

PHYSICAL EDUCATION
(Sample Question Paper)
Code No.048

M.M. 70

Class XII

Time 3 Hrs

All questions are compulsory.
Question paper carries two parts namely Part A & B.

PART A

Q.1. How socialization takes place through sports and games at national and international level?

2+4+4

OR

“Games and sports as cultural heritage” Justify.

10

Q.2. Describe the following:

- (i) General fitness
- (ii) Specific fitness
- (iii) Recreational fitness
- (iv) Calisthenics and fitness
- (v) Jogging and fitness

2x5

Q.3. How physical education helps in creating positive environment? How it helps in improving performance and prevents sports related injuries?

4+3+3

Q.4. Write short notes on any five:

- (i) Origin of yoga
- (ii) Effect of yoga on individual
- (iii) Role of yoga in sports
- (iv) Meditation
- (v) Pranayam
- (vi) Asanas

2x5

Q.5. What do you mean by the concept of training? Explain briefly conditioning, general training, specific training and strength training.

2x5

Continued.....

PART B

Q.1. Describe the first aid measures and rehabilitation process of injuries related to sports and games.

5+5

Q.2. Write the following about the game/sport of your choice (any five):

- (i) List of fundamental skills
- (ii) Two specific warming up exercises
- (iii) Two terminologies of the game/sport
- (iv) Name of two sports awards conferred by Govt of India in the game
- (v) Two important tournaments and venues for last two years
- (vi) Name of two personalities with brief out line of their achievements
- (vii) Latest changes in the rules of game/sport

2x5