



DELHI PUBLIC SCHOOL

SAIL TOWNSHIP, RANCHI

PRE- BOARD-I EXAMINATION (2017-18)

Class:-XII
Time- 3 Hrs.

Subject:- Physical Education
M.M.-70

General Instruction:-

1. The question paper consists of 26 questions.
2. All questions are compulsory.
3. Answer to question 1-11 carrying 1 mark should be in approximately 20-30 words.
4. Answer to question 12-19 carrying 3 mark should be in approximately 80-100 words.
5. Answer to question 20-26 carrying 5 marks should be in approximately 150-200 words.

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| Q.1 | What is seeding? | [1] |
| Q.2 | What do you mean by vitamins? | [1] |
| Q.3 | What is Kyphosis ? | [1] |
| Q.4 | What do you mean by motor development? | [1] |
| Q.5 | Define anemia. | [1] |
| Q.6 | What do you mean by muscular strength? | [1] |
| Q.7 | What do you mean by stroke volume? | [1] |
| Q.8 | What is transverse fracture? | [1] |
| Q.9 | What is gravity? | [1] |
| Q.10 | What do you mean by coping strategies? | [1] |
| Q.11 | What are isotonic exercises? | [1] |
| Q.12 | Discuss the benefit of asanas for prevention of disease. | [3] |
| Q.13 | Jwala was a good boxer from her schooldays. She used to come to school from a remote village. Most of the aged persons of the village used to object her taking part in boxing. Even they used to say her father not to allow her for sports, but he wanted her daughter to be an international level boxer. He did not listen to them. He tried to give every facility to her daughter. Now after ten years of hard training she has been selected for World Cup Boxing Championship. She is sure to win laurels for her country. | |

On the basis of above passage answer the following questions: [3]

(a) Do you agree with the views of most of the villagers? Answer in brief.

(b) What values are shown by Jwala's father regarding her sports participation?

(c) What lesson do you learn from the above passage?

Q.14 Discuss the causes of SPD. [3]

Q.15 Discuss any three importance of tournament. [3]

Q.16 Briefly explain any two food myths. [3]

Q.17 Briefly discuss the deformities of spinal curvature. [3]

Q.18 Explain any six factors affecting motor development. [3]

Q.19 Briefly discuss about any three reasons of less participation of women in sports. [3]

Q.20 Explain the impact of high altitude training. [5]

Q.21 Discuss the physiological factors determining 'strength' as a component of physical fitness. [5]

Q.22 What are bone injuries? Discuss the types and prevention of fracture. [1+3+1=5]

Q.23 What are the advantages and disadvantages of friction in the field of sports? [5]

Q.24 Elucidate the types of the personality. [5]

Q.25 What do you mean by Asthma? Explain the procedure, benefits and contraindications. [1+2+1+1=5]

Q.26 Elucidate the causes of disability. [5]