

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.

**CLASS: XII**

**SUBJECT: PHYSICAL EDUCATION**  
**MODEL PAPER-2008**

**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 40-50 words each.
4. Answer to questions carrying 4 marks should not exceed 60-80 words each.
5. Answer to questions carrying 6 marks should not exceed 100-125 words each.
6. Attempt all parts of a question together.

**PART - A**

- Q.1.** Specify any four principles of physical fitness development. **2**
- Q.2.** What are the components of physical fitness? **2**
- Q.3.** Specify at least four beneficial effects of Calisthenics or Rhythmic Exercises. **2**
- Q.4.** Define Warming Up and Limbering Down. **2**
- Q.5.** Specify at least four effects or changes, brought about in the body of an athlete, as a result of all-round training. **2**
- Q.6.** What is sociology? What type of social qualities can we develop in an individual through games and sports? **4**
- Q.7.** What do you understand by Isometric and Isokinetic Exercises? Give at least four examples of Isometric Exercises. **4**
- Q.8.** Explain the Interval Training method of endurance development. What is the principal of this type of training method? **6**
- Q.9.** Define leadership. Explain in details the qualities of good leader.

Or

Games and Sports are man's cultural heritage. Explain. **6**

## PART - B

- Q.10.** What do you know about Arjuna Awards? 2
- Q.11.** Write short answers of following questions related to the game or sport of your choice:
- a) Write the names of four personalities of National or International Status of the game of your choice. 2
  - b) Name at least two national or International competitions of the game/ sport of your choice. 2
  - c) Explain at least two terminologies of the game or sport of your choice. 2
  - d) Describe any three important skills of the game/sport. 3
  - e) Write a short history of game of your choice. 3
  - f) Draw a sketch of the field/court/table of the game of your choice and indicate its specifications/measurements. 6

## PART - C

- Q12.** Write short notes on the term environment. 2
- Q13.** What is Contusion? What is the general treatment of a Contusion? 2
- Q.14.** Give at least four signs and symptoms of a fracture. 2
- Q.15.** What first aid or general treatment should be given in case of a Fracture? 2
- Q.16.** Write a short note of Menstruation. 3
- Q.17.** Define Family. What are the main functions of family? 3
- Q.18.** What are the objectives of conceptional care or care of women during pregnancy? 6

Or

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