



INDIAN SCHOOL SOHAR
RE-EXAM - 2014
PHYSICAL EDUCATION (Theory)

Max Marks: 70

CLASS XII

Times: 3 Hours

DATE: 27/12/14

General Instructions:

1. Question paper consists of 26 questions.
 2. All questions are compulsory
 3. 01 Mark question must be answered in 10-20 words.
 4. 03 Marks question must be answered in 30-50 words.
 5. 05 Marks question must be answered in 75-100 words.
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Q.1	What do you mean by sports environment?	1
Q.2.	Explain macro nutrients.	1
Q.3.	Define the term seeding.	1
Q.4.	What do you mean by good posture?	1
Q.5.	What are the harmful effects of food supplements?	1
Q.6.	Enlist the items of AAPHER test.	1
Q.7.	Define physiology.	1
Q.8.	Explain work.	1
Q.9.	What are the symptoms of stress?	1
Q.10.	List down the types of strength.	1
Q.11.	State flexibility and its types.	1
Q.12.	Explain pace run training method.	3
Q.13.	Write down the motivational techniques used in sports.	3
Q.14.	Discuss the mechanical analysis of running.	3
Q.15.	Regular exercise improves the functioning of heart. Justify.	3
Q.16.	Why does the long distance runners having less body fat?	3
Q.17.	Describe sit and reach test.	3
Q.18.	Explain Knock-knees, its causes and remedial measures.	3
Q.19.	Highlight the advantages of extramural activities.	3
Q.20.	Draw a knock-out fixture for 23 teams in which four teams are seeded.	5
Q.21.	Explain any two Spinal postural deformities and their remedial measures.	5
Q.22.	Describe Interval training method and its advantages.	5
Q.23.	Explain the importance of sports for development of personality.	5
Q.24.	Define projectile and explain the factors affecting projectile.	5
Q.25.	Spectators play an important role for developing positive sports environment. Justify.	5
Q.26.	Discuss the safety principles to be considered during Adventure sports.	5
