

CBSE SAMPLE QUESTION PAPER-1**PHYSICAL EDUCATION (048)****SESSION 2021-22(CLASS XII)****TERM II****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 2 marks and should have 30-50 words.
3. Section B consists of 5 questions amongst which 3 questions have to be attempted each question carries 3 marks and should have 80-100 words.
4. Section C consists of 4 questions amongst which 3 questions have to be attempted each question carries 4 marks and should have 100-150 words.

(SECTION-A)

- Q.1 Explain any two external methods of motivating a person for better performance in sports. [1+1=2]
- Q.2 Differentiate between 'OCD' and 'ODD on the basis of their symptoms (any two). [1+1=2]
- Q.3 List two strategies to make physical activities accessible for CWSN. [1+1=2]
- Q.4 Suggest any two Isometric exercises for upper body. [1+1=2]
- Q.5 What is Stroke Volume and Cardiac-output? [1+1=2]
- Q.6 Write two effect of exercise on Muscular System? [1+1=2]
- Q.7 Write two sign and symptoms of Sprain? [1+1=2]
- Q.8 What does the term Fartlek mean and who developed this training method? [1+1=2]
- Q.9 Explain any two benefits of 'Paschimottasana'? [1+1=2]

(SECTION-B)

- Q.10 Based on sociability character how has Carl Jung classified personality? [1+1+1=3]
- Q.11 Define flexibility and explain its types. [1+2=3]
- Q.12 Write about Vajrasana, its benefits and contraindications? [1+1+1=3]
- Q.13 Write down the meaning of First Aid and explain its objectives. [1+2=3]
- Q.14 Explain any three types of coordinative abilities [1+1+1=3]

(SECTION-C)

- Q.15 Explain any four personality types of big five theory. [1+1+1+1=4]
- Q.16 Explain four physiological factors determining flexibility. [1+1+1+1=4]
- Q.17 Name the Asanas used to cure Asthma. Write the procedure and benefits of Bhujangasana. [1+1½+1½=4]
- Q.18. Explain any four soft tissues injuries with their management. [1+1+1+1=4]