

CBSE SAMPLE QUESTION PAPER-2

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)

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| Q.1 Briefly explain any two benefits of asanans for prevention of diseases | [1+1=2] |
| Q.2 What do you understand by Intrinsic and Extrinsic Motivation? | [1+1=2] |
| Q.3 What type of injuries are Laceration and Incision? Explain. | [1+1=2] |
| Q.4 Define Disorder and Cognitive Disability? | [1+1=2] |
| Q.5 Explain the term Acceleration & Loco-motor Ability | [1+1=2] |
| Q.6 Differentiate between Strain and Sprain? | [1+1=2] |
| Q.7 Mention any two disability etiquettes. | [1+1=2] |
| Q.8 What is oxygen Intake and uptake? | [1+1=2] |
| Q.9 Goal setting and Fun-based training are the techniques to motivate the children. Explain these | [1+1=2] |

(SECTION-B)

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| Q.10 What is the relationship between load and adaptation during training programme? | [3] |
| Q.11 Based on body structure how has Shaldon classified personality? | [1+1+1=3] |
| Q.12 What do you mean by ASD? Briefly explain its causes? | [1+2=3] |
| Q.13 List down any three asanans used for preventing Hypertension and write two benefits of each. | [1+2=3] |
| Q.14 How do regular exercises maintain the proper functioning of the respiratory system? | [3] |

(SECTION-C)

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| Q.15 Describe the procedure for performing Gomukhasana along with its benefits and contradictors. | [1+1½+1½=4] |
| Q.16 What does the word 'training' means in sports? Explain any two methods of speed development in detail. | [1+1½+1½=4] |
| Q.17 What do you mean by ADHD? What are the symptoms and causes of ADHD? | [1+1½+1½=4] |
| Q.18 Discuss the physiological factors, determine the strength as a component of physical fitness? | [4] |