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

CLASS: XII   **SET-B**
MAX. MARKS: 70   **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.	Enlist any two objectives of participation in adventure sports.	1
Q.2.	Define kyphosis.	1
Q.3.	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.4.	Define the term anemia.	1
Q.5.	State food supplement.	1
Q.6.	What do you mean by coping strategies?	1
Q.7.	What is explosive strength?	1
Q.8.	Give one most important mechanical difference between walking and running.	1
Q.9.	Which test would you suggest for your grandfather to test lower body flexibility?	1
Q.10.	Classify the soft tissue injuries and mention the causes and preventions of any one of them.	3
Q.11.	Briefly explain the role of regular physical activity in maintaining functional fitness of aged population.	3
Q.12.	Discuss any four pitfalls of dieting.	3
Q.13.	Explain any three techniques of motivation for higher achievement in sports.	3
Q.14.	Discuss any three advantages of correct posture.	3
Q.15.	Elucidate any three reasons of low participation of women in sports.	3
Q.16.	Explain any three leadership qualities in physical education.	3
Q.17.	Discuss any three physical (anatomical) differences between males & females.	3
Q.18.	Discuss any two methods of improving strength.	3
Q.19.	What do you mean by bulimia? Discuss its types.	3
Q.20.	Briefly explain any three physiological benefits of exercise on children.	3
Q.21.	Briefly discuss the impact of environment on athlete's health and performance.	3
Q.22.	What do you mean by a Bye? Draw a knock out fixture of 21 teams mentioning all the steps involved.	5
	OR	
	What do you mean by tournament? Draw a fixture of 09 teams using round robin method.	
Q.23.	Define speed and discuss the types of speed in detail.	5
Q.24.	What is projectile? Explain any four factors affecting projectile trajectory.	5
Q.25.	Explain any five common postural deformities.	5
Q.26.	Explain the administration of AAPHER youth fitness test.	5