

Atomic Energy Central School #4, Rawatbhata

Time: 03 Hr.

Model Question Paper Half Yearly Examination, 2015

Max. Marks: 70

XII- Physical Education

- Instructions: 1. The word limit for the questions carrying 1 marks is approximately 30 words.
2. The word limit for the questions carrying 2 marks is approximately 60 words.
3. The word limit for the questions carrying 3 marks is approximately 100 words.
4. The word limit for the questions carrying 5 marks is approximately 150-200 words.

QUESTIONS

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| 1. What do you understand by seeding? | 1 |
| 2. Explain the procedure to draw fixture on knock out basis. | 1 |
| 3. Explain the procedure of giving bye. | 1 |
| 4. What is the cause of kyphosis? | 1 |
| 5. What is menarche? Explain in your words. | 1 |
| 6. What is sit and reach test? Describe . | 1 |
| 7. What is the effects of exercise on aging process of an individual? | 1 |
| 8. Why do we organize the activities like Run for fun. | 2 |
| 9. What do you understand by posture. | 2 |
| 10. Describe menopause? | 2 |
| 11. Describe the Dhyan Chand Award. | 2 |
| 12. Suggest exercised basis of corrective measure to postural deformities. | 2 |
| 13. What do you know about postural deformities? | 2 |
| 14. What do you understand by motivation? | 2 |
| 15. Differentiate between intramurals & extramurals. | 3 |
| 16. Write down the role of muscles for various kinds of deformities. | 3 |
| 17. Draw a labeled diagram of the court of the choice game. | 3 |
| 18. Illustrate test items of Kraus Weber physical fitness tests. | 3 |
| 19. List various test items of AAPHER test. | 3 |
| 20. Explain the procedure to draw fixture using tabular method. | 3 |

21. What is strength? Define types of strength. 3
22. Write down the affects of exercise on muscular system. 3
23. Draw fixture for 19 teams for knock out tournament seeding two teams. 5
24. List various sports awards. 5
25. Describe any five qualities one develops through adventure sports. 5
26. List fifteen committees to conduct a volleyball tournament. 5
27. Describe various reasons of less participation women in sports. 5