



ST. XAVIER'S SENIOR SECONDARY SCHOOL, DELHI - 110054
Pre-Board Examination 2018 in **PHYSICAL EDUCATION**

Std. 12
2-01-2018

Max. Marks : 70
Time : 3 hrs.

1. Define psychology. 1
2. Define Physical Education. 1
3. Define planning in sports. 1
4. What is physiology? 1
5. What is training in sports? 1
6. Define test and measurement. 1
7. Define adventure sports. 1
8. Define postures. 1
9. What is motor developments? 1
10. Effects of exercise on respiratory system. 3
11. Write a short note on women participation in games and sports. 3
12. How you can create leadership through physical education? 3
13. Draw a fixture of 15 teams (knock-out system). 3
14. Explain the meaning and objectives of physical education. 3
15. What are advantages of correct posture? 3
16. What are the factors affecting motor development? 3
17. How balanced diet effect on performance of sports persons? 5
18. Define motivation. How would you motivate the school students to take part in different games and sports? 5
19. Explain Newton's Laws of Motion. 5
20. Define first aid. Explain aims and objective of first aid. 5
21. What is flexibility? Write down methods to improve flexibility. 8
22. Explain strength, endurance, isometric and isokinetic, and continuous and interval training. 8
23. What is intramural and extramural in sports? Explain its effectiveness. 4