



**INDIAN SCHOOL SOHAR**  
**UNIT TEST EXAMINATION (2019-20)**  
**SUBJECT: PHYSICAL EDUCATION**

**CLASS: XII**  
**DATE: 16/05/2019**

**MAX. MARKS: 50**  
**DURATION: 2 HOURS**

**General Instructions:**

- (i) The Question paper consists of 20 questions.
- (ii) All questions are compulsory.
- (iii) Questions 1 to 9 carry 1 mark each. Answers to these questions should be in approximately 10-20 words each.
- (iv) Questions 10 to 16 carry 3 marks each. Answers to these questions should be in approximately 30-50 words each.
- (v) Questions 17 to 20 carry 5 marks each. Answers to these questions should be in approximately 70-100 words each.

**SECTION A**

- Q.1 What do you mean by Planning? 1
- Q.2 Define Consolation Tournament. 1
- Q.3 What is Food intolerance? 1
- OR**
- Enlist two non-nutritive components of diet. 1
- Q.4 What is “an abnormal curvature of spine at front” termed as? 1
- Q.5 Define menstrual dysfunction. 1
- Q.6 What is Anorexia Nervosa? 1
- Q.7 Define Personality. 1
- Q.8 What do you mean by Aggression? 1
- OR**
- What do you mean by Hostile Aggression? 1
- Q.9 What is the assertive behaviour? 1

## SECTION B

- Q.10 Briefly explain about any three specific sports programmes. 3
- Q.11 What are the advantages & disadvantages of knock-out tournament? 3
- Q.12 Discuss any three pitfalls of dieting.

**OR** 3

What do you mean by macro and micro nutrients?

- Q.13 Elucidate the gross motor development and fine motor development? 3

Q.14 Recently Sarita Devi refused to accept the bronze medal during the ceremony. The international body (AIBA) which regulates boxing has taken a stringent action against Sarita Devi and the Coaches. (1.5+1.5=3)

1. Do you agree with the decision of Sarita Devi? Justify your answer.
2. What values do you think Sarita Devi has not shown by her behaviour during the medal distribution ceremony?

- Q.15 Write a short note on eating disorders. 3

- Q.16 Discuss intrinsic and extrinsic motivation.

**OR** 3

Elucidate Jungs' classification of personality in brief.

## SECTION C

- Q.17 Draw fixture of 18 teams on knock out basis with 2 seeded teams? 5

- Q.18 Elucidate the committees and their responsibilities of inter school CBSE Badminton tournament.

**OR**

Elucidate the Big five personality theory. 5

- Q.19 What is balance diet? Explain the component of diet. 5

- Q.20 Explain any five common postural deformities & their corrective measures. 5

**OR**

What are the causes of flatfoot and knock knees? Suggest physical activities as corrective measures for these deformities.

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