

BHARATIYA VIDYA BHAVAN'S V.M.PUBLIC SCHOOL, VADODARA

SESSION 2017-18

Sample Paper 7

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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1. What do you mean by planning in sports?
2. What is post competition meal?
3. What do you mean by Ardh Matsyrndrasan?
4. Which test would you suggest for your grandmother to test lower body flexibility?
5. What are physical fitness components?
6. What is internal and external respiration?
7. List the common sports injuries?
8. What is the Law of Inertia?
9. What is motivation?
10. What is flexibility?
11. What is force?
12. Draw a fixture of 19 basketball teams participating in a tournament on the basis of a knockout?
13. List down some sources of post competition meal?
14. Write the benefits of bhujangasana?
15. What is tidal volume?
16. Discuss about the aims of sports medicine?
17. What do you mean by flexion and extension movements?

18. How can you manage anxiety in sports?
19. Discuss any two methods of endurance development?
20. What is the meaning of tournaments draw knockout fixture for 27 teams?
21. Define balanced diet and mention the elements carbohydrates and proteins of diet.
22. Write a procedure benefits and contraindications of trikonasana.
23. Write down the advantages of Rockport one mile test.
24. Explain the effects of exercises on respiratory system.
25. What are the causes of sports injuries?
26. Explain different types of self-esteem.

KRUTI SANGHVI