

BHARATIYA VIDYA BHAVAN'S V.M.PUBLIC SCHOOL, VADODARA  
SESSION 2017-18  
Sample Paper 1

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 wards.

Question 12 to 19 carry 3 marks each & may be answered 30-50 wards.

Question 20 to 26 carry 5 marks each & maybe answered in 75-100 wards.

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Q1. What do you mean by planning in sports?

Q2. What do you mean by non-nutritive components of diet?

Q3. What is Pranayama?

Q.4 Define types of disability.

Q.5 What do you mean by kyphosis?

Q6. What do you mean by disordered eating?

Q7. Write full form of AAPHER.

Q8. What is cardiac out put ?

Q9. What do you mean by green stick fracture?

Q10. What do mean by biomechanics?

Q11. What is meant by coping strategies?

Q12. Explain seeding method and special seeding in knock-out tournament.

Q13. What do you mean by food myths? Briefly explain about four.

Q14. Discuss the ways to prevent diabetes.

Q15. What are disability etiquettes?

Q16. Explain any two factors affecting motor development.

Q17. What are the main symptoms of amenorrhea?

Q18. Explain in brief the Harvard Step test.

Q19. Discuss any three effects of exercise on circulatory system.

Q20. Define strength and discuss its methods of development.

Q21. Discuss the various techniques of stress management in detail.

Q22. What is friction? Explain its types. Is it advantageous or disadvantageous in the field of sports? Give your views.

Q23. Discuss the importance of sports medicine.

Q24. Explain the physiological factors determining endurance as a component of physical fitness.

Q25. Elucidate the Harvard Step test in detail.

Q26. What is planning? Explain the main objectives of planning in sports.

Mr. Bharat Singh