

BHARATIYA VIDYA BHAVAN'S V.M.PUBLIC SCHOOL,
VADODARA
SESSION 2017-18
Sample Paper 4th

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 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.

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.

-
- Q1. What do you mean by seeding?
- Q2. What are macro nutrients ?
- Q3. What is meditation ?
- Q4. What do you mean by ASD and ODD ?
- Q5. What do you mean by knock knees ?
- Q6. What do you mean by menstrual dysfunction ?
- Q7. What do you mean by flexibility ?
- Q8. Name the system which is related to lungs and its role.
- Q9. What is a stress fracture?
- Q10. What do you mean by dynamic friction?

- Q11. What do you understand by self esteem?
- Q12. Discuss about meaning of coordinative abilities and types.
- Q13. Discuss any three specific sports programmes.
- Q14. Discuss any four pitfalls of dieting.
- Q15. What do mean by asanas?
- Q16. Discuss about concept of disability and disorder.
- Q17. Mention disadvantage of weight training.
- Q18. What are the risk factor associated with osteoporosis?
- Q19 Discuss three tests of Kraus-Weber test.
- Q20. Elaborate any five immediate effects of exercise on cardio-vascular system.
- Q21. Explain the procedure to manage soft tissue injuries.
- Q22. What is projectile? What are the various factor affecting projectile trajectory.
- Q23. What do you mean by coping strategies ? Discuss its types in details.
- Q24. What is interval training method ? Mention its advantage and disadvantages.
- Q25. What is a balanced diet? Elucidate its constituents.
- Q26. What is Asthma ? can Asthma be prevented and managed properly? Give your views in brief.