



INDIAN SCHOOL SOHAR
Pre-Board Exam-2016-17
Physical Education

CLASS: XII

Max Marks: 70

Date:

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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- Q.1. What is isotonic exercise? (1)
- Q.2. How can you measure recovery phase of an Individual or measurement of cardiovascular fitness? (1)
- Q.3. How extrinsic motivation sometime may kill intrinsic motivation? (1)
- Q.4. What is strength endurance? (1)
- Q.5. What is Training? (1)
- Q.6. What do you mean by Projectile & Power (1)
- Q.7. What is special Seeding? (1)
- Q.8. Why planning is necessary in sports? (1)
- Q.9. Define coping strategies in your own words. (1)
- Q.10. Justify the motive of your school towards organizing a mini marathon to celebrate National sports day. (1)
- Q.11. What principles should be followed for goal setting? (1)
- Q.12. Why is Women participation in sports much less? (3)
- Q.13. Discuss the factors influencing body image and self-esteem. (3)
- Q.14. Briefly discuss any three skin injuries. (3)
- Q.15. What are the methods of endurance development? (3)
- Q.16. What is the meaning of conservation of environment and explain in brief the conservation of water? (3)
- Q.17. Write a short note on specific sports programmes. (3)
- Q.18. What do you mean by oxygen intake and oxygen uptake? (3)
- Q.19. Mr. Derek Redmond a British athlete was a medal contender in 400mt. event, 1992 Barcelona Olympics. In semi final as event started & having lead up to 200mt, he suddenly stopped his run with severe right hamstring injury and fell down in his lane with pain. Immediately as medical team approaches, he refused to leave the track. Mean while from the ground floor of stadium Mr. Jim Redmond happens to be father of Derek approaches towards his son and helps him to stand & told him You can do it. Then Derek Hobbling down the track in one leg crossed the finish line without the help of his father. With huge cheer from the crowd, he told to media with grief —I wanted to finish the race.

Based on the passage, answer the following questions- (3)

- a. Why Derek refused medical assistance? 1**
- b. What value the father teaches the sporting fraternity? 1**
- c. What was so special about the race? 1**

- Q.20. Define league Tournament. Draw a Fixture of 9 teams in single league stair case method. (2+3=5)**
- Q.21. What do you mean by sports training? Highlight main features of Interval and Fartlek Training. (1+4=5)**
- Q.22. What do you mean by coordinative abilities and elaborate the types of coordinative abilities? (5)**
- Q.23. Discuss about the female athletes triad. (5)**
- Q.24. Explain flexibility and discuss the methods of developing flexibility. (5)**
- Q.25. Discuss the types of fractures. (5)**
- Q.26. Explain in which way sports help in personality development? (5)**

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