

CLASS – XII
MODEL TEST PAPER
PHYSICAL EDUCATION

TIME -03 Hrs.

MARKS- 70

General Instructions –

Question paper consists of 26 questions.

- i) All questions are Compulsory
- ii) Questions no.1 to 11 carry 01 Mark each. Answered in 10-20 words.
- iii) Questions no.12 to 19 carry 03 Mark each. Answered in 30-50 words.
- iv) Questions no.20 to 26 carry 05 Mark each. Answered in 75-100 words.

1. Round robin tournament is of two types. Name them and give one major difference between them.
2. Define leadership.
3. What do you mean by food intolerance?
4. State the common postural deformities.
5. Name the motor development stages in children.
6. Your grandmother feels that she has reduced her upper body flexibility and therefore she wants to test herself. Which test would you suggest to her?
7. What is oxygen uptake?
8. What is incision?
9. An object thrown into the space either horizontally or at acute angle under the action of gravity is called a projectile. Name the two forces which act on a projectile.
10. What do you mean by body image?

11. What does the term 'Fartlek' mean and who developed this training method?
12. What are specific sports programmers? Explain with suitable example?
13. Write in brief about the leadership qualities that one inculcates by participating in adventure sports.
14. How can women's participation in sports and games be encouraged in India? Explain.
15. Write in brief about osteoporosis. What are the causes of osteoporosis in women?
16. Explain the Rockport test.
17. A famous cricket star Phillip Hughes was struck behind the ear by a ball while batting and died two days after the injury. He was wearing a helmet but the possible reason mentioned was that even using a helmet, possibly a significant part of the neck remained exposed and the ball hit him there. And now most of the top cricketers across the world use deeper protection.
 - a) Do you feel protective gear are important? Lay stress on your views.
 - b) What first aid should be provided during injury at the superficial layer of the skin?
18. What is meant by 'motivation'? explain the different techniques of motivation to achieve high goals in sports.
19. Explain interval training method.
20. What are the nutritive and non- nutritive components of diet? Explain.
21. What do you mean by correct posture? Explain the standing and sitting posture. what are the causes of bad posture?
22. Explain 'weight training' as one of the oldest methods for development of strength. Describe its advantages and disadvantages.
23. Explain the physiological factors determining speed.
24. Classify sports injuries. Explain "P.R.I.C.E" procedure as a treatment of soft tissue injuries.
25. What is personality? Explain its different dimensions.
26. What are the various types of friction? How is friction advantageous or disadvantageous in the field of games and sports? Explain with suitable examples.