

CLASS XII - CBSE

Time Allowed : 2 Hour

PHYSICAL EDUCATION

Maximum Marks : 35

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.

HAVE CONTROL → HAVE PATIENCE → HAVE CONFIDENCE ⇒ 100% SUCCESS

(SECTION-A)

- Q.1** Explain any two external methods of motivating a person for better performance in sports. [1+1=2]
- Q.2** Suggest any two Isometric exercises for lower body. [1+1=2]
- Q.3** Explain any two benefits of 'Matsyasana'? [1+1=2]
- Q.4** Briefly explain any two benefits of asanas for prevention of diseases. [1+1=2]
- Q.5** What do you understand by Intrinsic and Extrinsic Motivation? [1+1=2]
- Q.6** What type of injuries are Laceration and Abrasion? Explain. [1+1=2]
- Q.7** Define Disorder and Cognitive Disability? [1+1=2]
- Q.8** Mention any two disability etiquettes. [1+1=2]
- Q.9** What is Oxygen Intake and Oxygen Transport? [1+1=2]

(SECTION-B)

- Q.10** Define flexibility and explain its types. [1+2=3]
- Q.11** Define Aggression and differentiate between hostile and assertive aggression. [1+2=3]
- Q.12** What do you mean by OCD? Briefly explain its causes? [1+2=3]
- Q.13** List down any three asanas 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)

- Q.15** Describe the procedure for performing Pavanmuktasana 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]