

**SAMPLE PAPER**  
**BOARD EXAMINATION: 2016**  
**PHYSICAL EDUCATION (CODE 048)**

**CLASS: XII**  
**MAX. MARKS: 70**

**SET-A**  
**Duration: 3 hrs**

**General instructions:**

1. All questions are compulsory.
2. Answer to questions carrying 1 mark should not exceed 30 words each.
3. Answer to questions carrying 3 marks should not exceed 90 words each.
4. Answer to questions carrying 5 marks should not exceed 150-200 words each.

Q.1.	What does the organizers intend by stating that, "Only such students shall participate in the Intramurals who have not represented the school in any Football Championship in the past and minimum 06 substitutions shall be compulsory in a 90 min game".	1
Q.2.	Enlist any two objectives of participation in adventure sports.	1
Q.3.	What do you mean by good posture?	1
Q.4.	State food supplement.	1
Q.5.	Define the term anemia.	1
Q.6.	Your grandmother has severe pain in the legs. Name the test you will suggest to measure her lower body strength particularly legs?	1
Q.7.	Give one most important mechanical difference between walking and running.	1
Q.8.	What do you mean by coping strategies?	1
Q.9.	What is explosive strength?	1
Q.10.	Explain any three leadership qualities in physical education.	3
Q.11.	What do you mean by bulimia? Discuss its types.	3
Q.12.	Briefly explain the role of diet on the performance of a sportsperson.	3
Q.13.	Briefly explain any three physiological benefits of exercise on children.	3
Q.14.	Briefly explain any three reasons of low participation of women in sports.	3
Q.15.	Discuss any three physical (anatomical) differences between males & females.	3
Q.16.	Briefly explain the role of regular physical activity in maintaining functional fitness of aged population.	3
Q.17.	Briefly discuss the impact of environment on athlete's health and performance.	3
Q.18.	Classify the soft tissue injuries and mention the causes and preventions of any one of them.	3
Q.19.	Explain any three techniques of motivation for higher achievement in sports.	3
Q.20.	Elucidate the psychological benefits of regular exercise on an individual.	3
Q.21.	Discuss any two methods of improving strength.	3
Q.22.	What do you mean by tournament? Draw a knock out fixture of 21 teams mentioning all the steps involved.	5
OR		
	What do you mean by BYE? Draw a fixture of 08 teams using round robin method.	
Q.23.	Explain any five common postural deformities.	5
Q.24.	What do you mean by AAPHER youth fitness test? Explain administration of any four items of this test.	5
Q.25.	What is projectile? Explain any four factors affecting projectile trajectory.	5
Q.26.	Define speed and discuss the types of speed in detail.	5