

CBSE (AI) EXAMINATION PAPER—2019
PHYSICAL EDUCATION (Theory)
Class XII

Time allowed : 3 hrs.

Maximum Marks : 70

GENERAL INSTRUCTIONS:

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

- 1. What do you understand by ‘Planning in Sports’? (1)
- 2. Write briefly about “Micronutrients”. (1)

OR

- Suggest two reasons, why our body requires food-supplements. (1)
- 3. Mention any two disability etiquettes. (1)
- 4. What do you mean by Intellectual Disability? (1)
- 5. Which type of deformity is “Kyphosis”? (1)

OR

- What is Motor Development? (1)
- 6. Among females, what type of Menstrual Dysfunction is called Amenorrhoea? (1)
- 7. What do you mean by “Bulimia”? (1)

OR

- Give two objectives of Extramural activities. (1)
- 8. Which test will you suggest to measure general motor ability? (1)
- 9. On the basis of physiological parameters, mention any two gender differences. (1)
- 10. Which type of sports injury is known as “Strain”? (1)

OR

- What do you mean by soft tissue injuries? (1)
- 11. Which method will you suggest to develop endurance? (1)

SECTION-B

12. Explain about the procedure and advantages of “Bhujangasana”. (3)
13. What is the role of Yoga in preventing lifestyle diseases? (3)

OR

- Discuss about meal intake guidelines for pre, during and post sports event. (3)
14. Pawan got admission in class IX in a reputed school. All the students of his class welcomed him. After few days Aryaman, the class monitor observed that Pawan’s behaviour is different from other students. He is aggressive, rude and non-cooperative. He finds it difficult to make friends. Even in school, nobody wants to be his friend. Aryaman had read about ODD in a science magazine in the library, which was similar to Pawan’s behaviour. He discussed this situation with his classmates and suggested to interact and be friends with Pawan. This would help him to remain calm and happy.
Answer the following questions based on the above passage: (3)
- (a) What do you mean by ODD?
(b) What are the symptoms of ODD?
(c) What values are shown by Aryaman?
15. What are the causes of Osteoporosis?

OR

- Write briefly about the prevention and management of “Anorexia”. (3)
16. Explain the various factors affecting projectile trajectory. (3)
17. Explain the various types of axes of rotation. (3)
18. What do you mean by coping strategies? Write briefly. (3)

OR

- Explain the strategies for enhancing adherence to exercise. (3)
19. Write briefly about the techniques of Stress management. (3)

SECTION-C

20. What is league tournament? Draw a fixture of nine (9) teams on the basis of league tournament using cyclic method. Explain British method to declare the winner. (5)
21. Explain macro-nutrients and their role in our diet. (5)
22. Explain ‘Flat Foot’ and ‘Knock Knees’ and also suggest corrective measures for both postural deformities. (5)
23. Write in detail about AAPHER (American Alliance For Health, Physical Education and Recreation) Motor Fitness Test. (5)

OR

- What do you know about Harvard Step Test? Explain its procedure and administration. (5)
24. What are the effects of exercise on Respiration System? Write in detail. (5)
25. What do you understand by fracture? How can fractures be classified? Explain. (5)
26. What do you understand by Coordinative ability? Discuss about different types of coordinative abilities. (5)

OR

- Write in detail about strength improving methods—Isometric, Isotonic and Isokinetic. (5)