

Roll No.

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Roll No. Please check that this question paper contains 2 printed pages.
Please check that this question paper contains 18 questions.
Please write down the serial number of the question before attempting it.

GUESS PAPER -2008

CLASS: XII

Subject: PHYSICAL EDUCATION

MAX. MARKS: 70

TIME: 3 HOURS

General instructions:

1. The number of question should be written clearly.
2. Answer to questions carrying 2 marks should not exceed 30 words each.
3. Answer to questions carrying 4 marks should not exceed 60-80 words each.
4. Answer to questions carrying 6 marks should not exceed 100-125 words each.
5. Attempt all parts of a question together.

PART - A

- Q.1.** Define "Physical Fitness". **2**
- Q.2.** What are the factors effecting Physical Fitness and Wellness? Name them. **2**
- Q.3.** State any four benefits of cycling. **2**
- Q.4.** Bring out the difference between "Exercise and Training". **2**
- Q.5.** Name at least two basic Principles or Laws of Training. **2**
- Q.6.** What are the qualities of a good Leader? **3**
- Q.7.** What are Isokinetic Exercises? Give at least four examples of Isokinetic Exercises. **3**
- Q.8.** Give an introduction of Slow Interval training Method Employed for endurance development. What are it's advantages. **6**
- Q.9.** What is Sociology? How is it important in physical Education? Discuss. **6**

PART - B

- Q.10.** What do you now about Rajiv Gandhi Khel Ratana Awards? **2**
- Q.11.** Write short answers of the following questions related to the game or sport of your choice. **2**
- a)** Write a short history of the game or sport of your choice, with particular reference to its development in India. **2**
- b)** Name at least four renowned India or International personalities of the game or sport selected. **2**

- c) Explain at least four Terminologies of the game or sport selected. 2
- d) Give an introduction of any three fundamental skills of the game or sport of your choice. 3
- e) Draw a diagram of the field/ court/table of any game or sport. Give all important specifications. 3
- f) Explain at least three general rules of the game or sport selected. 6

PART - C

- Q12. Define Environment. What should be the requirements of a Healthy Living Environment? 2
- Q13. What is a Strain? What is the general treatment of a Strain? 2
- Q.14. Give the signs and symptoms of bone Dislocation. 2
- Q.15. What is the first aid or general treatment should be given in the case of a Dislocation. 2
- Q.16. What do you understand by Adolescence? What are the main characteristics of Adolescents? 3
- Q.17. What are the essential requirements of a happy married life? 3
- Q.18. What problems are associated with Teen age Pregnancies? Explain.

Or

What should be the role of parents in healthy growth and development of children? 6