



INDIAN SCHOOL MUSCAT  
SECOND PRE-BOARD EXAMINATION  
PHYSICAL EDUCATION (048)



CLASS: XII  
18.04.2022

MAX. MARKS: 35  
TIME: 2 hrs

**General instructions:**

1. There are three sections in the Question paper namely Section A, Section B and Section C.
2. Section A consists of 9 questions amongst which 7 questions have to be attempted each question carries 2marks and should have 30-50 words.
3. Section B consists of 5 questions amongst which 3 questions have to be attempted each question carries 3marks and should have 80-100 words.
4. Section C consists of 4 questions amongst which 3 questions have to be attempted each question carries 4marks and should have 100-150 words.

**Section A**

- |   |  |   |
|---|--|---|
| 1 | Elaborate the causes of OCD.                         | 2 |
| 2 | Define cardio vascular fitness.                      | 2 |
| 3 | What principles should be followed for goal setting? | 2 |
| 4 | Write four tips for preventing sports injuries.      | 2 |
| 5 | What is circuit training?                            | 2 |
| 6 | What is cognitive disability?                        | 2 |
| 7 | What is tidal air capacity?                          | 2 |
| 8 | What is the intrinsic motivation?                    | 2 |
| 9 | Write any four advantages of doing Yoga.             | 2 |

**Section B**

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|----|---|---|
| 10 | What do you mean by round shoulders? Suggest any four physical activities for correcting round shoulders. | 3 |
| 11 | Elucidate the effects of exercise on circulatory system.  | 3 |

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|----|--|---|
| 12 | Differentiate between endomorphs and mesomorphs.           | 3 |
| 13 | What is balance ability?                                   | 3 |
| 14 | Elucidate the benefits and contraindications of Vajrasana. | 3 |

**Section C**

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|----|--|---|
| 15 | What are the various factors affecting physiological fitness? Explain.           | 4 |
| 16 | What are the types of personality and explain the role of sports in personality. | 4 |
| 17 | Elaborate the pros and cons of high altitude training.                           | 4 |
| 18 | Define stress. How stress can be tackled by the players?                         | 4 |

**End of the Question Paper**