

FIRST TERMINAL EXAMINATION, 2016
PHYSICAL EDUCATION

Time : 3 hrs.

Class - XII

M.M. : 70

Date – 08.09.2016

Instructions:

- All questions are compulsory.
- Answer to questions carrying **01 mark** should be in approximately **30 words**.
- Answer to questions carrying **02 marks** should be in approximately **60 words**.
- Answer to questions carrying **03 marks** should be in approximately **100 words**.
- Answer to questions carrying **05 marks** should be in approximately **150-200 words**.

- Q.1** What is bye? Explain the procedure of giving bye. (1)
- Q.2** What does the organizers intend by stating that, only such students shall participate in the Intramurals who have not represented the school in any Football Championship in the past and minimum 10 substitution shall be compulsory in a 90 minute game.” (1)
- Q.3** Enlist the equipments required for camping? (1)
- Q.4** Explain any two objectives of participation in adventure sports? (1)
- Q.5** What do you mean by food myths? (1)
- Q.6** Why does the weight lifters diet include lots of protein? (1)
- Q.7** What do you mean by spinal curvature deformities? (1)
- Q.8** What are postural deformities? (1)
- Q.9** What do you mean by gross motor development? (1)
- Q.10** What type of resistances can be used for developing strength among children? (1)
- Q.11** What do you mean by female athlete triad? (1)
- Q.12** Distinguish between Intramural and Extramural Programmes? Make a fixture of 9 teams in cyclic method. (3)
- Q.13** Explain about conservation of water, energy, forests? (3)
- Q.14** Sunita was a healthy girl of our class, Up to the last year, her body weight was quite appropriate but now she has lost her body weight spontaneously up to an extreme level. She seems to be too slim and trim. In fact, during the last month, she became more willing to lose weight because she had intense fear of gaining weight. Her friend Sakshi used to say her that she was going to be skinny but she did not believe. Madam Seema, our physical education teacher was also surprised to see the condition of Sunita. She came to know the fact and told Sunita that her problem was anorexia nervosa. It can damage her mental and physical health. She suggested her to follow certain points for proper management and treatment of anorexia nervosa. After some months, she recovered from this eating disorder. (3)

Based on the above passage, answer the following questions:

- a) Comment upon the symptoms of Sunita regarding anorexia.
- b) What values did Sakshi possess? State in brief.
- c) What values did madam Seema reflect through her initiative? Mention in brief.

Q.15 Ramesh was a very intelligent student of our class but he was having a problem of kyphosis which is one of the major deformities of spine. Most of the students used to laugh at him and passed indecent comments on him. Owing to that, he remained under tension and stress. One day, our teacher came to know about this problem. He rebuked the children for their misdeeds and suggested them not to repeat such things in future. He advised Ramesh to take some corrective exercises for correcting the deformity of kyphosis. After performing corrective exercises for few months, he has got rid of kyphosis. (3)

On the basis of the above passage, answer the following questions -

- a) Comment upon the disqualities of most of the students of the class.
- b) Discuss the values possessed by the teacher.
- c) Mention some corrective exercises for remedy of kyphosis.

Q.16 What is weight training? Mention two advantages and disadvantages of weight training. (3)

Q.17 What is menopause? Discuss the need of exercises during menopause in brief. (3)

Q.18 What do you mean by amenorrhea? Discuss any two factors which may lead to amenorrhea in female athlete. (3)

Q.19 Explain the methods of deciding the winner in league tournament? Make a fixture of 11 teams by stair case method. (3)

Q.20 What do you mean by knockout tournament? Make a fixture of 27 teams on knockout basis by consolation type-2 method. (5)

Q.21 Define leadership? Explain the leadership qualities in physical education. (5)

Q.22 What do you mean by micro nutrients? Explain about any five macro nutrients. (5)

Q.23 Explain any five common postural deformities? (5)

Q.24 What do you mean by Motor development? Discuss the factor affecting motor development in detail. (5)

Q.25 What is menstrual dysfunction? Elaborate the various types of disorders/problems related to menstrual dysfunction. (5)

Q.26 What is osteoporosis? Explain various factors which usually leads to osteoporosis among women athlete. (5)

