

MODEL EXAMINATION (DECEMBER – 2017)

CLASS: XII

PHYSICAL EDUCATION

Time: 3 hrs.

Date.....

MAX. MARKS: 70

Name.....

Roll No.....

GENERAL GUIDELINES:

- (i) Question paper consists of 26 questions.
- (ii) All questions are compulsory.
- (iii) 1 Mark question must be answered in 10-20 words.
- (iv) 3 Marks questions must be answered in 30-50 words.
- (v) 5 Marks questions must be answered in 75-100 words

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| 1. | What do you understand by seeding? | 1 |
| 2. | State the types of complex carbohydrates. | 1 |
| 3. | Regular exercise helps in increasing the stroke volume at rest and it increases proportionally with exercise intensity. What do you mean by stroke volume? | 1 |
| 4. | List down the types of disability. | 1 |
| 5. | How physical activity improves physical wellness and strong immunity? | 1 |
| 6. | What are the common problems faced due to osteoporosis? | 1 |
| 7. | How can we measure the heart rate after exercises? | 1 |
| 8. | What are the factors that contribute to muscle strain? | 1 |
| 9. | A cricket player lowers his hands to catch the ball safely, why? | 1 |
| 10. | What are the two strategies to develop motivation among players? | 1 |
| 11. | What does the term 'Fartlek' mean and who developed this training method? | 1 |
| 12. | Discuss fat as a macro nutrient in detail. | 3 |

13. A famous cricket star Phillip Hughes was struck behind the ear by a ball while batting and died two days after the injury. He was wearing a helmet but the possible reason mentioned was that even when using a helmet, possibly a significant part of the neck remained exposed and the ball hit him there. And now most of the top cricketers across the world use deeper protection. 3
- a) Do you feel protection gears are important? Lay stress on your views.
- b) What first aid should be provided during injury at the superficial layer of the skin?
14. Briefly state the benefits of Ardha Chakarasana. 3
15. Correct posture plays vital role in overall appearance and enhancing the personality of an individual. What are the advantages of correct posture? 3
16. How women's participation in sports is beneficial? Discuss. 3
17. How can test be an effective tool in enhancing the performance of sports person? 3
18. State acceleration ability and locomotors ability. 3
19. "Regular exercise can delay the ageing process". Justify your answer in light of any three effect of regular exercise on physiological changes. 3
20. Draw a knock-out fixture of 21 teams mentioning all the steps involved. 5
21. Discuss the various strategies to make physical activities accessible for children with special needs in detail. 5
22. Harvard step test is a cardiovascular fitness test, it is also called aerobic fitness test, Elucidate the Harvard Step Test in detail. 5
23. Recall the adaptive affects that take place in our cardiovascular system after engaging in exercises for a longer period? 5
24. Define Projectile and explain the factors which affect the projectile trajectory. 5
25. Elucidate the factors influencing self-esteem and body image in detail. 5
26. What do you mean by flexibility? Elaborate the methods of improving flexibility. 5