



St. Xavier's Sr. Sec. School

Delhi-54

Pre Board Examination 2016

Std. 12

21-01-2016

PHYSICAL EDUCATION

Max. Marks : 70

Time : 3 hrs.

1. Give one most important mechanical difference between walking and running? 1
2. Define physical education. 1
3. How extrinsic motivation sometimes may kill intrinsic motivation? 1
4. Define biomechanics. 1
5. What do you understand by self-esteem? 1
6. Define linear motion. 1
7. Explain the meaning of motor fitness. 1
8. In which conditions knock out tournaments are better than round robin? 1
9. What is the aim and objective of physical education? 1
10. Describe Olympic flag. 1
11. Define friction and give its types. 1
12. Give any six long term effects of exercise. 2
13. What is the effect of good posture on physical fitness? 2
14. Explain different types of speed abilities. 2
15. Define motivation. 2
16. Explain any three long term effects of exercise on cardiovascular system. 2
17. In sports such as boxing and wrestling, the players tends to lose weight sharply. Explain the pitfalls of dieting. 3
18. Once upon a time, during an athletic meet in stadium, 8 girls were on starting line ready for the race. With the sound of the pistol, all 8 girls started running. Hardly they had covered 10 to 15 meters, when accidentally one girl slipped and fell. Due to pain the girl started crying. As the other 7 girls heard her cry, all of them stopped running, stood for a while, turned back, and ran towards her. Suddenly the girls returned, pacified here, joined their hands together, lifted her, walked together and reached the finishing line. The officials were shocked to see such scenes and unity, quite a many eyes were filled with tears.
Based on the passage above, answer the following questions:
 - a) What values do they teach? 1
 - b) What quality girls have shown by walking together? 1
 - c) What was so special about the race? 1
19. Write in detail about causes of less participation of women in sports. 3
20. Write in detail about conservation of environment. 5



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21. Explain nutritive components of diet along with its sources. 5
22. What is seeding? Make a seeding fixture of 20 players participating in a table tennis tournament on knock out basis and 4 players are to be kept in special seeding. 5
23. Describe the role of physical exercise in correcting postural deformities. 5
24. Explain fartlek training. Give its advantages and disadvantages. 5
25. Suggest at what age children should be exposed to weight training and justify your answer. 5
26. Describe the physiological factors determining strength and flexibility. 5
27. Explain different types of coordinative abilities with examples. 5

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