

BHARATIYA VIDYA BHAVAN'S V.M.PUBLIC SCHOOL, VADODARA  
SESSION 2017-18  
Sample Paper 3rd

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 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.

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Q1.What do you mean by extramural?

Q2. Define nutrition.

Q.3 What is hypertension?

Q4. What do you mean by ADHD and SPD?

Q5. What is motor development?

Q6. What is menarche ?

Q7. What is cardiovascular fitness?

Q8. What is stroke volume?

Q9. Define sports medicine .

Q10. What is projectile ?

Q11. What is sports psychology ?

Q12. Explain the combination tournament in brief.

Q13. What do you mean by vitamin? Explain about fat soluble and water soluble vitamins?

Q14. Discuss the measures to be taken to prevent hypertension.

Q15. Discuss the types of disorder, its causes and nature.

Q16. What is weight training ?

Q17. What are the main causes of menstrual dysfunction ?

Q18. Enumerate any three factors affecting projectile trajectory.

Q19. Discuss the factors influencing body image and self –esteem.

Q20. What do you mean by specific sports programs? Explain any three.

Q21. Discuss the roll of diet on the performance of sportspersons.

Q22. Discuss the prevention and management of obesity in details.

Q23. Discuss the types of disorder, its causes and nature.

Q24. Discuss the factors affecting motor development in detail.

Q25. Explain the various measures taken for the treatments and prevention of osteoporosis.

Q26. What is friction ? Explain it types . Is it advantageous or disadvantageous in the field of sports ? Give you views.