



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



CLASS: XII
Date: 05.3.2022

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

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|---|--|---|
| 1 | Define cardinal traits and neuroticism. | 2 |
| 2 | What are SPD disorders? | 2 |
| 3 | Define spinal cord disability. | 2 |
| 4 | What do you mean by cardiac output? | 2 |
| 5 | Explain any two benefits of bhujangasana. | 2 |
| 6 | Define any one disability etiquette | 2 |
| 7 | Explain any two physiological factors determining speed. | 2 |
| 8 | What is explosive strength? | 2 |
| 9 | What do you understand by isotonic exercises in sports training? | 2 |

SECTION B

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|----|--|---|
| 10 | Explain any three disorders. | 3 |
| 11 | List down any three asanas used for preventing obesity and write two benefits of each. | 3 |
| 12 | Explain briefly any three dimensions of personality. | 3 |
| 13 | Write any three causes of sports injuries. | 3 |
| 14 | What are the salient features of the interval training method? | 3 |

SECTION C

- 15 Write meaning and types of Asanas. 4
- 16 Enumerate any four effects of exercise on circulatory system. 4
- 17 How does Carl Jung define personality? Explain three types of personality classified by him. 4
- 18 Define speed. List any three factors that determine speed. 4

End of the Question Paper