

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*
-

1. Sugar free products help in maintaining weight. Do you agree? 1
2. What is intramural and extramural tournament? 1
3. What is physical disability? 1
4. What are the common postural deformities? 1
5. Name two asanas which are not suggested to the persons having knee problems. 1
6. What do you mean by cardiac output? 1
7. What is sports medicine? 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. What is weight training? Explain its advantages. 3

15. Explain the sociological aspects of sports participation. 3
16. 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. 1×3=3
- 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?
17. Describe the method of administrating Barrow three items motor ability test. 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. 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