



**INDIAN SCHOOL SOHAR**  
**FIRST TERM (2018-2019)**  
**PHYSICAL EDUCATION**

**CLASS: XII**  
**DATE: 25/09/2018**

**MAX. MARKS: 70**  
**TIME: 3 HRS.**

**General instructions:**

1. Question paper consists of 20 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.

Q.1.	What do you mean by league tournament?	1
Q.2.	What are fats?	1
Q.3.	Explain the contraindication of tadasana.	1
Q.4.	Suggest two exercises for correcting flatfoot.	1
Q.5.	What is greenstick fracture?	1
Q.6.	Why the word 'differently abled' is used in place of disabled now days?	1
Q.7.	Write the full form of ADHD and SPD?	1
Q.8.	Define flexibility?	1
Q.9.	What is scoliosis?	1
Q.10	What do you mean by menarche?	1
Q.11	Calculate the Physical Fitness Index for a 12 year old boy having completed Harvard step test for a duration of 3 min and a pulse rate of 54 beats for 1 to 1.5 min, 50 beats for 2 to 2.5 min and 46 beats for 3 to 3.5 min.	1
Q.12.	Draw the fixtures of 7 teams on knock-out basis.	3
Q.13.	What is balanced diet? Elaborate the important elements of balanced diet.	3
Q.14.	Elaborate the benefits of Bhujangasana and Trikonasana	3
Q.15.	What do you mean by ODD?	3
Q.16.	What do you understand by Female Athlete Triad?	3
Q.17.	Explain the Barrow Fitness Test in detail.	3

- Q.18. A famous cricket star Phillip Hughes was struck behind an ear by a ball while batting and died two days after injury. He was wearing a helmet but the possible reason mentioned was that even when he was using helmet, possible a significant part of the neck remained exposed and the ball hit him there,. And now most of the top cricketers across the world use deeper protection. 3
- (i) Do you feel protective gears are important? Lay stress on your view.
- (ii) What first aid should be provided during injury at the superficial layer of the skin?
- Q.19. Define endurance and explain any two methods of endurance development. 3
- Q.20. What do you mean by Asthma? Explain the procedure, benefits and contraindications of Chakrasana. 5
- Q.21. Keeping in view the Indian ideology, critically analyse the sociological aspect of women athletes in sports participation. 5
- Q.22. Draw eight stations circuit training plan for developing strength among school children. 5
- Q.23. Classify sports injuries. Explain PRICER procedure as a treatment of soft tissue injuries. 5
- Q.24. Mention the causes, precautions and corrective measures of knock knee. 5
- Q.25. What do you mean by specific sports programmes? Explain any two. 5
- Q.26. Explain the administration of AAHPERD Youth Fitness Test. 5

**\*\*\*\*\*The End\*\*\*\*\***