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CBSE Annual Examination (2014-2015)

Class XII

PHYSICAL EDUCATION (Theory)

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Series: SSO/01

Code: 75 /1

**General Instructions:**

- (i) All the questions are compulsory.
  - (ii) Question paper consists of 26 questions.
  - (iii) The answer to one mark question should be of 20-30 words. Answer to three marks question should be of 80-90 words and five marks question; answer should be of 150-200 words.
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- 1 Suggest any four ways through which women participation in sport across age group can be enhanced. 1
  - 2 Trekking is a long adventurous journey undertaken on foot in areas where common means of transport are generally not available. Name any four important materials required that should be carried along. 1
  - 3 Enlist two objectives of Intramurals. 1
  - 4 Enlist two sources for calcium and Iron separately. 1
  - 5 Explain correct sitting posture. 1
  - 6 Calculate the physical Fitness Index using short formula for a 12-year-old boy having completed Harvard Step Test for duration of 3 minutes and a pulse rate of 54 beats for 1 to 1.5 minute. 1
  - 7 Your grandmother feels she has reduced her upper body flexibility and therefore she want to test herself. Which test would you suggest her? 1
  - 8 Explain the term hypertrophy of muscles. 1
  - 9 What do you understand by liner movement? 1
  - 10 Explain the term "Realistic" in goal setting principles. 1
  - 11 Suggest any two Isometric exercises for shoulder region.
  - 12 What safety measures children should be tough while participating in Trekking? 3
  - 13 Briefly explain the functions and resources of three fat soluble vitamins. 1 x 3= 3
  - 14 Neeti along with her father was regular at District Park in early morning. She realized that most of the children are obese. She along with her few classmates wanted to help those children. She discussed with her physical education teacher and the principal of the school. School decided to organize awareness rally for the neighbourhood. 1 x 3 =3
    - (i) How obesity can be prevented? Give two ways
    - (ii) Give any two disadvantages of obesity.
    - (iii) What values are shown by Neeti and her classmates?
  - 15 Briefly explain the six physical benefits of exercise to children. 3
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- 16 Explain the procedure for conducting Kraus-Weber test for measuring minimum muscular strength. 3
- 17 Maintaining physical activities for a longer period brings desirous changes in circulatory system. Justify your answer by highlighting three benefits of exercise. 3
- 18 What is the difference between linear and angular motion? Explain through example. 3
- 19 What do you understand by relative strength? Explain the importance of body weight in determining relative strength. 1 + 2 = 3
- 20 What role an individual can play in improvement of sport environment?
- 21 Being sports captain of the school, prepare five important committees with their responsibilities of conduct one day Run for Health Race. 5
- 22 What are important functions of our skeletal system? 5
- 23 Explain Sheldon's classification of personality and explain its importance in physical education and sport. 3 + 2 = 5
- 24 What is movement speed? Explain the methods to develop speed endurance. 5
- 25 Diets for sportspersons are important. What should be the aims of preparing diet for sportsperson? 5
- 26 "Involvement in physical activities for longer period of time with moderate intensity can improve the quality of life." Justify your answer. 5