describe the causes, precautions and corrective measures of scoliosis? | 5 |
| | OR | |
| | Describe the causes, precautions and corrective measures of knock knees? | |
| Q.17. | Yoga is an Indian heritage. Elaborate | 5 |
| | OR | |
| | Yoga can play a significant role in sports. Justify. | |

- Q.18. Diet plays an important role for better performance. 5
OR
What is balanced diet? Elucidate its elements.
- Q.19. What does the word training mean in sports? Explain any two methods of speed development in detail. 5
OR
What is sports training? Explain the principles of sports training.

PART-B

- Q.20. Give a brief account of history of game/Sport. 2
- Q.21. Explain any three latest general rules of the game/Sport 3
- Q.22. Draw the diagram of the field/court of the related games/sports. 2
- Q.23. What are the sports gears related to game/Sport? Write importance of the sports gears. 3
- Q.24. Explain any three fundamental skills of the game/Sport. 3
OR
Explain any Six terminologies related to game/Sport.
- Q.25. Write a short note on SGFI. 2
OR
List the specific exercises for warming up and conditioning.
- Q.26. Explain the common soft tissue injuries in a game /sport of your choice? Suggest preventive measures. 5
OR
List down the national sports awards and explain Dronacharya award in detail.

*******The End*******