

Roll Number:



INDIAN SCHOOL MUSCAT  
FINAL EXAMINATION  
PHYSICAL EDUCATION

CLASS: XII

Sub. Code: 048

Time Allotted: 3 Hrs.

11.11.2019

Max. Marks: 70

**General Instructions:**

- The question paper consists of 34 questions*
- All questions are compulsory*
- Answer to question 1-20 carrying 1 mark should be in approximately 20-30 words*
- Answer to question 21-30 carrying 3 marks should be in approximately 80-100 words*
- Answer to question 31-34 carrying 5 marks should be in approximately 150-200 words*

**SECTION - A**

- |   |   |   |
|---|---|---|
| 1 | What do you mean by Sensory Processing Disorder?                            | 1 |
| 2 | What is OCD?  | 1 |
| 3 | What type of resistance can be used for developing strength among children? | 1 |
| 4 | Suggest two exercises for correcting flat foot.                             | 1 |

**OR**

What is scoliosis?

- |   |   |   |
|---|---|---|
| 5 | What do you mean by Female Athlete Triad?   | 1 |
| 6 | What is anorexia nervosa?   | 1 |
| 7 | Which motor quality does a senior citizen lack who finds difficulty in tying the shoe laces while sitting on the chair? | 1 |

**OR**

Calculate the physical fitness Index using short formula for a 12 year old boy having completed Harvard step test for duration of 3 minutes and pulse rate of 54 beats for 1 to 1.5 minutes.

- |   |   |   |
|---|---|---|
| 8 | What test would you suggest to measure upper body strength for aged population? | 1 |
| 9 | Why does involvement in regular exercise delay the onset of fatigue?            | 1 |

- 10 What is stroke volume? 1
- 11 What do you mean by cardiac output? 1
- 12 What is sprain? 1
- 13 List down aims of sports medicine. 1
- 14 What is greenstick fracture? 1
- 15 State static friction. 1
- OR**
- What do you mean by dynamic friction
- 16 To cover the maximum distance at what angle should a projectile be released? 1
- 17 Enlist the muscles involved in running. 1
- 18 How can extrinsic motivation sometimes kill intrinsic motivation? 1
- 19 Explain the term Realistic in goal setting principles. 1
- 20 What is Fartlek Training Method? 1
- OR**
- What is ballistic method of flexibility?

### SECTION - B

- 21 Explain any three causes of disability. 3
- 22 Discuss about Attention Deficit Hyperactivity Disorder. 3
- 23 Explain any two factors affecting motor development. 3
- OR**
- Elucidate the motor development in middle childhood.
- 24 Discuss menarche and menstrual dysfunction. 3
- 25 How can the minimum muscular strength for children be assessed? 3
- 26 Explain the three tests of Kraus- Weber Test. 3
- OR**
- Explain the Rockport Test.
- 27 Elaborate any three physiological factors determining endurance. 3
- 28 Classify the soft tissue injuries and mention the causes and preventions of any one of them. 3
- 29 Discuss the objectives of first aid in brief. 3

30 Explain why the angles of release for shot-put, javelin and discus throws are different. 3

**OR**

Discuss the dimensions of personality.

**SECTION - C**

31 Write in detail about strength improving methods of Isometric, Isotonic and Isokinetic. 5

32 What do you know about Harvard Step test? Explain its procedure and administration. 5

**OR**

Describe the procedure for administering Rikli and Jones Senior citizen Fitness Test.

33 Explain flat foot and knock knees and also suggest corrective measures for both postural deformities. 5

34 Explain in detail about the effects of regular exercise on respiratory system. 5

**OR**

Explain the physiological factors determining speed.

**End of the Question Paper**