

**SAMPLE PAPER**

**CLASS – XII**

**SUBJECT - PHYSICAL EDUCATION**

Time: 3 hrs

M.M:70

- 1 What do you mean by seeding? 1
- 2 Briefly discuss strenuous trekking. 1
- 3 What do you mean by nutritive component of diet? 1
- 4 What do you mean by spinal curvature deformities? 1
- 5 What do you mean gross motor development? 1
- 6 What do you mean by female athlete triad? 1
- 7 What is Harvard step? 1
- 8 State any one physiological factor which determines flexibility. 1
- 9 You are practicing in extreme cold climate. Which illness may occur to you? 1
- 10 What do you mean by dynamic friction? 1
- 11 How extrinsic motivation sometimes may kill intrinsic motivation? 1
- 12 Discuss fartlek training method as a means of developing endurance? 3
- 13 Explain any three objectives of intramurals. Make a fixture of 8 teams by staircase method. 3
- 14 Rohit was a good athlete of our school. He used to do strenuous training regularly to achieve apex position at the state level tournament. In spite of his consecutive endeavors, he could not get success in achieving his goal. His parents also wanted him to succeed. Then he got frustrated with his poor performance. Due to overstress, depression and anxiety he resorted to drug abuse as a means of emotion focused coping strategies. He started misbehaving with his teachers and friends in school. The principal counseled Rohit, but vain. His parents took him to a rehabilitation center for proper treatment. After few months he came back completely recovered. 3

On the basis of the above passage answer the following questions:

1. What values did the principal reflect through his initiative?

2. Is drug a good means of achieving emotion focused strategies, give your views in brief?
  3. What should be the attitude of his parents after his complete recovery?
  - 15 Explain why the angles of release for shot-put, javelin are and discuss throws different? 3
  - 16 Discuss the impact of surfaces on the athlete's health performance? 3
  - 17 Discuss the physiological changes in senses due to ageing? 3
  - 18 What do you mean by AAPHER fitness test? Explain administration of any three items of this test. 3
  - 19 Define ideology. Discuss ideology in terms of women and sports participation in brief? 3
  - 20 Describe the method of preparing fixture in knock out tournament in detail. Draw the fixture of 21 teams on knock out basis? 5
  - 21 "Diet can enhance the performance of a sports person." Give your comments about this statement in detail? 5
  - 22 What is osteoporosis? Explain various factors which usually lead to osteoporosis among women athletes. 5
  - 23 Explain eight foot up and go test for measuring agility? 5
  - 24 Describe the physiological factors determining speed as a component of physical fitness. 5
  - 25 What do you mean by joint injuries? Discuss the types and preventive measures of joint injuries. 5
  - 26 Discuss the angular and linear movements in details with example and diagram. 5
-