

CBSE – 2007 CLASS XII PHYSICAL EDUCATION

General instructions:

1. All questions are compulsory.
2. Question paper carries three parts namely A, B & C
3. Answer to any question carrying 2 marks should be in approximately 30 words.
4. Answer to any question carrying 3-4 marks should be in 50-60 words respectively.
5. Answer to any question carrying 6 marks should be in approximately 100 words.

Qs. 1. Briefly explain the importance of wellness. (2)

Qs. 2. Write short notes on any two means of fitness development. (2)

Qs. 3. Discuss about any two principles of physical fitness development. (2)

Qs. 4. Write about the concept of 'interval training method'. (2)

Qs. 5. Briefly explain about the importance of sociology in sports. (2)

Qs. 6. Explain the meaning and concept of training in sports. (4)

Qs. 7. Highlight the sociological aspect of physical education. (4)

Qs. 8. Describe the factors affecting physical fitness and wellness. (6)

Qs. 9. Explain the meaning of 'warming up' and highlight its importance for good Performance in competition. (6)

Part - B

Qs. 10. What do you know about Rajiv Gandhi Khel Ratna Award? (2)

Qs. 11. Answer the following questions on the basis of any one game/sport of your choice

- i. Briefly explain the historical development of the game/sport. (2)
- ii. Name any four famous award winning personalities of the game/sport. (2)
- iii. Give brief explanation of any four terminologies related with game/sport. (2)
- iv. Explain in detail any three skills of the game/sport. (3)

- v. Discuss any three skills of the game/sport. (3)
- vi. Explain the dimension and draw the diagram of the play field/court/table of game/sports. (6)

Part - C

Qs. 12. What do you understand by disaster preparedness? (2)

Qs. 13. Briefly explain essential elements of healthful environment. (2)

Qs. 14. Elaborate the concept of environment. (2)

Qs. 15. Briefly explain role of parents in child care. (2)

Qs. 16. Write short notes on joint injuries and its first aid. (3)

Qs. 17. Discuss the needs and problems of adolescents. (3)

Qs. 18. Define the term 'sports injury'. Explain types of soft tissue injuries and its preventive measures. (6)