



INDIAN SCHOOL SOHAR
PRE-BOARD EXAMINATION (2018-19)
PHYSICAL EDUCATION

CLASS: XII

MAX. MARKS: 70

DATE: 15/01/2019

DURATION: 3 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.

Q.1. Enumerate the procedure of giving bye.	1
Q.2. Define circuit training.	1
Q.3. What do you mean by congenital and acquired disability?	1
Q.4. What is Stroke Volume?	1
Q.5. Define Flexion and Extension.	1
Q.6. Your grandmother feels that she has reduced her upper body flexibility and therefore she wants to test herself. Which test would you suggest to her?	1
Q.7. List the test battery items of AAPHER youth fitness test.	1
Q.8. What is dislocation?	1
Q.9. Define Axes and Planes.	1
Q.10. What do you mean by Oligomenorrhea?	1
Q.11. Define Roughage.	1
Q.12. Draw a fixture of 11 teams, out of which 4 teams are to be seeded.	3
Q.13. Explain the effect of exercise on the cardiovascular system.	3
Q.14. What are the advantages and disadvantages of food supplements for adolescent? Write briefly.	3
Q.15. What do you understand by 'First Aid'? Discuss briefly about the aims and objectives of First Aid.	3
Q.16. What do you mean by SPD? Discuss the causes of SPD.	3
Q.17. Describe the benefits and contraindications of Pada Hastasana.	3

- Q.18. Jwala was a good boxer from her schooldays. She used to come to school from remote village. Most of aged persons of the village used to object her taking part in boxing. Even they used to say her father not to allow her for sports, but he wanted her daughter to be an international level boxer. He did not listen to them. He tried to give every facility to her daughter. Now after ten years of hard training she has been selected for world cup boxing championship. She is sure to win laurels for her country. 3
- On the basis of above passage answer the following questions:
- (i) Do you agree with the views of most of the villagers? Answer in brief.
 - (ii) What values shown by the Jwala's father regarding her sports participation?
 - (iii) What lesson do you learn from the above passage?
- Q.19. What is Fartlek Training? Write in brief. 3
- Q.20. Explain the Kraus –Weber Test. 5
- Q.21. What do you mean by planning? Describe the objectives of planning in detail. 5
- Q.22. Discuss the coordinative abilities in details. 5
- Q.23. What do you mean by exercise adherence? Write down any five strategies for enhancing adherence to exercise. 5
- Q.24. Explain the meaning of various postural deformities. 5
- Q.25. Elaborate the requirements of food intake before, during and after competition. 5
- Q.26. Define personality .Elucidate its types in detail. 5

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