

PRE BOARD II EXAMINATION (2017 - 18)
CLASS: XII

Subject: PHYSICAL EDUCATION

Date: 24.01.18

Time Allowed: 3 Hours

Maximum Marks: 70

General instructions:

- (1) All questions are **compulsory**.
- (2) Marks are indicated against each question.
- (3) Please check this question paper contains 2 printed pages only.
- (4) Please check that this question paper contains 26 questions.

1. Why does the weightlifters diet include lots of protein ? 1
2. Briefly mention the benefits of bhujangasana. 1
3. Malnutrition may cause disability. Explain the statement. 1
4. Suggest two exercises for correcting knock knee. 1
5. What do you understand disordered eating ? 1
6. What do you mean by test and measurement ? 1
7. What is ageing ? 1
8. What is dislocation of joints ? 1
9. What do you mean by axis ? 1
10. What do you mean by big five personality theory ? 1
11. Define circuit training ? 1
12. Draw a fixture of 11 teams on league basis. 3
13. What is diabetes ? Discuss the procedure, benefits and contraindications of any one asana for preventing diabetes. 3
14. Mention the advantages and disadvantages of weight training. 3
15. Explain any four physiological factors determining endurance. 3

16. Sarath and Sanjay were long distance runners of our school. One day they were doing Plyometric exercises. On that day Sarath was not properly warm up. Spontaneously his hamstring muscle was strained while doing the exercise. There was a severe pain in his affected muscles. Sanjay informed his teacher immediately. The teacher brought him to the doctor who provided him proper treatment. 3
- i. What is strain ?
 - ii. What is warm up ? and specify its importance.
 - iii. Comment upon the values shown by Sanjay and his teacher.
17. Discuss the four basic forces of aerodynamics in brief. 3
18. Briefly state about emotion focused coping strategies. 3
19. Elaborate the benefits and negatives of high altitude training. 3
20. Draw a knock out fixture of 27 teams in quarters. 5
21. What do you mean by macro nutrients ? Explain briefly. 5
22. Discuss Attention Deficit Hyperactivity Disorder, its symptoms and causes in details. 5
23. Elucidate the sports participation of women in India in detail. 5
24. Explain briefly the contents and administration of Kraus Weber tests. 5
25. Discuss the management of abrasion, contusion and laceration. 5
26. Discuss the methods of improving endurance in detail. 5