



Brilliant Public School
Seepat Road Bahatarai, Bilaspur (C.G.)
Pre-Board- I, 2017-18
Class – XII
Subject – Physical Education

Time: 3:00 Hours
Date: 14.12.2017

M.M. 70
Thursday

General instructions:

1. The question paper consists of 26 questions.
2. All questions are compulsory.
3. Answer to question 1-9 carrying 1 mark should be in approximately 20- 30 words.
4. Answer to question 10-19 carrying 3 marks should be in approximately 80-100 words.
5. Answer to question 20-26 carrying 5 marks should be in approximately 150-200 words.

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| 1. Briefly mention the benefits of shavasana? | 1 |
| 2. What do you mean by back pain? | 1 |
| 3. Mention the symptoms of ADHD in children? | 1 |
| 4. What do you mean by bulimia? | 1 |
| 5. Explain the law of reaction? | 1 |
| 6. Explain the types of axes in brief? | 1 |
| 7. What do you mean by kinesiology? | 1 |
| 8. Explain the corrective exercises related to Lordosis? | 1 |
| 9. Explain the arm curl test for measuring upper body strength? | 1 |
| 10. What do you mean by diabetes? Name the asana which are helpful for preventing diabetes? | 3 |
| 11. Elucidate the three item test battery for general motor fitness propounded by barrow in detail? | 3 |
| 12. What do you mean by first aid? Explain the aims and objectives of first aid in detail? | 3 |
| 13. What do you mean by knockout tournament? Draw the fixture of 8 teams on knockout? | 3 |
| 14. Participation in sports result in all-round development of personality? | 3 |
| 15. Elucidate the reason of low participation of women in sports and games? | 3 |
| 16. What do you mean by AAPHER fitness test? Explain administration of any three items of this test? | 3 |
| 17. "Friction is a necessary evil" Justify your answer with suitable examples from sports? | 3 |
| 18. Explain why are the angles of release for shot-put javelin and discus throws different? | 3 |

19. My uncle was facing age related health problems specially high blood sugar, obesity and hypertension etc. I consulted my physical education teacher regarding my uncle's problems because once he had discussed this topic in my class. He told me that he will meet my uncle at home. He came and suggested my uncle to start regular exercise or walking for at least one hour. My uncle started regular walking. After few month his above mentioned problems reduced dramatically.

On basis of the above passage answer the following questions?

(1x3=3)

- a) What values are shown by the physical education teacher and the nephew?
- b) What are the common age related health problems?
- c) Do physical activity help in maintaining functional fitness of aged population? State in brief.

20. What do you mean by food supplement? Describe the precautions for taking food supplement? 5
21. Explain the various strategies of make physical activities accessible for children with special needs in detail? 5
22. What do you mean by motor development? Explain the motor development during childhood? 5
23. What is circuit training? Explain the advantages of circuit training? 5
24. What do you mean by high altitude training? Explain the impacts of high altitude training on athletes who involve the muscles in such training 5
25. Enlist the committees for organizing sports events and explain any five committees in details? 5
26. What is sprain? 1

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SAMPLE PAPERS