

BHARATIYA VIDYA BHAVAN'S V.M.PUBLIC SCHOOL, VADODARA
SESSION 2017-18
Sample Paper 5th

Class : XII

Subject : Physical Education

Max Marks: 70

Time Allotted: 3 hrs

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 is "Run for Unity"?

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

Q3. What do you mean by diabetes?

Q4.Difine meaning of disability and disorder.

Q5. What is posture?

Q6. What is osteoporosis?

Q7.How many items does Kraus Weber test consist?

Q8.What do you mean by ageing?

Q9. What is contusion?

Q10. What do mean by gravity?

Q11. What is meant by sports training?

Q12. Explain the cyclic method of league tournament.

Q13. Discuss the functions and sources of carbohydrates.

Q14. Elucidate the prevention and management of Asthma in brief.

Q15. Discuss about cognitive disability and intellectual disability.

Q16. Discuss about gross motor development and fine motor development.

Q17 what is the ideology about participation of women in sports?

Q18. Explain the Rock one mile test.

Q19. Discuss the physiological changes in senses due to ageing process.

Q20. Define flexibility and explain the methods of flexibility development.

Q21. Elaborate the role of sports in personality development in detail.

Q22. Enumerate the various ways for treatment of fractures.

Q23. Highlight the role of regular exercise on ageing process.

Q24. Explain the Arm Curl Test for measuring upper body strength.

Q25. Explain the various measures taken for the treatment and prevention of amenorrhea .

Q26. What is weight training? Discuss its advantage and disadvantage.

Mr. Bharat Singh