

COMMON PRE-BOARD EXAMINATION 2017-2018

PHYSICAL EDUCATION

CLASS XII

Time Allowed: 3 hours

Maximum Marks: 70

General Instructions:

- 1) *The question paper consists of 26 questions.*
- 2) *All questions are compulsory.*
- 3) *Answer to question 1-11 carrying 1 mark should be in approximately 20- 30 words.*
- 4) *Answer to question 12-19 carrying 3 marks should be in approximately 80-100 words.*
- 5) *Answer to question 20-26 carrying 5 marks should be in approximately 150-200 words.*

1. What do you understand by 'specific sports programmes'? 1
2. Sugar free products help in maintaining weight. Do you agree? 1
3. Name two asanas which are not suggested to the persons having knee problems. 1
4. What problems does a child with Autism Spectrum Disorder face? 1
5. Differentiate between gross and fine motor development. 1
6. Explain disability etiquettes. 1
7. What is 'Anorexia Nervosa'? 1
8. What do the results of a Kraus Weber test show? 1
9. How can you differentiate between transverse and oblique fracture? 1

10. Write an important role of quadriceps muscles in running. 1
11. Define PNF. 1
12. During the sports competition various committees work together for smooth conduct of the competition. Write the role of any three important committees during competition. 3
13. Presence of fats in our body is important. Discuss the role of fats in our body. 3
14. Molly's maid servant, who is now 45 years of age, is recently diagnosed with diabetes. She didn't have any such problem of diabetes earlier. Molly was shocked to know this and decided to help her to cure this disease. After consultation with doctor and her physical education teacher, she suggested bhujangasana to her and help her daily in doing this asana.
- i) Which type of diabetes does Molly's maid servant have?
- ii) Write any one contraindication of bhujangasana.
- iii) What value does Molly show toward her maid servant? (1+1+1=3)
15. Describe the method of administering Barrow three items motor ability test. 3
16. Discuss the physiological factors that determine endurance. 3
17. How can you measure the lower body flexibility of senior citizen? 3
18. What is first aid? Discuss its aim and objectives. 3
19. What types of aggressions are shown by the sportspersons in sports field? 3
20. In a knockout tournament of basketball, 25 teams are participating. Organizer decided to prevent the elimination of last year's semi-finalist teams in preliminary round. Name the method through which they do this. Draw the fixture of this tournament. 5
21. What are food supplements? Write its advantages and disadvantages for children. 5
22. Discuss in brief about any five postural deformities of spine and legs. 5
23. Write in detail about AAPHER motor fitness test. 5

24. What are various physiological differences between males and females? 5
25. Discuss 'Big Five Theory' of personality traits. 5
26. Write a detail note on 'Circuit Training'. 5