

BHARATIYA VIDYA BHAVAN'S V.M.PUBLIC SCHOOL, VADODARA
SESSION 2017-18
Sample Paper 8

Class: XII

Max Marks: 70

Subject: Physical Education

Time Allotted: 3 hrs

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.

1. Enlist various methods of maintaining healthy weight?
2. What do you mean by the term asana?
3. Define diabetes?
4. How do you define disorder?
5. Explain standing posture?
6. What causes anemic?
7. Write the formula of calculating cardiovascular fitness in Rockport test?
8. Define Muscular System?
9. Write any four causes of fracture?
10. Describe coping in sports?
11. Distinguish between natural surface and artificial surface used in sports?
12. Draw a fixture of 19 basketball teams participating in a tournament on the basis of a knockout?
13. List down some sources of post competition meal?
14. Write any two do's and don'ts of Chakra asana?
15. What do you mean by causes of physical disability?
16. Discuss about the aims of sports medicine?
17. What do you mean by flexion and extension movements?

18. What is the role of anxiety in sports?
19. Explain the concept of fartlek method?
20. What do you mean by specific Sports program?
21. Is it important to take competition that what you should eat before competition should you be eating during the event?
22. Write all advantages of physical activities for children with special need.
23. What are the main causes of bad posture explain each cause briefly?
24. Write down the administration of sit and reach test.
25. What is the effect of exercise on the cardiovascular system?
26. What do you mean by anxiety? Explain the causes of anxiety in detail.

KRUTI SANGHVI