

CLASS – XII
MODEL TEST PAPER
PHYSICAL EDUCATION

TIME -03 Hrs.

MARKS- 70

General Instructions –

i Question paper consists of 26 questions.

ii All questions are Compulsary

iii 01 Mark question must be answered in 10-20 words.

iv 03 Mark question must be answered in 30-50 words

v 05 Marks question must be answered in 30-50 words.

vi The * indicates Value Based question.

Q.1 what is the main objective of intramural activities?

Q.2 Name any two non- nutritive component of diet.

Q.3 Name the deformity for which horse riding can be used as corrective measure.

Q.4 What do you mean by motor development ?

Q.5 Name the test used for strength measurement.

Q.6 what is Disability ?

Q.7 What is the purpose of Harvard Step –Test ?

Q.8 Define coordinative ability.

- Q.9 Mention the various type of soft tissue injuries ?
- Q.10 what are the sing and symptoms of Back pain?
- Q.11 Pace - Run Method of training is used to develop for which motor component ?
- Q.12 Draw knock –out fixture of 24 teams.
- Q.13 Discuss the principles of First Aid .
- Q.14 Explain any three myths bout dieting.
- Q.15 Explain Newton 's Third law of Mption.s
- Q.16 Enlist the spinal postural deformities ? Explain the cause of kyphosis & the precautions to avoid it.
- Q.17 Explain developments characteristics during childhood .
- Q.18 What are the changes that take place in cardiovascular system by regular exercise?
- Q.19 What is the relationship between load and adaptation during training programme?
- Q.20 Explain various muscles involved in Running.
- Q.21 Discuss the role of Psychologist for a team preparing to participate in competition .
- Q.22 Why the knowledge of biomechanics is essential for a coach to overcome the limitations of physical strength of an athlete?
- Q.23 Explain big five theory?
- Q.24 Explain motor fitness test- AAPHER.
- Q.25 Major Devender pal is a true fighter. Despite losing his right leg to Pakistani mortar during the kargil war, Major Pal challenges himself each passing day, making his disability his strength. His determination to do something different and his never-say-die attitude has seen him become India's first blade runner. His passion for running has seen him take part in 9

marathons. After he ran three half marathons with a normal walking leg successfully, the army came to his rescue and gave him an Ireland –made prosthesis which costs about Rs 4.5 lakh. Army major fought his disability to become a celebrated marathon runner.

- a. what values of major pal are depicted in the given passage?
- b. what is the type of disability that major pal suffered after his accident?
- c. write a paragraph on the topic 'wars as a cause of disability'.

Q.26 what is odd? Explain its symptoms and causes.