

## Physical Education (Code No.048)

### BLUE PRINT OF QUESTION PAPER AND EVALUATION GUIDELINES

**Theory**

**Max. Marks 70**

Type of Questions	Number of Questions	Component	Max. Marks 10	Approximate words
Long Answer Questions	2	Knowledge	03	50 words & above
		Application	06	250 words & above
		-Reference -Source of Information -Publication -Author -Examples etc.	01	Additional information if any
Medium Answer Question	3	Knowledge	03	50 words & above
		Application	03	50 words & above
		-Reference -Source of Information -Publication -Author -Examples etc.	04	150 words & above
Short Answer Question	1	Definition/ Concept/ Comparison etc.	2 x 5	25 - 30 words
Essay Type Question	1	Concept & Relevance to the Question	06	300 words & above
		Reasoning , Structure & Presentation	04	

#### PAPER SETTING

- \* Two questions of either / or nature should be set out of each Unit.
- \* 14 questions will be set from the total syllabus.
- \* Seven questions compulsory to be attempted by the student, at least one out of each unit.

**Note:** The question paper in all shall aim to assess knowledge and understanding part. Approximately 50% marks each may be allotted to assess knowledge and for application of knowledge.

**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 an individual is benefited with fitness and wellness. Explain the principles of fitness.**

**2+2+6**

**Q.2. Circuit training consists of exercises performed with or without apparatus. Draw a diagram of circuit training along with stations. What are the main characteristics of circuit training?**

**5+5**

**Q.3. Specify the role of sociology in sports. How physical education programme leads to leadership and value education?**

**2+4+4**

**OR**

**“Games and sports as cultural heritage” Justify.**

**10**

**Q.4. Describe the following:**

- (i) Sports environment
- (ii) Essential elements of sports environment
- (iii) Role of individual in improving sports environment
- (iv) Prevention of sports related accidents
- (v) Physical education as a medium to improve sports environment

**2x5**

**Q.5. While describing the terms yoga and asanas, explain the role of yoga for improving performance in competitive sports.**

**3+3+4**

Continued.....

**PART B**

Q.1. What do you understand by first aid of sports injuries? Explain sprain, strain, abrasion and fracture.

**2x5**

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**