

C.B.S.E. EXAMINATION PAPER—2017 (Delhi)

PHYSICAL EDUCATION (Theory)

CLASS-XII

Max. Marks : 70

Time : 3 hrs.

General Instructions

- (i) The question paper consists of 26 questions.
- (ii) All questions are compulsory.
- (iii) Answer to questions carrying 1 mark should be in approximately 10–20 words.
- (iv) Answer to questions carrying 3 marks should be in approximately 30–50 words.
- (v) Answer to questions carrying 5 marks should be in approximately 75–100 words.

1. Fixtures are the schedule, fixed for the matches. What is a Bye ? 1
2. What are renewable resources ? 1
3. Fats are derived from two sources. Name them. 1
4. What is Lordosis ? Explain. 1
5. Define Motor Development. 1
6. What is Menopause ? 1
7. What motor quality does a senior citizen lack, who finds difficulty in tying the shoe laces while sitting on a chair ? 1
8. What is hypertrophy of muscles ? 1
9. What is contusion ? 1
10. Define Friction and name its types. 1
11. What does the word "Coping strategies" mean, when talking about sports psychology ? 1
12. Write three differences between Inramurals and Extramurals. 3
13. The river rafting belt of River Ganga in Uttarakhand near Rishikesh is a popular venue among adventure-lovers and thousands of National and International tourists visit every year. It helps a lot in generating revenue and developing state's economy. But, use of the river for recreational purposes is impacting the river environment negatively.

An important social survey conducted recently found water pollution, loss of vegetation, cultural degradation and displacement of wildlife, resulting directly due to rafting and camping activities.

Despite there being rules and regulations to maintain the holy river and its surroundings, violation of these norms is regularly happening, due to which there is great threat to the ecology and the river environment.

Answer the following questions :

- (1) What are the threats posed to the River Ganga due to commercial river rafting and camping ? 1
- (2) What values do you learn from the above passage ? 1
- (3) What measures will you suggest to improve this environment ? 1
14. What is Osteoporosis ? Explain factors, those lead to Osteoporosis in women. 3
15. Write a detail note on Harvard Step Test. 3
16. What is projectile ? Explain any three factors that affect a projectile trajectory. 3
17. What are the different dimensions of personality ? Write in brief about any two. 3
18. What is Fartlek training ? Write in brief. 3
19. What is Endurance ? Explain its types. 3
20. What do you mean by 'Healthy-Weight' ? Explain the methods to control 'Healthy-Body Weight to lead healthful-living'. 5
21. What are the causes of 'Flat-Foot' and 'Knock-Knees' ? Suggest physical Activities as corrective measures for these deformities. 5
22. Exercises have numerous physiological and physical benefits on children. Explain in detail. 5
23. What do you mean by 'Oxygen-Intake' and 'Oxygen-Uptake' ? Explain the effects of exercise on Respiratory system. 5
24. What are the causes of 'Sports-Injuries' ? How Sports-Injuries can be prevented ? Explain briefly. 5
25. What is the difference between Running and Walking ? Explain mechanical Analysis of 'Running'. 5
26. What is 'Kraus-Weber-Test' ? Explain the administration of Kraus-Weber test in detail. 5

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- (i) The question paper consists of **26** questions.
- (ii) **All** questions are compulsory.
- (iii) Questions no. **1 to 11** carry **1** mark each. Answers to these questions should be in approximately **10–20** words each.
- (iv) Questions no. **12 to 19** carry **3** marks each. Answers to these questions should be in approximately **30–50** words each.
- (v) Questions no. **20 to 26** carry **5** marks each. Answers to these questions should be in approximately **75–100** words each.

1. Round-Robin Tournament is of two types. Name them and give one major difference between them. 1
2. Define leadership. 1
3. What do you mean by food intolerance? 1
4. State the common postural deformities. 1
5. Name the motor development stages in children. 1
6. Your grandmother feels that she has reduced her upper body flexibility and therefore she wants to test herself. Which test would you suggest to her? 1
7. What is oxygen uptake? 1
8. What is incision? 1
9. An object thrown into the space either horizontally or at an acute angle under the action of gravity is called a projectile. Name the two forces which act on a projectile. 1
10. What do you mean by body image? 1
11. What does the term 'Fartlek' mean and who developed this training method? 1
12. What are specific sports programmes? Explain with suitable example. 3
13. Write in brief about the leadership qualities that one inculcates by participating in adventure sports. 3
14. How can women's participation in sports and games be encouraged in India? Explain. 3
15. Write in brief about osteoporosis. What are the causes of osteoporosis in women? 3
16. Explain the Rockport test. 3
17. A famous cricket star Phillip Hughes was struck behind the ear by a ball while batting and died two days after the injury. He was wearing a helmet but the possibly reason mentioned was that even using a helmet, possibly a significant part of the neck remained exposed and the ball hit him there. And now most of the top cricketers across the world use deeper protection. 3
 - (a) Do you feel protective gears are important? Lay stress on your views.
 - (b) What first-aid should be provided during injury at the superficial layer of the skin?
18. What is meant by 'motivation'? 3
19. Explain Interval training method. 3
20. What are the Nutritive and Non-nutritive components of diet? Explain. 5
21. What do you mean by correct posture? Explain the standing and sitting postures. What are the causes of bad posture? 5
22. Explain 'weight training' as one of the oldest methods for development of strength. Describe its advantages and disadvantages. 5
23. Explain the physiological factors determining speed. 5
24. Classify sports injuries. Explain 'P.R.I.C.E.' procedure as a treatment of soft tissue injuries. 5
25. What is personality? Explain its different dimensions. 5
26. What are the various types of friction? How is friction advantageous or disadvantageous in the field of games and sports? Explain with suitable examples. 5

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| 1. What is 'Seeding' in Fixture for Tournaments? | 1 |
| 2. What do you mean by Adventure Sports? | 1 |
| 3. What is 'Bulimia'? | 1 |
| 4. Suggest two exercises for correcting flat foot. | 1 |
| 5. What is Food Intolerance? | 1 |
| 6. Explain the term 'Menarch'. | 1 |
| 7. What test would you suggest to measure upper body strength for aged population? | 1 |
| 8. What do you mean by 'Cardiac Output'? | 1 |
| 9. What is 'Laceration'? | 1 |
| 10. To cover the maximum distance at what angle an object should be released? | 1 |
| 11. Explain 1 : 1 ratio breathing exercise for reducing anxiety. | 1 |
| 12. What is Endurance? How endurance can be developed through Fartlec method? | 1 + 2 = 3 |
| 13. What are the causes of Bad Postures? Write in brief. | 3 |
| 14. What do you understand by Food myths? Discuss briefly about various Food myths. | 3 |
| 15. Draw a fixture of 6 teams on league basis following the cyclic method. | 3 |
| 16. Your school is organising 'Run for Unity', explain the responsibilities of accreditation, technical and finance committee. | 1 × 3 = 3 |
| 17. Write briefly, what is the role of physical activities in improving the quality of life? | 3 |
| 18. Group of young children were undergoing training for a major competition. Training was targeted to develop selected abilities and preparing for a competition. Some of the team-mates tried to convince other fellow team-mates to use certain medicine which one boys did not agree? Other team-mates tried to convince him for the sake of the team but he firmly denied and convinced them that it is against the rules the game. | |
| (a) What are the disadvantages for a child to use such banned substance? | |
| (b) What value the boy has shown by refusing to use banned substance? | |
| (c) What personality trait he had shown by refusing to his team-mates? | 1 × 3 = 3 |
| 19. Leaders can be trained through physical education. Justify you answer. | 3 |
| 20. Elucidate the meaning of motor development in childhood. Discuss in detail about various factors affecting motor development. | 5 |
| 21. Discuss in detail about the AAPHER Motor Fitness test specifically mentioning the various items in this test battery and its administration. | 5 |
| 22. Discuss in detail about Female Athletes Triad. | 5 |
| 23. Explain in detail about the effects of regular exercise on Respiratory system. | 5 |
| 24. What do you mean by coping? Discuss in detail about the problem focused and emotion focused coping strategies. | 1 + 2 + 2 = 5 |
| 25. What is the impact of high altitude on Athletes? What measures would you suggest to reduce its impact. | 5 |
| 26. What do you mean by the term Energy? Discuss about kinetic and potential energy with suitable example from sports. | 5 |

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- Write formula for giving Bye. 1
- What are Natural Resources in Adventure sports? 1
- What are the Micro Nutrients? 1
- Suggest any two free hand exercises for correcting round shoulder. 1
- Explain in the importance of fluid intake during competition. 1
- What is Osteoporosis? 1
- Explain the procedure for Eight Foot Up and Go Test. 1
- What is "Stroke Volume"? 1
- What kind of sports injury can be termed as "Abrasion"? 1
- Explain, What is "Dynamic Friction"? 1
- How participation in physical activities enhances self esteem among children? 3
- Explain, what is strength and write the methods of improving strength? 3
- Write about the deformities of spinal curvature. 3
- What safety measures children should be taught while participating in River Rafting? 3
- Draw a fixture of 11 Football teams participating in a Tournament on the basis of knock out. 3
- How various committees are formed for Tournaments? Write briefly. 3
- Sports are good for all age groups. Competitive sport is a showcase of power at the international arena. Supremacy over the other country is indirectly shown by standing at the top of medal tally. To achieve their target few countries are imparting very strict training to growing children. Over the years many organisations have raised their voice against the intensity with which training is scheduled for making an international athletes.** 1 + 2 = 3
 - Elaborate any two physiological benefits of exercise in children.
 - What are the disadvantages of giving high intensity training to the growing children?
- Briefly explain different types of co-ordinative abilities. 3
- Write briefly about protein as an essential component of diet. 3
- Write in detail about the physical and physiological advantages of physical exercises during the childhood stage. 5
- How the Cardiovascular Fitness is measured with the help of "Harvard Step Test"? Write in detail about its administrative procedure. 5
- Keeping in view of the Indian Ideology, critically analyse the sociological aspect of Women Athletes in sports participation. 5
- Participation in physical activity for a longer duration maintain functional fitness among aged population. Justify. 5
- Differentiate between Intrinsic and Extrinsic motivation. Explain in detail Goal setting and Reinforcement as technique of motivation. 2 + 3 = 5
- Write in detail about the Dislocation and Fractures among the bones and joint injuries. 5
- Differentiate mechanically between walking and running. Explain in detail mechanical analysis of walking. 5