

PHYSICAL EDUCATION CLASS 12

IMPORTANT QUESTIONS ...

Q1. What is seeding? [CBSE 2013]

Ans - Seeding is placing the good teams at privilege places in fixture so that they should not compete at initial round.

Q2. What do you mean by planning? [CBSE 2016]

Ans - Planning is a specific result that a person or system aims to achieve within a time frame and within available resources.

Q3. What is bye? [CBSE 2016]

Ans - Bye is a privilege given to a team, which is decided generally by seeding it or by draw of lots.

Q4. Write any two objectives of Intramurals.
[CBSE 2013, 2014, 2015]

Ans - Objectives of Intramurals are:

- (i) To provide an opportunity to the players to play outside the institution, hence developing tolerance and confidence.
- (ii) To develop the feeling of brotherhood and unity at large.

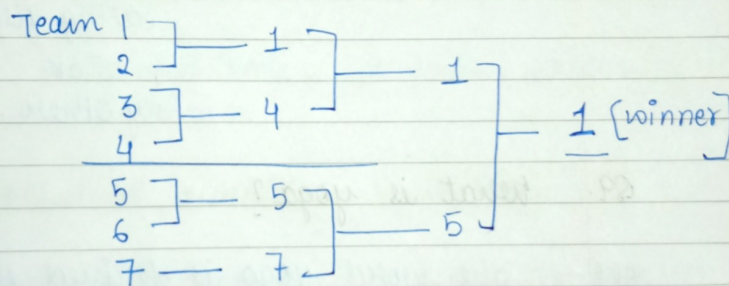
Q5. Draw a fixture of 7 teams on knock out basis. [CBSE 2018]

Ans → Total number of matches = $N-1 \Rightarrow 7-1=6$
 Number of teams in Upper house = $\frac{N+1}{2}$
 $\Rightarrow \frac{7+1}{2} = 4 \text{ teams}$

Number of teams in lower house = $\frac{N-1}{2} \Rightarrow \frac{7-1}{2}$
 $\Rightarrow \frac{6}{2} = 3 \text{ teams}$

$$\text{Bye} = 2^n - N = 8 - 7 = 1$$

Fixture



Q6. Define balanced diet. [CBSE Delhi 2014]

Ans - Balanced diet is that diet which contains all nutrients macro and micro in correct proportion for efficient working of body.

Q7. Explain Anorexia Nervosa. [CBSE 2016]
 [3 or 5 Marks]

Hint : Anorexia Nervosa is a type of eating disorder that affects women and men of all ages.

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Q8. What do you mean by food myths? Explain six food myths prevailing in contemporary. [CBSE Delhi 2016].
(Long Answer Question)

[Hint] : Food myths →

- ① Potatoes make you fat
- ② Fat-free products will help you in losing weight
- ③ Eggs increase cholesterol levels so avoid them
- ④ Drinking while eating makes you fat
- ⑤ Don't take milk after eating fish immediately.

or
Any other.

Q9. What is yoga?

Ans - The word yoga is derived from Sanskrit word 'Yuj' which means 'to meet'. So yoga is the union of body with soul.

Q10. Write prevention and management of back pain. [5 Marks Long Question]

[Hint] : Prevention -

- ① Regular exercises
- ② Maintain appropriate body weight
- ③ Proper sitting posture
- ④ Any other.

Management -

- ① Heat therapy
- ② Cold Compression therapy
- ③ Massage
- ④ Medications.

Q11. Mention any one cause of OCD. [CBSE 2018]

Ans → Research studies suggest that there may be a problem with the way one part of the brain sends information to another part.

Q12. Write short Note on SPD and ODD. (5marks)

Hint: Write definition, full form, causes, prevention

Q13. Define intellectual disability. [CBSE 2018]

Ans - Intellectual disability is a disability characterized by significant limitations in both intellectual function and in adaptive behaviour, which covers many everyday social and practical skills. This disability originates before the age of 18.

Q14. Define ~~ma~~ motor development. (CBSE 2017)

Ans - Motor development means the development of movement and various motor abilities from birth till death. In other words, motor development is the progressive change in movement

throughout one's life.

Q15. Mention the causes of scoliosis.

Ans - Scoliosis may be due to many reasons but the main reasons are diseases in the joint of bones, underdeveloped legs, infantile paralysis, rickets, etc.

Q16. Explain the causes of any five postural deformities in detail. [5 marks] (CBSE 2016)

Ans → HINT :

- ① Knock knees
- ② Flat foot
- ③ Round shoulder
- ④ Bow legs
- ⑤ Lordosis

Q17. Write in brief about osteoporosis. What are the causes of osteoporosis in women?

[CBSE Outside 2017]

Ans - Osteoporosis is a weakening of the bones due to the loss of bone density and improper bone formation.

This condition can ruin a female athlete's career because it may lead to bone fractures and other injuries.

Causes :

- (i) Hormonal changes occurring during menopause may reduce bone density.
- (ii) Lack of calcium and Vitamin D in diet

Q18. Women participation in sports is not encouraging. Identify and explain various sociological factors which might have affected women participation in sports. [CBSE Delhi 2016] (5 marks)

Q19. Write in brief osteoporosis. What are the causes of osteoporosis in women? (5 marks) [CBSE 2017]

Q20. Calculate the Physical Fitness Index for a 12 years old boy having completed Harvard Step test for a duration of 3 min and a pulse rate of 54 beats for 1 to 1.5 min, 50 beats for 2 to 2.5 min and 46 beats for 3 to 3.5 min.

Ans - Physical Fitness Index =

$\frac{\text{Duration of exercise in seconds} \times 100}{2 \times \text{Sum of pulse counts in recovery}}$

$$= \frac{180 \times 100}{2 \times (54 + 50 + 46)} = 60$$

Q21. Explain in brief the Harvard Step test. (3 marks) [CBSE 2015]

Q22. Explain the Rockport Test. (CBSE 2017)

Ans → The Rockport Test tells us about the aerobic fitness of an individual. In this test, the time taken to finish the walk, exercising heart rate, body mass, age and gender are noted. These parameters are inserted in an equation to predict aerobic fitness.

The Rockport Test is performed in a 400 metres standard track. After walking for one mile, the heart rate is measured at the wrist for 15 seconds immediately after completion. The actual heart rate is determined by multiplying that number by 4. The time taken to complete the 1 mile is converted to the nearest 100th of minute.

Q23. Explain the term hypertrophy of muscles. [CBSE 2015]

Ans - Hypertrophy of muscles or muscular hypertrophy is an increase in muscle mass and cross-sectional area. The increase in dimension is due to an increase in the size of individual muscle fibres.

Q24. What is 'stroke volume'? [CBSE 2016]

Ans - The amount of blood pumped into the aorta with every heartbeat is known as the stroke volume. In an untrained male, it is 70 mL/beat to 90 mL/beat.

Q25. Discuss Circulatory system. What is the impact of exercise on circulatory system? Elaborate. (5 marks) [CBSE 2013]

Q26. Discuss the physiological factors which determine the components of physical fitness. [CBSE 2015] (5 marks)

Q27. What kind of sports injury can be termed as abrasion? [CBSE 2016]

Ans - An abrasion is a wound caused by superficial damage to the skin, no deeper than the epidermis. Mild abrasion is known as grazes or scrapes, a more traumatic abrasion that removes all layers of skin, is known as avulsion.

Q28. What is sports medicine? [CBSE 2016]

Ans - Sports medicine is a branch of medicine that deals with the diagnosis, treatment and prevention of injuries related to participation in sports and or exercises.

Q29. Sprains and strains are most common sports injuries. Write in detail about these soft tissue injuries and their management. (5 marks) [CBSE 2016]

Q30. What is projectile Trajectory. [CBSE 2016]

Ans - An object thrown into the space either horizontally or an acute angle under the action of gravity is called a projectile.

Q31. What do you mean by the term energy? Discuss about kinetic energy and potentiality energy with suitable example from sports. [CBSE 2016]

Q32. Explain Sheldon's classification of personality and explain its importance in physical education of sports. [CBSE 2015]

HINT : Physical Dimensions.
Mental Dimensions
Social Dimension.

Q33. What do you mean by Anxiety? How it is important for students? Write the steps to manage the problems related to anxiety. [CBSE 2012]

Q34. What is the meaning and importance of Sports Psychology? [CBSE 2011].

Q35. Define endurance. [CBSE 2018]

Ans - Endurance is the ability to do sports movements with the desired quality and speed under conditions of fatigue.

Q36. Explain types of flexibility. [CBSE 2012]

Ans - • Starting speed [Explain them]
• Speed Endurance

Q37. What is endurance? Explain the various methods for its development. [CBSE 2014] (5 marks)

Q38. What are the various methods of development of strength? [CBSE AI 2014]