



INDIAN SCHOOL SOHAR
PRE-BOARD EXAMINATION (2017-2018)
PHYSICAL EDUCATION

CLASS: XII
DATE: 11/01/2018

MAX. MARKS: 70
DURATION: 3 HRS.

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.

1. What is planning in games and sports? (1)
2. What is the disadvantage of food supplements? (1)
3. Discuss any two benefits of Paschimottanasana. (1)
4. What is ADHD? (1)
5. What are the causes of knock knee? (1)
6. What is Slaughter-Lohman Children Skinfold test? (1)
7. Calculate how much blood is pumped by the heart in one minute. (1)
8. What is an acute injury? (1)
9. What is difference between axis and plane? (1)
10. What do you mean body images? (1)
11. What is Fartlek training? (1)
12. What do you understand by fixture? Draw a fixture of 13 teams in knock-out tournament. (3)
13. A teacher in a preschool noticed that a child is not singing along with other children. She is not even responding even her name is called. Then the teacher asked the child to stand next to her and repeat the rhyme along with her, while she prompted her. With effort the child was able to sing like other children of her age. (1*3=3)
 - (i) What do you think the child is suffering from?
 - (ii) What values are shown by the teacher?
 - (iii) What types of school /classroom is it?

14. What is balance diet? Elaborate the important nutrients/elements of balanced diet. (3)
15. State the contraindication of Gomukhasana and Bhujangasana. (3)
16. Explain any five disability etiquettes people facing with hearing loss? (3)
17. Write about the deformities of spinal curvature. (3)
18. Explain the laws of motion. (3)
19. What are the types of personality as given by Sheldon? (3)
20. What do you mean by correct posture? Write the correct posture of standing and sitting. (5)
21. Explain the pitfalls of dieting. (5)
22. Explain AAHPER physical fitness test. (5)
23. Write about standard techniques for minor sports injuries management. (5)
24. Explain which muscles are used in jumping? (5)
25. Participation in sports results in all round development of personality. Justify. (5)
26. What do you mean by flexibility? Elaborate the methods of improving flexibility. (5)

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