

BHARATIYA VIDYA BHAVAN'S V.M.PUBLIC SCHOOL, VADODARA
SESSION 2017-18
Sample Paper 2nd

Class : XII
Subject : Physical Education

Max Marks: 70
Time Allotted: 3 hrs

General Instructions :-

Question 1 to 11 carry 1 marks each & may be answered in 10-20 wards.

Question 12 to 19 carry 3 marks each & may be answered 30-50 wards.

Question 20 to 26 carry 5 marks each & maybe answered in 75-100 wards.

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Q1. What is a bye?

Q2. What do mean by healthy weight ?

Q3. What are Niyamas?

Q4.What do you mean by cognitive disability?

Q5.What do you mean by Bow-Leg ?

Q6.Enlist five women players who represent India in Olympic?

Q7. What can one measure from Harward Step Test?

Q8.Name the system which is related to lungs and its role.

Q9. Write two types of friction.

Q10. What do you mean by explosive strength?

Q11. Define motivation.

- Q12. Discuss the meaning and concept of training .
- Q13. Discuss the factors influencing body image and self-esteem.
- Q14. Enumerate various causes of sports injuries.
- Q15. Discuss any three effect of exercise on circulatory system.
- Q16. What do you mean by test and measurement?
- Q17. Write three social factors that affect participation of women in sports.
- Q18. Explain any three factor affecting motor development.
- Q19. Discuss the types of disabilities and its three causes.
- Q20. What do you know about knock out tournament and league tournament. Draw the fixtures of 19 teams on knock-out basis.
- Q21. Explain about minerals and types of minerals. Discuss the role of minerals on the performance of sportspersons.
- Q22. Discuss about strategies to make physical activities assessable for children with special need.
- Q23. Explain the administration of AAPHARED youth fitness test.
- Q24. What is diabetes? Can diabetes be prevented and managed properly ? Give your views in brief.
- Q25. What is circuit training method? Explain its characteristics and advantages.
- Q26. Being sports captain of the school , prepare five important committees with their responsibilities to conduct sports day in school.

Mr.Bharat Singh