

BHARATIYA VIDYA BHAVAN'S V.M.PUBLIC SCHOOL, VADODARA  
SESSION 2017-18  
Sample Paper 6

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. Write the formula for giving bye.
2. Enlist macro elements of diet.
3. What do you mean by obesity?
4. Define ADHA?
5. How weight training causes injury?
6. What is menstruation?
7. Explain the term Motor fitness?
8. How much blood is found in normal human being?
9. What is the aim of sports medicine?
10. What do you mean by axis?
11. What is speed?
12. Discuss the importance of tournament?
13. State three benefits of sports nutrition?
14. Write three benefits of chakrasana?
15. Write any three advantages of physical activity for children with special need?
16. Enlist the basic movements of early childhood in a baby?
17. Explain classification of osteoporosis?
18. What are the disadvantages of Harvard step test?
19. What is respiratory system?

20. Discuss the need of extramural in detail.
21. What are the pitfalls of dieting? Discuss.
22. Write down the procedure and benefits of parvatasana.
23. Explain the factors affecting motor development in detail.
24. Explain the main reason for less participation of women in sports.
25. How is the cardiovascular fitness measured with the help of Harvard step test write in detail about its administrative procedure?
26. Write some measures to cure sprain and strain.

KRUTI SANGHVI