

PHYSICAL EDUCATION

Class: XII

MODEL QUESTION PAPER – 2015

Max Time: 03 Hrs

Max Marks: 70

- **Question paper consists of 26 questions.**
- **All questions are compulsory**
- **01 Mark question must be answered in 10-20 words.**
- **03 Marks question must be answered in 30-50 words.**
- **05 Marks question must be answered in 75-100 words.**

- Q1 Give one most important mechanical difference between walking and running. (1)
- Q2 How extrinsic motivation sometime may kill intrinsic motivation? (1)
- Q3 What principles should be followed for goal setting? (1)
- Q4 What do you understand by self-esteem? (1)
- Q5 which motor quality does a senior citizen lack who finds difficulty in tying the shoe laces while sitting on the chair? (1)
- Q6 In which conditions knock out tournaments are better than Round Robin? (1)
- Q7 What does the organizers intend by stating that, “Only such students shall participate in the Intramurals who have not represented the school in any Football Championship in the past and minimum 10 substitutions shall be compulsory in a 90 min game”. (1)
- Q8 Explain any two objectives of participation in adventure sports. (1)
- Q9 Enlist the equipments required for camping. (1)
- Q10 Calculate the Physical Fitness Index using short formula for a 12 year old boy having completed Harvard step test for a duration of 3 minute and a pulse rate of 54 beats for 1 to 1.5 minute. (1)
- Q11 Why does the weight lifters diet include lots of protien? (1)
- Q12 Explain why are the angle of release for shot-put, javelin and discus throws different? (3)
- Q13 “Friction is a necessary evil”. Justify your answer with suitable examples from sport. (3)
- Q14 Regular physical activities cannot stop the clock of ageing; but definitely it can slow the process. Justify. (3)

Q15 How can the minimum muscular strength for children assessed? (3)

Q16 Explain the advantages of correct posture. (3)

Q17 In sports such as Boxing and Wrestling, the players tend to lose weight sharply.
Explain the pitfalls of dieting. (3)

Q18 Elaborate the various leadership qualities one inculcates by participating in adventure sports. (3)

Q19 Once upon a time, during an athletic meet in stadium, 8 girls were on starting line ready for the race. With the sound of pistol, all 08 girls started running. Hardly they had covered 10 to 15 metres, when accidentally one girl slipped and fell. Due to pain the girl started crying. As soon as the other 07 girls heard her cry; all of them stopped running, stood for while, turned back, and ran towards her. Suddenly, the girls returned, pacified her, joined their hands together, lifted her, walked together and reached the finishing line. The officials were shocked to see such scene and unity. Quite a many eyes were filled with tears.

Based on the passage above, answer the following questions: (1x3)(3)

1. What values do they teach?
2. What quality girls have shown by walking together?
3. What was so special about the race?

Q20 Suggest various methods for flexibility training to improve the optimum flexibility. (5)

Q21 Participation in sport results in all-round development of personality. Justify. (5)

Q22 Recall the adaptive affects that take place in our cardiovascular system after engaging
in exercise for a longer period. (5)

Q23 Draw a circuit training plan for developing strength among school children. (5)

Q24 Describe the procedure for administering Rikli and Jones Sr Citizen Fitness Test. (5)

Q25 Suggest at what age children should be exposed to weight training and justify your answer. (5)

Q26 While specifying all calculations, prepare a 'knock-out fixture' for 21 teams. (5)