

# HALF YEARLY EXAMINATION, 2017-18

## PHYSICAL EDUCATION

Time : 3 hrs.

Class – XII

M. M. : 70

Name of the student \_\_\_\_\_ Section \_\_\_\_\_ Date-09.9.2017 (Saturday)

### Instructions:

- All questions are compulsory.
- Answers to questions carrying **01 mark** should be in approximately **30 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 do you mean by planning? (1)
- Q.2 What do you mean by balanced diet? (1)
- Q.3 What is the aim of yoga? (1)
- Q.4 What does the word 'tournament' mean? (1)
- Q.5 What do you mean by motor development? (1)
- Q.6 What do you mean by women's participation in primary area of difference in gender? (1)
- Q.7 What is disability? (1)
- Q.8 Explain the term hearing impairment. (1)
- Q.9 What are the basic instructions of vajrasana? (1)
- Q.10 What do you mean by healthy weight? (1)
- Q.11 What is Osteoporosis? (1)
- Q.12 List the steps to form committees for tournament. (3)
- Q.13 Enlist the macro and micro nutrients. (3)
- Q.14 Explain the prevention and management of Hypertension. (3)
- Q.15 What do you mean by Intellectual Disability? (3)
- Q.16 Mention the two advantages and disadvantages of weight training. (3)
- Q.17 Discuss any three factors which may lead to osteoporosis in female athlete. (3)
- Q.18 How can women's participation in sports and games be encouraged in India. Explain. (3)
- Q.19 Give any three examples of Obsessive Compulsive Disorder (OCD). (3)
- Q.20 Explain any two methods of drawing fixture for single league tournament. Make a cyclic fixture of 9 teams. (5)
- Q.21 What is the meaning of a tournament? Draw knockout fixture for 27 teams with consolation type-II method. (5)
- Q.22 Diet for sportsperson is important. What should be the aim of preparing diet for a sportsperson? (5)
- Q.23 What are the general contraindication and procedure of performing Bhujangasana? (5)
- Q.24 What are the benefits of physical activity for children with special need? (5)
- Q.25 Discuss the physical exercises as corrective measures for kyphosis, lordosis and scoliosis. (5)
- Q.26 What is amenorrhoea? Elucidate its types and factors which may inspire the chances of amenorrhoea. (5)

