



INDIAN SCHOOL SOHAR
TERM-I EXAM-2017
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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Q1. What is Seeding?	1
Q2. Explain Inter-House competition?	1
Q3. Find the functions of protein.	1
Q4. What is sports nutrition?	1
Q5. Mention the stages of growth and development.	1
Q6. What is postural deformity?	1
Q7. List down any four famous Indian women sports personalities.	1
Q8. State Menarche.	1
Q9. Define cardiovascular endurance.	1
Q10. Enlist the physiological factors determining speed.	1
Q11. What do you understand by soft tissue injuries?	1
Q12. Why is Women participation in sports much less?	3
Q13. Explain the role of carbohydrate in diet?	3
Q14. Explain the corrective measures of any three postural deformities.	3
Q15. Discuss any three pitfalls of dieting?	3
Q16. List down the objectives of Planning.	3
Q17. Discuss physiological changes occur due to ageing process.	3
Q18. Explain the principles of First Aid.	3
Q19. State the term 'PRICER'.	3
Q20. Define League Tournament? Draw a Fixture of 9 teams in single league stair case method.	5
Q21. What are the factors affecting the motor Development of Children?	5
Q22. What do you mean by micro nutrients? Explain in brief about mineral as micro nutrients.	5
Q23. What do you mean by Anorexia Nervosa and Bulimia Nervosa?	5

- Q24. What is Elimination Tournament? Draw fixture of 16 teams in Single Elimination Tournament where 4 teams are seeded. 5**
- Q25. You and your brother while going to school had an accident. Your brother got multiple injuries of bone and skin. How would you give first aid to your brother? Discuss. 5**
- Q26. Twin brothers do regular training in two different games, one brother does training in khokho and other brother does training in weight lifting. What physiological changes you will notice in them? Discuss. 5**

*******BEST OF LUCK*******