

**SAMPLE QUESTION PAPER  
PHYSICAL EDUCATION (048)  
CLASS XII (2017-18)**

**TIME ALLOWED: 3 HRS**

**MAXIMUM MARKS: 70**

**GENERAL INSTRUCTIONS:**

- 1) *The question paper consists of 26 questions.*
- 2) *All questions are compulsory.*
- 3) *Answer to question 1-11 carrying 1 mark should be in approximately 20- 30 words.*
- 4) *Answer to question 12-19 carrying 3 marks should be in approximately 80-100 words.*
- 5) *Answer to question 20-26 carrying 5 marks should be in approximately 150-200 words.*

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| Q.1) What do mean by league tournament ?                 | 1 |
| Q.2) What is food intolerance?                           | 1 |
| Q.3)What is diabetes?                                    | 1 |
| Q.4) Mention any 01 cause of OCD?                        | 1 |
| Q.5) Define motor development.                           | 1 |
| Q.6) Define functional disabilities.                     | 1 |
| Q7) What do understand by Anemia?                        | 1 |
| Q.8) What is Rockport 1 mile walk Test?                  | 1 |
| Q.9) Define First-Aid.                                   | 1 |
| Q.10) What is aerodynamics?                              | 1 |
| Q.11) Define endurance.                                  | 1 |
| Q.12) Describe the objectives of intramural tournaments. | 3 |

Q.13) Group of young children were undergoing training for a main event. Training was targeted to develop selected abilities and preparing for a competition . Some of team members tried to convince other fellow team members to use certain medicines which one boy did not agree. Other team members tried to convince him for the sake of the team but he firmly refused and convinced them that it is against the rules of the game.

- (a)What value the boy has shown by refusing to use banned substances?
- (b)What personality trait he has shown by refusing to his team members? 1.5+1.5= 3
- Q.14) Explain pitfalls of dieting. 3
- Q.15) Elaborate any 03 methods to prevent asthma. 3
- Q.16) Explain the procedure of six minute walk test. 3
- Q.17) Explain three gender differences in detail. 3
- Q.18) Explain about the management of fracture. 3
- Q.19) Describe the method of sit and reach test. 3
- Q.20) Draw a fixture of 7 teams participating in the league tournament. 5
- Q.21) Explain in detail the effects of diet on sports performance. 5
- Q.22) Explain the causes of any 05 postural deformities in detail. 5
- Q.23) How AAPHER youth fitness test is administered ? 5
- Q.24)Elaborate the physiological factors determining endurance and strength . 5
- Q.25) Describe the types of personality. 5
- Q.26) Explain the impact of high altitude training. 5