



ANANDALAYA  
FIRST PRE-BOARD EXAMINATION  
CLASS –XII

Subject: PHYSICAL EDUCATION

Date : 02/12/ 2015

M.M: 70

Time: 3 Hour

**General Instructions:**

*All questions are compulsory.*

*Answer for the questions carrying 1 mark should be approximately 30 words.*

*Answer for the questions carrying 2 marks should be approximately 60 words.*

*Answer for the questions carrying 3 marks should be approximately 90 words.*

*Answer for the questions carrying 5 marks should be approximately 150-200 words.*

1. What is league-cum knock-out tournament? 1
2. What are the requirements for Harvard Step Test? 1
3. What do you understand by Rock Climbing? 1
4. Enlist a few tips to prevent stress fraction. 1
5. Define Interval Training. 1
6. Write down two advantages of knock-out tournament. 2
7. Explain any two objectives of participation in trekking as an adventure sports. 2
8. Enlist and explain the test battery of “Rikki and Jones” (any two). 2
9. Give the treatment steps of Laceration injury. 2
10. State Energy and mention its two types. 2
11. Explain Self-Esteem. 2
12. What do you mean by co-ordination ability? What are the types? 2
13. Highlight the advantages of Extramural activities. 3

14. List down various uses of natural resources (any three) 3
15. Explain any three test items of “Kraus-Weber Test” 3
16. Explain the aim of Sports Medicine. 3
17. Write the advantages and disadvantages of Frictional forces. 3
18. Describe the techniques used to reduce Stress & Anxiety. 3
19. Explain Fartlek training method with the help of diagram. 3
20. Classify fixture, make a league-cum knock-out fixture for 18 teams. 5
21. Describe the preventive step for sports Injuries? 5
22. Explain the mechanical analysis of Walking and Running. 5
23. Explain in details the role of physical activities in the development of Personality. 5
24. What is endurance? Explain the various methods for its development. 5
25. What do you mean by leadership? Discuss the process of creating or making leaders through Physical Education. 5