



विद्या सर्वार्थ साधिका

ANANDALAYA  
PRE-BOARD EXAMINATION - 2  
Class : XII

Subject: PHYSICAL EDUCATION

Date : 13/01/ 2016

M.M: 70

Time: 3 Hours

*General Instructions:*

*All questions are compulsory.*

*Answer for the questions carrying 1 mark should be approximately 20- 30 words.*

*Answer for the questions carrying 2 marks should be approximately 50-60 words.*

*Answer for the questions carrying 3 marks should be approximately 80-90 words.*

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

1. Planning should be SMARTER. What does SMARTER signify? 1
2. Differentiate between Camping and Tracking 1
3. What are the pitfalls of dieting? 1
4. Which test would you suggest for your grandmother to test lower flexibility? 1
5. How can sports injuries be minimized? 1
6. What is Projectile? 1
7. Enlist the equipments required for camping. 1
8. In which condition Knock-out tournament are better than Round-Robin. 1
9. Differentiate Isotonic and Isometric. 2
10. How does body image affect your self-esteem? 2
11. Write a short note on Power and Energy. 2
12. How can Abrasion and Laceration be treated? 2
13. Explain the physical changes due to ageing. 2

14. How can be measure the heart rate after exercise? 2
15. Write in brief about Amenorrhea. 2
16. Explain the advantages of correct Posture. 3
17. Write down the formulas for following: 3
  1. Finding number of byes in Knock-Out Tournament.
  2. Division of teams in upper half and lower half in Knock-Out Tournament.
  3. Number of byes in upper half and lower half in Knock-Out Tournament.
18. Explain the following objectives of adventure Sports: 3
  1. To provide thrill and excitement.
  2. To develop courage and confidence.
  3. To chanalized surplus energy.
19. Discuss food intolerance and food myths? 3
20. Postural deformities in individual may develop due to many reasons. Name some causes that lead to such deformities. 3
21. Is participating in sports for women valuable? What are the values do you think associated with sports? 3
22. Suggest the formation of various committees for systematic and smooth conduct of **Annual Sports Day at school.** 5
23. “Involvement in physical activities for longer periods of time with moderate intensity can improve the quality of life” Justify your answer. 5
24. How can the minimum muscular strength for children be assessed? 5
25. One Physical Education Teacher received a task for preparing some athletes in 100 M & 200 M. Which types of training and methods you can suggest? 5
26. Elaborate various techniques of motivation used in games and sports. 5
27. “Friction is a necessary evil” Justify your answer with suitable examples from sports. 5