

**CBSE EXAMINATION PAPER—2019 (DELHI)**  
**PHYSICAL EDUCATION**  
**Class XII**

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*Time allowed : 3 hrs.*

*Maximum Marks : 70*

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**GENERAL INSTRUCTIONS:**

- (i) *The question paper contains 26 questions.*
  - (ii) *All questions are compulsory.*
  - (iii) *Questions no 1 to 11 carry 1 mark each. Answer to these questions should be in approximately 10 – 20 words each.*
  - (iv) *Questions no. 12 to 19 carry 3 mark each. Answers to these questions should be in approximately 30 – 50 words each.*
  - (v) *Question no. 20 to 26 carry 5 marks each. Answer to these questions should be in approximately 75 – 100 words each.*
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**SECTION-A**

- 1. Suggest any two disadvantages of league tournament. (1)
- 2. What do you mean by Dieting? (1)

**OR**

- Enlist two sources of calcium.
- 3. Explain two benefits of “ARDH MATSYENDRA” asana. (1)
- 4. What do you mean by Autism Spectrum disorder? (1)

**OR**

- From which disorder a person is suffering if he repeatedly performs the same activity?
- 5. Define Abduction. (1)
- 6. What is ‘an abnormal curvature of spine at front’ termed as? (1)
- 7. Suggest any two physiological factors determining ‘speed’. (1)
- 8. What is the formula for computation of the Fitness Index? (1)
- 9. What type of injuries are Laceration and Incision? Explain. (1)

**OR**

- What is the aim of sports medicine?
- 10. What is the difference between Endomorph and Mesomorph types of personalities? (1)

**OR**

- What is hostile aggression?
- 11. Suggest any two methods to improve flexibility. (1)

## SECTION B

12. Which asanas are helpful in reducing obesity? Explain the procedure and contraindications of any one asana. (3)
13. Your uncle is manager in a reputed company. He works on computer regularly for long hours. Though he is conscious about his diet, he is suffering from blurred vision. Since long, he is taking medical treatment for his wound on left elbow. But is to not healing. (3)

Based on the above context, answer the following questions:

- (i) Name the disease, your uncle is suffering from.
- (ii) Suggest two asanas to cure the disease.
- (iii) Which measures will you adopt to stay healthy? (any two)
14. Explain briefly about eating disorder "BULIMIA" (3)

### OR

- Comment on the outlook of Indian society towards the participation of women in sports.
15. How are the following tests carried out? (3)
- (a) Standing Broad Jump
- (b) Zig – Zag – Run
- (c) Medicine – Ball Put
16. What are the components of Rikli and Jones Test? Explain the purpose and procedure of any one test. (3)
17. Write about Physiological Factors Determining Endurance. (3)

### OR

- Briefly explain the effects of exercise on respiratory system.
18. Write about the Newton's Laws of Motion and briefly discuss about their application in sports. (3)
19. Briefly explain the types of axis of rotation with suitable example. (3)

### OR

- What do you mean by Projectile? Discuss about the factors affecting Projectile Trajectory.
20. Draw a fixture of 12 teams on a league basis according to the staircase method. How will you decide the winner in a league tournament? (5)
21. What do you understand by macro – nutrients? Explain the sources and role of any two macro – nutrients. (5)
22. Write in detail about the causes and symptoms of Attention Deficit/Hyperactivity Disorder. (ADHD) (5)

### OR

- Write about the symptoms, causes and management of Oppositional Defiant Disorder. (ODD)
23. Explain the causes and corrective measures for knock-knee and scoliosis. (5)
24. Contusion and dislocation are common sports injuries. Write in detail about the symptoms and management of these injuries. (5)
25. What do you mean by coping strategies? Write in detail about emotional Focused Coping Strategies. (5)
26. What are types of 'strength'? Explain isotonic method to improve strength. (5)

### OR

Define Circuit Training. Draw a diagram of 8 (Eight) stations and explain its advantages.