



**INDIAN SCHOOL MUSCAT
SECOND PRE-BOARD EXAMINATION
PHYSICAL EDUCATION**

Roll Number:

CLASS: XII

Sub. Code: 048

Time Allotted: 3 Hrs.

03.02.2020

Max. Marks: 70

General Instructions:

- The question paper consists of 34 questions.
- All questions are compulsory.
- Answer to question 1-20 carrying 1 mark.
- 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

- A Choose the correct answer
- | | | |
|---|--|---|
| 1 | Importance of the tournaments is | 1 |
| | a) Development of sports skills | |
| | b) Propaganda of sports | |
| | c) Helpful in the selection of players | |
| | d) All the above | |
| 2 | Formula to find out the number of matches in single league tournament is | 1 |
| | a) $N(N-1)$ | |
| | b) $N(N-1)/2$ | |
| | c) $N-1 \times 2$ | |
| | d) $N+N(N-1)$ | |
| 3 | Seeding method is used in the Knock-out fixtures to | 1 |
| | a) Avoid strong teams to get eliminated | |
| | b) Give equal chance to all the teams | |
| | c) Finish the first round rapidly and eliminate weaker teams | |
| | d) Minimise the expenditure of the tournament | |
| 4 | Healthy weight according to National Institute of Health in BMI between | 1 |
| | a) 5 & 10 | |
| | b) 11 & 18 | |
| | c) 19 & 25 | |
| | d) 26 & 31 | |

- 5 Obesity is that condition of the body in which the 1
- a) Body weight exceeds 100 kg.
 - b) Improper weight training without proper diet.
 - c) Person intakes excessive water
 - d) Amount of fat increases to extreme level

B. Give one word answers

- 6 Give two benefits of Bhujangasana. 1

OR

What is Dyslexia?

- 7 How do you correlate disability and poor approach to health care? 1

- 8 Environmental factors influence motor development in children. Comment on this statement. 1

- 9 State two exercise guidelines for the stage of adolescence. 1

- 10 What do you understand by a correct posture? 1

OR

What are the main causes of Knock-knees?

C. State True or False

- 11 Female athlete triad is a syndrome in which osteoporosis, amenorrhoea and eating disorders occur. 1

- 12 Triceps Skinfold is a Kraus- Weber Test 1

- 13 Cardiovascular fitness is the ability of the heart and lungs to supply oxygen-rich blood to the working muscle tissues and produce energy for movements. 1

- 14 Adiposity is a state of absolute subcutaneous fat in the body. 1

- 15 Sports medicine gives knowledge about the causes of injuries. 1

OR

Injudicious officiating may cause sports injuries.

D. Fill in the blanks

- 16 _____ & _____ are the two procedures for the treatment of sprain. 1

- 17 _____ fracture breaks in one of the bones of the spine or part of it. 1

18 An object thrown into the space either horizontally or at an acute angle under the action of gravity is called _____. 1

19 Law of _____ is the second law of motion. 1

20 Stress is classified into _____ & _____. 1

OR

Mr. Gosta Holmer developed _____ training in 1937 to develop endurance.

SECTION B

21 What is coordinative ability? Explain any three coordinative abilities. 3

22 Write a note on Jung's classification. 3

23 What are the different types of movements in joints? 3

OR

What is aerodynamics? What are the factors influencing aerodynamics?

24 Give any three sports activities which involve Newton's third law of motion. 3

25 What do you understand by the term functional fitness in aged population? 3

26 List down any six long term effects of exercise. 3

OR

What is oxygen transport?

27 How do you measure arm and shoulder strength? 3

28 Discuss the psychological aspects of women athlete. 3

29 Elaborate the three causes of bad posture. 3

30 Write down the strategies to make physical activities accessible for children with special needs. 3

OR

What are disability etiquettes?

SECTION C

31 What is hypertension? Discuss the benefits and contraindications of Vajrasana and Ardha Chakrasana. 5

- 32 Diet or nutrition for sports persons is important. What should be the aims of preparing diet for sports persons? 5

OR

What do you mean by Healthy weight? Explain the methods to control healthy body weight to lead healthy living.

- 33 What is the meaning of Tournament? Draw knock-out fixture of 27 teams. 5

- 34 What do you mean by coping? Discuss in detail about the problem- focused and emotion- focused coping strategies. 5

OR

Write in detail about the dislocation and fractures among the bones and joint injuries.

End of the Question Paper