

SAMPLE PAPER: 2016-17  
PHYSICAL EDUCATION (CODE 048)

CLASS: XII  
MAX. MARKS: 70

SET-B  
Duration: 3 hrs

General instructions:

1. All questions are compulsory.
2. Answer to questions carrying 1 mark should not exceed 30 words each.
3. Answer to questions carrying 3 marks should not exceed 70 words each.
4. Answer to questions carrying 5 marks should not exceed 120 words each.

Q.1	State the renewable and non-renewable resources.	1
Q.2	Define food myths.	1
Q.3	What is scoliosis?	1
Q.4	State food supplement.	1
Q.5	Define the term anemia.	1
Q.6	What do you mean by cardiac output?	1
Q.7	Give one most important mechanical difference between walking and running.	1
Q.8	What do you mean by coping strategies?	1
Q.9	What is speed endurance?	1
Q.10	Elaborate the various leadership qualities one inculcates by participating in adventure sports.	3
Q.11	What is weight training? Mention the advantages & disadvantages of weight training.	3
Q.12	Sports are good for all age groups. Competitive sports are a showcase of power at the international arena. Supremacy over the other country is indirectly shown by standing at the top of medal tally. To achieve their target few countries are imparting very strict training to growing children. Over the years many organizations have raised their voice against the intensity with which training is scheduled for making an international athlete. a. Elaborate any two physiological benefits of exercise in children. b. What are the disadvantages of giving high intensity training to the growing children	3
Q.13	What is female athlete triad? Discuss any two psychological traits of women athlete.	3
Q.14	Explain administration of any three tests of Kraus-weber test.	3
Q.15	What is osteoporosis? Elucidate any two factors which may lead to osteoporosis in female athlete.	3
Q.16	Explain administration of any three tests of AAPHER fitness test.	3
Q.17	What do you mean by sprain & dislocation? Explain their preventions.	3
Q.18	Discuss any three physiological factors determining strength.	3
Q.19	Explain about any three causes of sports injuries.	3
Q.20	Differentiate between kinetic energy & potential energy.	3
Q.21	What do you mean by stress? How can it be managed?	3
Q.22	What do you mean by planning? Explain briefly the committees for organizing CBSE National football tournament in your school.	5

OR

What do you mean by tournament? Draw a fixture of 09 teams using round robin method, mentioning all the steps involved.

Q.23	What do you mean by healthy weight? Discuss about the methods to control healthy body weight for life time.	5
Q.24	Explain the causes, precautions and remedies of flat foot.	5
Q.25	Participation in physical activity for a longer duration maintain functional fitness among aged population. Justify.	5
Q.26	Define strength and discuss the methods of improving strength in detail.	5