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Code Number 48/3



INDIAN SCHOOL MUSCAT
THIRD PRELIMINARY EXAMINATION
PHYSICAL EDUCATION

CLASS: XII
14.02.2018

Sub. Code:048

Time Allotted: 3 Hrs
Max. 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.*

- Q.1 Round –Robin Tournament is of two types. Name them and give one major difference between them. 1
- Q.2 Critically explain the use of dietary supplements in heavy dose for longer duration. Justify your answer with two suitable examples. 1
- Q.3 Write any two benefits of Vajrasana in obesity. 1
- Q.4 Give some examples of cognitive disability. 1
- Q.5 What are the advantages of correct posture? 1
- Q.6 What is osteoporosis? 1
- Q.7 Calculate the Physical Fitness Index using short formula for a 12 year old boy having completed Harvard step test for a duration of 3 minutes and a pulse rate of 54 beats for 1 to 1.5 minutes. 1
- Q.8 What is stroke volume? 1
- Q.9 What kind of sports injury can be termed as Abrasion? 1

Q.10	How participation in physical activities enhances self- esteem among children?	1
Q.11	What is dynamic friction?	1
Q.12	What do you mean by knock-out tournament? Draw the fixture of 21 teams on knock-out basis.	3
Q.13	Sunitha wanted to learn boxing but her brothers made fun of her and ridiculed her. Her father on seeing her interest sent her to a professional coach to learn that sport properly. a. Why was Sunitha ridiculed by her brothers? What does it show? b. What values are shown by Sunitha's father?	3
Q.14	What are vitamins? Name the types of vitamins.	3
Q.15	Explain the Yoga and Asana.	3
Q.16	What is meant by motivation? Explain the different techniques of motivation for higher achievement in sports.	3
Q.17	Explain the developmental characteristics during infancy.	3
Q.18	Write the full forms of ADHD and SPD. Elaborate on the cause of both.	3
Q.19	How a coach can help the participants to reduce stress through coping strategies before a competition?	3
Q.20	What are specific sports programmes? Explain with suitable example.	5
Q.21	What is the role of various elements of diet on performance of an athlete?	5
Q.22	Explain five strategies to make physical activities accessible for children with special needs.	5
Q.23	What are the various factors affecting physiological fitness? Explain.	5
Q.24	Define sports injuries. Write classification and prevention of sports injuries.	5
Q.25	Discuss the role of teachers and parents in the management of adolescent problems.	5
Q.26	Define flexibility and explain the methods of flexibility development.	5

End of the Question Paper