



INDIAN SCHOOL SOHAR
FIRST TERM EXAM-2015
PHYSICAL EDUCATION

CLASS: XII

Date:

Max Marks: 70

Time: 03 Hrs

General instructions:

1. Question paper consists of 20 questions.
 2. All questions are compulsory
 3. Answers to questions carrying 1 mark should be approximately 20-30 words.
 4. Answers to questions carrying 3 marks should be approximately 80-90 words.
 5. Answers to questions carrying 5 marks should be approximately 150-200 words.
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Q.1	What do mean by consolation tournaments?	1
Q.2.	Elaborate about the 'Biotic' resources.	1
Q.3.	List down the fat soluble vitamins.	1
Q.4.	Give the corrective exercises for Lordosis.	1
Q.5.	What do you understand by motor development?	1
Q.6.	Explain gross motor skills?	1
Q.7.	Enlist the test items performed in muscular strength test.	1
Q.8.	Which test checks the flexibility of lower back & hamstring muscles?	1
Q.9.	What is fixture?	1
Q.10.	Define balance diet.	1
Q.11.	What do you mean by recreation?	1
Q.12.	Write the administration & procedure of 8-foot up & go test.	3
Q.13.	Mention the activities for quality life?	3
Q.14.	Describe the correct standing position.	3
Q.15.	What do you understand by Bulemia Nervosa?	3
Q.16.	If your body weight is 52kg. Calculate EER for two hours?	3
Q.17.	What are the most important values & ethics you demonstrate as a leader?	3
Q.18.	Calculate the physical Fitness Index using short formula for a 12 year old boy having completed Harvard Step Test for duration of 3 minute and pulse rate of 54 beats for 1 to 1.5 minute.	3
Q.19.	Why have adventure sports become so popular these days?	3
Q.20.	What do you mean by AAPHER? Explain first day test items used in battery.	2+3
Q.21.	Discuss the physiological importance of exercise.	
Q.22	Explain the remedial measures for legs deformities.	
Q.23.	What are minerals? Write the functions & sources of minerals.	5
Q.24.	Write an essay on 'Conservation of Environment'.	
Q.25.	Define league tournament & draw a fixture of 7 teams in a single league stair case method.	1+4
Q.26.	Diet can enhance the performance of sports person. Explain.	5
		1+4