



**INDIAN SCHOOL SOHAR**

**II TERM EXAM - 2017**

**PHYSICAL EDUCATION (Theory)**

**CLASS: XII**

**Date: 23-11-2017**

**Max Marks: 70**

**Time: 3 Hours**

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**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 a 'bye'? (1)
  2. What is food intolerance? (1)
  3. What is Asthma? (1)
  4. What is the difference between Iso-kinetic and Iso-tonic exercises? (1)
  5. Mention any 01 cause of OCD? (1)
  6. Define intellectual disabilities. (1)
  7. What do you understand by menarche? (1)
  8. What is Rockport 1 mile walk test? (1)
  9. Define First –Aid. (1)
  10. Calculate the Physical Fitness Index using long formula for a 16 year old boy having completed Harvard step test for duration of 4 minute and a pulse rate of 72 beats for 1 to 1.5 minutes, 67 beats for 2 to 2.5 minutes and 61 beats for 3 to 3.5 minutes. (1)
  11. What is aerodynamics? (1)
  12. What is Autism Spectrum Disorder? Discuss its causes in detail. (3)
  13. An Indian weightlifting athletes tested positive for consumption of banned substances some time back test conducted by IAAF .they have been suspended from competition after their 'B' samples tested positive.
    - (i) Comments on the values which these athletes were found lacking. (1)
    - (ii) According to you, what should have been the punishment for such an offence? (1)
    - (iii) In weightlifting, what is the major quality required to excel in sport. (1)

14. What are the personality types as formulated by Carl Jung? (3)
15. Elaborate any 03 methods to prevent diabetes. (3)
16. Discuss the types of planes in brief. (3)
17. Define the term strength. Draw eight stations circuit training programme for upper body strength. (3)
18. Explain about the management of sprain. (3)
19. Describe the method of Barrow Fitness Test. (3)
20. What is league tournament? Draw a fixture of 7 teams participating in the league tournament. (5)
21. What do you mean by 'healthy weight'? Explain the methods to control healthy body weight to lead healthy living. (5)
22. What do you mean by coping? Discuss in detail about the problem-focused and emotion –focused coping strategies. (5)
23. Describe the procedure for administering the Rikli and Jones Senior Citizen Fitness Test. (5)
24. Discuss the various types of movements in details. (5)
25. Define stress. How stress can be tackled by the players. (5)
26. Explain the impact of high altitude training. (5)

\*\*\*\*\*The end \*\*\*\*\*