

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** Goal setting and Fun-based training are the techniques to motivate the children. Explain these. (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** Explain the term Acceleration & Loco-motor Ability. (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 'Tadasana'? (1+1=2)

(SECTION-B)

- Q.10** What is the relationship between load and adaptation during training programme? (1½+1½=3)
- Q.11** Based on body structure how has Shaldon classified personality? (1+1+1=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 Speed. (1+1+1+1=4)
- Q.17** Name the Asanas used to cure Asthma. Write the procedure and benefits of Chakrasana. (1+1½+ 1½ =4)
- Q.18** Explain any four soft tissues injuries with their management. (1+1+1+1=4)