

BHARATIYA VIDYA BHAVAN'S V.M.PUBLIC SCHOOL, VADODARA  
SESSION 2017-18  
Sample Paper 10

Class: XII

Max Marks: 70

Subject: Physical Education

Time Allotted: 3 hrs

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General Instructions:-

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

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

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

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1. What is the main objective of intramural activities?
2. Endless a few disadvantages of food supplements?
3. What do you mean by physical disability?
4. Write down any five causes of poor posture?
5. State one reason why women don't participate in sports?
6. What is measurement?
7. Calculate how much blood is pumped by heart in one minute?
8. What is the concept of sports medicine?
9. What do you mean by friction?
10. Name types of aggression in sports?
11. What is endurance?
12. What are the steps of doing of Ardh chakrasana?
13. Describe types of motor skills what are factors affecting motor development in children?
14. Explain various types of disorders problems related to menstrual dysfunction?
15. What is AAHPERD youth fitness test list the names of items included in AAHPERD test?
16. What is the role of sports medicine expert?
17. List down any three advantages of friction?
18. Explain goal setting as a technique of motivation in brief?
19. Discuss any two methods of endurance development?

20. Enlist the committee is for organizing sports events and explain any five of them in detail.
21. What are the advantages of weight training?
22. Describe the general motor ability test.
23. Explain the three physiological factors determining flexibility.
24. Write about standard techniques for minor sports injury management?
25. "Friction is a necessary evil". Justify your answer.
26. Explain any two methods of speed development in detail.

KRUTI SANGHVI