

COMMON PRE BOARD EXAMINATION 2017-18

PHYSICAL EDUCATION

CLASS XII

Time allowed: 3 Hours

Maximum Marks: 70

General instructions:

- a. *The question paper consists of 26 questions.*
 - b. *All questions are compulsory.*
 - c. *Answer to question 1-11 carrying 1 mark should be in approximately 20-30 words.*
 - d. *Answer to question 12-19 carrying 1 mark should be in approximately 80-100 words.*
 - e. *Answer to question 1-11 carrying 1 mark should be in approximately 150-200 words.*
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1. What is intramural and extramural tournament? 1
2. What is balanced diet? 1
3. What is obesity? 1
4. What is physical disability? 1
5. What are the common postural deformities? 1
6. Calculate the physical fitness index using short formula for a 12 year old boy having completed Harvard step test for duration of 3minutes and a pulse of 60 beats for 1-1.5 minutes. 1
7. What do you mean by cardiac output? 1
8. What is sports medicine? 1
9. What is projectile trajectory? 1
10. Define self-esteem? 1
11. What is strength? 1
12. Name the asanas which are suitable for the people who suffer from diabetes and explain the benefits of Paschimottanasana. 3
13. Explain OCD and its symptoms. 3
14. What is weight training? Explain its advantages. 3
15. Explain the sociological aspects of sports participation. 3
16. Explain the type of motivation. 3

17. Explain friction and its types. 3
18. Describe bone injuries. 3
19. What are the effects of exercise on muscular system? Explain any one. 3
20. Draw a fixture of 11 teams on knock out basis and what are the advantages and disadvantages of league tournament? 5
21. Explain the role of nutrition on sports performance before, during and after the competition. What are macro nutrients? 5
22. Describe the concept of PRICE used for injury management. 5
23. Describe the procedure for administering Rikli and Jones Senior citizen fitness test. 5
24. How participation in physical activities helps in slowing down the aging process? Justify. 5
25. Explain the causes of any 5 postural deformities in detail. 5
26. Write in detail of following methods to develop endurance. 5
- A. Continuous training method.
 - B. Interval training method.