

BHARATIYA VIDYA BHAVAN'S V.M.PUBLIC SCHOOL, VADODARA  
SESSION 2017-18  
Sample Paper 9

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. What is "seeding" in the fixture for tournament?
2. What is Surya Namaskar?
3. What do you mean by disability etiquettes?
4. Explain opportunities as a factor affecting motor development?
5. List down the reasons for lack of participating of woman is it in sports India?
6. What is the purpose of Harvard step test?
7. What do you mean by the term aerobic?
8. What is tennis elbow?
9. What do you mean by projectile motion?
10. What do you mean by body image?
11. What is back pain?
12. Mention the activities which are included in intramurals and extra murals?
13. Write the benefits of bhujangasana?
14. Explain any three types of disorders?
15. Highlight the advantages of correct posture briefly?
16. Explain any three causes of anorexia nervosa?
17. Write the brief administration of shuttle Run?
18. Explain any three physiological factors determining flexibility?

19. How are sports injuries classified?
20. Explain the procedure of paschimottanasana.
21. What are the advantages and disadvantages of food supplements?
22. Write the administration and procedure of arm curl test.
23. What do you understand by anaerobic activities?
24. State the law of reaction. Explain its applications in different Sports.
25. How can you manage stress?
26. Explain the importance of physical activity.

KRUTI SANGHVI