



INDIAN SCHOOL SOHAR
FIRST TERM EXAM - 2014
(048) PHYSICAL EDUCATION

CLASS: XII
Date: 24-9-2014

Max Marks: 70
Time: 3 Hours

General Instructions:

1. All questions are compulsory.
 2. The serial number of question should be written clearly.
 3. Answer to question carrying 1 mark should be in approximately 30 words.
 4. Answer to question carrying 2 marks should be in approximately 60 words.
 5. Answer to question carrying 3 marks should be in approximately 100 words.
 6. Answer to question carrying 5 marks should be in approximately 150-200 words.
-

| | | |
|-------|--|---|
| Q.1 | Explain the meaning of sports environment? | 1 |
| Q.2. | Explain the meaning adventure activities. | 1 |
| Q.3. | Mention any two deficiency diseases. | 1 |
| Q.4. | What is planning? | 1 |
| Q.5. | Give any two postural deformities of body. | 1 |
| Q.6. | Define motor development. | 1 |
| Q.7. | What do you mean by weight training? | 1 |
| Q.8. | List down the test items performed in Kraus Weber test. | 1 |
| Q.9. | Mention the role of spectators for the sports environment? | 2 |
| Q.10. | Explain the qualities of good leader. | 2 |
| Q.11. | Give the importance of balanced diet. | 2 |
| Q.12. | Give the benefits of knock-out tournament.. | 2 |
| Q.13. | Highlight the cause and corrective measure for flat foot | 2 |
| Q.14. | Describe the need and importance of sports environment. | 3 |
| Q.15. | Discuss the causes of less participation in sports. | 3 |
| Q.16. | Write note on camping and river rafting? | 3 |
| Q.17. | Write notes on eating disorder. | 3 |
| Q.18. | Mention the importance of intramural activities for an institution. | 3 |
| Q.19. | What is Kyphosis? Write its causes and remedial measure. | 3 |
| Q.20. | Give the physiological benefits of exercises. | 3 |
| Q.21. | Describe the risk factors in taking food supplement. | 3 |
| Q.22. | How would you perform Harvard step test on individual? | 3 |
| Q.23. | Discuss the safety principles to be considered during adventure sports. | 5 |
| Q.24. | Justify any five myths about diet. | 5 |
| Q.25. | Describe correct standing posture .What are the advantages of good posture? | 5 |
| Q.26. | Define AAPHER. Explain any four tests used in AAPHER battery. | 5 |
| Q.27. | List the various types of tournament. Draw a knock-out fixture for 21 teams. | 5 |