



INDIAN SCHOOL SOHAR
TERM II EXAMINATION (2018-2019)
PHYSICAL EDUCATION

CLASS: XII

MAX MARKS: 70

Date: 20/11/2018

DURATION: 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 is an extramural competition?	1
Q.2.	Why are females better than males at gymnastics?	1
Q.3.	Define abduction and adduction.	1
Q.4.	What is cardiac output?	1
Q.5.	Define personality.	1
Q.6.	What is coordinative ability?	1
Q.7.	What is abrasion?	1
Q.8.	State Newton's Second Law of Motion.	1
Q.9.	What is aerodynamics?	1
Q.10	Define aggression in sports	1
Q.11	What is female athlete troid?	1
Q.12.	What do you mean by planes? Discuss the types of planes.	3
Q.13.	Explain the effect of exercise on the muscular system.	3
Q.14.	Briefly explain eating disorders and classify them.	3
Q.15.	Discuss the various techniques of stress management in details.	3
Q.16.	Define speed. Explain any one method to develop speed.	3
Q.17.	Explain in brief 'Harvard Step Test'.	3

- Q.18. Rohan is a student of class 12 who lives with his grandparents. He is very active and physically fit. One day in physical education class, the PE teacher was explaining the physiological changes due to ageing. Being concerned about his grandparents health, he talked to his teacher about physiological problems in the old age .His teacher suggested him to encourage them to walk for an hour daily and engage themselves in some or other physical activities. 3
- (i) What is the meaning of ageing?
- (ii) Write about the physiological changes due to ageing.
- (iii) What are the values shown by Rohan towards his grandparents?
- Q.19. Elaborate the prevention of sports injuries. 3
- Q.20. What do you mean by coping strategies? Discuss its types in details. 5
- Q.21. Discuss gender differences according to physical and anatomical parameters. 5
- Q.22. What do you mean by flexibility? Elaborate the methods of improving flexibility. 5
- Q.23. Define combination tournament? Draw league cum league fixture of 20 teams. 5
- Q.24. Write a note on the Big Five Theory. 5
- Q.25. Discuss the major muscles involved in running and throwing. 5
- Q.26. Describe the procedure for administering Rikli and Jones Sr. Citizen Fitness Test. 5

*******The End*******