

## PRE-BOARD EXAMINATION, JANUARY – 2019

CLASS: XII

PHYSICAL EDUCATION

Time: 3 hrs.

MAX. MARKS: 70

**General Guidelines:**

- (i) Question paper consists of 26 questions.
- (ii) All questions are compulsory.
- (iii) 01 Mark question must be answered in 20-30 words.
- (iv) 03 Marks question must be answered in 80-100 words.
- (v) 05 Marks question must be answered in 150-200 words

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|-----------|---|---|
| 1.        | Define motor development.                               | 1 |
| 2.        | What is food intolerance?                               | 1 |
| 3.        | Define endurance.                                       | 1 |
| 4.        | Mention any one cause of OCD?                           | 1 |
| <b>OR</b> |   |   |
|           | What is intellectual disability?                        |   |
| 5.        | What do mean by league tournament?                      | 1 |
| 6.        | What are the common problems faced due to osteoporosis? | 1 |
| <b>OR</b> |   |   |
|           | What do you understand by Diabetes?                     |   |
| 7.        | What do understand by Anemia?                           | 1 |
| 8.        | What is Rockport 1 mile walk test?                      | 1 |
| <b>OR</b> |   |   |
|           | Explain the benefits of Hastasana.                      |   |
| 9.        | Define first aid.                                       | 1 |
| 10.       | What is aerodynamics?                                   | 1 |

**OR**

Define friction and name its types.

11. What is diabetes? 1
12. Describe the objectives of intramural tournaments. 3
- OR**
- Describe the advantages of league tournaments.
13. Group of young children were undergoing training for a main event. Training was targeted to develop selected abilities and preparing for a competition. Some of team members tried to convince other fellow team members to use certain medicines which one boy did not agree. Other team members tried to convince him for the sake of the team but he firmly refused and convinced them that it is against the rules of the game. 3
- (a)What value the boy has shown by refusing to use banned substances?
- (b)What personality trait he has shown by refusing to his team members?
14. Explain pitfalls of dieting. 3
- OR**
- Discuss briefly about various food myths.
15. Elaborate any 03 methods to prevent asthma. 3
16. Is friction advantageous or disadvantageous in the field of games and sports? Give your comment with examples. 3
17. Explain three gender differences in detail. 3
18. Explain about the management of fracture. 3
- OR**
- What is stress fracture? Mention its management.
19. Discuss any three advantages of physical activities for children with special needs. 3
20. Draw a fixture of 7 teams participating in the league tournament. 5
21. Explain in detail the effects of diet on sports performance. 5
22. Explain the causes of any 05 postural deformities in detail. 5
- OR**
- What do you mean by correct posture? Explain the standing and sitting postures. What are the causes of a bad posture?
23. How AAPHER youth fitness test is administered? 5
24. Elaborate the physiological factors determining endurance and strength. 5
25. Describe the types of personality. 5
26. Explain the impact of high altitude training. 5
- OR**
- Suggest various methods for flexibility training to improve the optimum flexibility.