



ANANDALAYA
SUMMATIVE ASSESSMENT – 1
Class : XII

Subject :PHYSICAL EDUCATION
Date :21/09/2016

M.M : 70
Time : 3 Hours

General Instructions

1. All questions are compulsory.
2. Answer the questions carrying 1 mark should be approximately 30-40 words.
3. Answer the questions carrying 3 marks should be approximately 60-80 words.
4. Answer the questions carrying 5 marks should be approximately 100-150 words.

- Q1 What are nutritive components of diet? (1)
- Q2 Is Anaemia a disease or disorder? (1)
- Q3 Why is it important to assess the functional fitness of senior citizens? (1)
- Q4 What is cardiac output? (1)
- Q5 What is tennis elbow? (1)
- Q6 What is the concept of sports medicine? (1)
- Q7 Elaborate the term PRICE. (1)
- Q8 What do you mean by flexibility? (1)
- Q9 What is Osteoporosis? (1)
- Q10 What do you mean by food intolerance? (1)
- Q11 What precautions should be kept in mind before, during and after the competition? (3)
- Q12 Aman and Anil were long distance runners of our school. Regularly they practiced plyometric exercises. One day Aman was not done proper warm –up. Spontaneously his hamstring muscle was strained while doing multiple jumps and hops. There was a severe pain in his affected muscles and he could not move. Anil informed his teacher immediately. The teacher brought him to the doctor who provided him proper treatment.
Based on the above passage, answer the following question. (1)
- a) What will happen if we perform plyometrics without proper warm up? (1)
- b) Comment upon the value shown by Anil and the teacher. (1)
- c) How can we prevent strains? (1)
- Q13 Is participation in sports for women valuable? (3)
- Q14 How can you administer Back Scratch test for upper body flexibility? (3)
- Q15 What are the various physiological changes due to ageing? (3)
- Q16 “Physical exercises especially aerobic and endurance training increases blood flow to muscles.” How? (3)
- Q17 Explain the impact of various surfaces on athletes. (3)
- Q18 Briefly discuss about the sociological aspects of sports participation. (3)
- Q19 Discuss any three psychological traits of women athlete. (3)
- Q20 What are the aims of sports medicine? Write any three aims in brief. (3)
- Q21 “Vitamins are essential for our metabolic process.” What happens if we devoid our diet of vitamins? (5)
- Q22 Discuss the Kraus-Weber Test for measurement of muscular strength in detail. (5)
- Q23 Explain in detail the effects of physical exercise/training on respiratory system. (5)
- Q24 What is the role of physical activity and its effect on ageing? (5)
- Q25 Explain in detail the role of individual in prevention of sports related accidents. (5)
- Q26 What do you mean by food myths? Explain any four myths prevailing in contemporary society. (5)