

PHYSICAL EDUCATION (048)
SESSION 2021-22(CLASS XII)
TERM II

Time : 2 Hours

Max. Marks : 35

General Instructions:

Read the following instructions carefully.

- (i) There are three sections in the Question paper namely Section A, Section B and Section C.
- (ii) 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.
- (iii) 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.
- (iv) 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

1. "Asanas can be used as a preventive measure." Comment. 2
2. What is active and passive flexibility? 1 + 1
3. "Extrinsic motivation sometimes may kill intrinsic motivation." Justify. 2
4. Define disability and list down any two types of disability. 1+5 × 2
5. Describe any 2 objectives of first aid. 1 + 1
6. Elucidate any 2 types of coordinative ability with suitable example. 1 + 1
7. What are the symptoms of Autism Spectrum Disorder? 1 + 1
8. Explain any 2 physiological factors, help in determining endurance. 1 + 1
9. Enlist Any 4 causes of oppositional Defiant Disorder (ODD). 2

SECTION-B

10. Define aggression. Discuss any 2 types of aggression. 1 + 2
11. What do you mean by disability etiquettes? List down any 4 disability etiquettes while communicating with a person with special needs. 1 + 2
12. Draw diagram and explain the management of any 2 types of bone injury. 1.5+1.5
13. Write the benefits and contraindication of Matsyasana. 1.5+1.5
14. Differentiate between Isometric and Isotonic exercise with suitable example. 3 × 1

SECTION-C

15. What are the personality traits according to the Big Five theory? 4 × 1
16. Discuss in detail 2 long term and 2 short term effects of exercise on cardio-respiratory system. 2 + 2
17. Define Endurance and discuss the methods of endurance development. 1 + 3
18. What is obesity? Draw stick diagram of any two asanas recommended to control obesity and explain their procedure. 1+1.5×2