

SAMPLE PAPER: 2016-17
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 70 words each.
4. Answer to questions carrying 5 marks should not exceed 120 words each.

Q.1.	Enlist any two objectives of Intramurals.	1
Q.2.	Enlist any two objectives of participation in adventure sports.	1
Q.3.	Suggest any two corrective measures for correcting knock knees.	1
Q.4.	What is osteoporosis?	1
Q.5.	What is the purpose of Harvard Step -Test?	1
Q.6.	State any two physiological factors which determine flexibility.	1
Q.7.	What do you mean by sports medicine?	1
Q.8.	What do you mean by coping strategies?	1
Q.9.	What is strength endurance?	1
Q.10.	What is BYE? Draw a knock out fixture of 24 teams mentioning all the steps involved.	3
Q.11.	Explain any three objectives of adventure sports.	3
Q.12.	Briefly explain the role of diet on the performance of a sportsperson.	3
Q.13.	What are postural deformities? Briefly explain the causes and corrective measures of lordosis.	3
Q.14.	In sports such as judo and boxing, the players tend to lose weight sharply. Explain the pitfalls of dieting	3
Q.15.	Explain the advantages of corrective posture.	3
Q.16.	Briefly explain any three physiological changes in human body due to ageing.	3
Q.17.	Discuss any three immediate effects of exercise on cardio-vascular system.	3
Q.18.	Classify the soft tissue injuries and mention the causes and preventions of any one of them.	3
Q.19.	What is endurance? Discuss interval training method as a means of developing endurance.	3
Q.20.	Briefly discuss the impact of environment on athlete's health and performance.	3
Q.21.	Explain any three types of coordinative abilities.	3
Q.22.	What do you mean by ideology? Explain any five reasons of less participation of women in sports.	5
Q.23.	kartik is going regularly to the park near his home in the morning. He found that many old people have some or the other type of fitness problem in terms of flexibility and strength. He decides to check the fitness level of such people in the park. Explain the steps / test used by Kartik for measuring the fitness.	5
Q.24.	What do you mean by motor development? Explain any five physical & physiological benefits of exercise on children.	5
Q.25.	What is projectile? Explain the factors affecting projectile trajectory.	5
Q.26.	Define motivation. Explain any five techniques of motivation for higher achievement in sports.	5