



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

CLASS: XII
Date: 29-11-2014

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	What do you mean by posture?	1
Q.2.	Explain the term environment.	1
Q.3.	Define Strength.	1
Q.4.	Define Stress.	1
Q.5.	Enlist any four common adventure sports activities.	1
Q.6.	Define motor development.	1
Q.7.	Name two general abdomen exercises performed in weight training?	1
Q.8.	List down the test items performed in Kraus Weber Test.	1
Q.9.	Mention the advantages of friction.	2
Q.10.	What are the advantages of taking food supplements?	2
Q.11.	Write short note on media in sports.	2
Q.12.	Explain the importance of play and recreation.	2
Q.13.	State Flexibility and its types.	2
Q.14.	What is the correct walking procedure?	3
Q.15.	State the safety measures to be considered during adventure sports.	3
Q.16.	Explain any three test items of Kraus Weber Test.	3
Q.17.	Describe Sit and Reach test.	3
Q.18.	Write note on Bulimia Nervosa and Anorexia Nervosa.	3
Q.19.	What is Scoliosis? Write its causes and remedial measure.	3
Q.20.	Define Motivation. What are its types?	3
Q.21.	Explain the factors which affect motor development .	3
Q.22.	Differentiate between Iso-kinetic and Iso-tonic exercises.	3
Q.23.	Define Projectile. Explain the factors affecting projectile.	2+3=5
Q.24.	Explain Anxiety. What are symptoms and causes of Anxiety?	2+3=5
Q.25.	Explain Fartlek training method. Write its advantages and disadvantage.	2+3=5
Q.26.	Define seeding? Make a Knock-Out fixture for 13 teams in which two teams are seeded.	1+4=5
Q.27.	Explain the effects of exercise on respiratory system.	5

*****The End*****