

**PRE BOARD I EXAMINATION (2017 - 18)**  
**CLASS: XII**

**Subject: PHYSICAL EDUCATION**

**Date: 11.12.17**

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.

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| 1. What is seeding ?   | 1 |
| 2. Define nutrition.   | 1 |
| 3. What do you mean by asana ?   | 1 |
| 4. What do you mean by correct posture ?   | 1 |
| 5. What do you understand by female athlete triad ?  | 1 |
| 6. Explain the procedure for eight foot up and go test.  | 1 |
| 7. What is stroke volume ?   | 1 |
| 8. Define first aid.   | 1 |
| 9. What do you mean by biomechanics ?  | 1 |
| 10. What is meant by problem focused coping strategies ?   | 1 |
| 11. What is sports training ?  | 1 |
| 12. Draw a fixture of 21 teams on knock out basis.   | 3 |
| 13. Elucidate the need of food supplements for children and precautions for taking food supplements. | 3 |
| 14. Explain any five causes of disability.   | 3 |

15. Sports are good for all age groups. Competitive sport is a showcase of power at the international arena. Supremacy over the other country is indirectly shown by standing at the top of medal tally. To achieve their target few countries are imparting very strict training to growing children. Many organizations have raised their voice against the intensity with which training is scheduled for making an international athlete. 3
- i. Elaborate any two physiological benefits of exercise in children.
  - ii. What are the disadvantages of high intensity training in children.
16. Discuss menarche and menstrual dysfunction. 3
17. Explain the three item test battery for general motor fitness  
Propounded by Barrow in detail. 3
18. Discuss the dimensions of personality in detail. 3
19. Dynamic strength is divided into three parts. Explain in brief. 3
20. Discuss asanas as preventive measures in detail. 5
21. What is Autism Spectrum Disorder? Discuss its causes in detail. 5
22. Explain in detail about the long term effects of regular exercise on cardiovascular system. 5
23. Define sports medicine. Mention the management of sprain. 5
24. What is projectile ? Explain the factors affecting projectile trajectory. 5
25. Define motivation. Elucidate any five techniques of motivation. 5
26. Define speed and discuss the types of speed in detail. 5