



INDIAN SCHOOL SOHAR
TERM-II EXAM-2016
PHYSICAL EDUCATION

CLASS: XII

Date:

Max Marks: 70

Time: 03 Hrs

General instructions:

1. Question paper consists of 26 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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| 1. Elaborate the term biomechanics. | 1 |
| 2. What is motivation? | 1 |
| 3. Enlist any two methods of reducing friction. | 1 |
| 4. Mention four techniques to manage stress. | 1 |
| 5. Define power. | 1 |
| 6. What do you understand by tidal volume? | 1 |
| 7. Write down the formula for calculating cardiovascular fitness of 'Rockport' test. | 1 |
| 8. Enlist any two physiological benefits of regular exercise. | 1 |
| 9. What do you understand by consolation tournaments? | 1 |
| 10. Define test in sports. | 1 |
| 11. What do you mean by food? | 1 |
| 12. Explain any two causes of anxiety. | 3 |
| 13. What is the importance of sports psychology in sports? | 3 |
| 14. State the terminology work. If a person apply the force of 8 pounds at an object and displace it 20 feet then calculate his work. | 3 |
| 15. Explain the role of exercise on muscle size and strength. | 3 |
| 16. Describe the purpose and procedure of six minute walk test for aerobic endurance. | 3 |
| 17. Can endurance influence motor development of children? | 3 |
| 18. What are the main causes of poor posture? | 3 |
| 19. Discuss any two importance of tournament. | 3 |
| 20. Define personality and discuss any two dimensions of personality. | 5 |
| 21. Describe angular and linear motion with its characteristics. | 5 |
| 22. Suggest the formation of various committees for systematic and smooth conduct of sports day in your school. | 5 |
| 23. Explain AAPHER physical fitness test. | 5 |
| 24. Discuss any five common postural deformities. | 5 |
| 25. Describe in details about the safety measures and material required for adventurous activities. | 5 |
| 26. Write the procedure of seeding allotment and draw a single knockout fixture for 14 teams, where 4 teams are seeded. | 5 |