



INDIAN SCHOOL SOHAR
PRE BOARD EXAM - 2016
PHYSICAL EDUCATION (Theory)

CLASS: XII

Date:

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 20-30 words.
4. Answer to question carrying 3 marks should be in approximately 80-90 words.
5. Answer to question carrying 5 marks should be in approximately 150-200 words.

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1. What do you mean by 'paw-back'? (1)
 2. What is coordinative ability? (1)
 3. Define 'sports medicine'. (1)
 4. What is the difference between Iso-kinetic and Iso-tonic exercises? (1)
 5. Mention the disadvantages of weight training to children. (1)
 6. What are demerits of league tournament? (1)
 7. Write two functions of protein? (1)
 8. What do you understand by Extreme sports? (1)
 9. What is the equipment's required for trekking. (1)
 10. 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 a pulse rate of 54 beats for 1 to 1.5 minute (1)
 11. What kind of diet is recommended for the players of contact sports like kabaddi, karate, wrestling and judo? (1)
 12. Describe correct standing and sitting posture. (3)
 13. What do you understand by anaerobic activities and give its importance. (3)
 14. Regular physical activities cannot stop the clock of ageing; but definitely it can slow the process. Justify. (3)
 15. What is sports nutrition? Give the pre meal intake guidelines for an athlete? (3)
 16. Explain the mechanical analysis of walking. (3)

17. In sports such as Boxing and Wrestling, the players tend to lose weight sharply. Explain the pitfalls of dieting. (3)
18. Define the terms (i) Stress (ii) Anxiety (iii) Personality (3)
19. Rahul was a good athlete of his school. In fact he used to practice hard in the morning and evening to achieve top position at national level. But inspite of his good efforts he did not achieve any position at national level. His athletic coach also wanted him to win the gold. He got frustrated over his poor performance. Due to overstress, depression and anxiety he started taking stimulants to enhance performance. In the meantime, his coach came to know about this fact. He called him and suggested not to take such prohibited substance in future. Man assured his coach not to take such substances in future. (1*3=3)
- Based on the above passage, answer the following question:
- (i) What value did the athletic coach reflect through his initiative?
- (ii) What qualities and weakness are shown by Rahul?
- (iii) How Rahul can overcome stress and depression?
20. Define motivation. What are its types? How would you motivate students to participate in games and sports? (5)
21. Why cannot women compete with men on equal terms in sports? (5)
22. Recall the adaptive affects that take place in our cardiovascular system after engaging in exercise for a longer period. (5)
23. Name and explain the training method in which an athlete uses natural resources and environment for work out for the development of endurance and speed. Write its advantages and disadvantages. (5)
24. Describe the procedure for administering Kraus-Weber test. (5)
25. Write briefly on the following: (5)
- (i) Abrasion
 - (ii) Sprain
 - (iii) Laceration
 - (iv) Contusion
 - (v) Dislocation
26. Define the term fixture, bye and seeding. Make a knock out fixture of 17 teams. (5)

*****The end *****