



DELHI PUBLIC SCHOOL

SAIL TOWNSHIP, RANCHI

PRE- BOARD-II 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 marks 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 knock-out tournament? | [1] |
| Q.2 | Define Balanced diet. | [1] |
| Q.3 | What is flatfoot? | [1] |
| Q.4 | What do you mean by weight training? | [1] |
| Q.5 | What is osteoporosis? | [1] |
| Q.6 | What do you mean by cardiovascular fitness? | [1] |
| Q.7 | What is Cardiac Output? | [1] |
| Q.8 | What is oblique fracture? | [1] |
| Q.9 | What do you mean by air resistance? | [1] |
| Q.10 | Define personality. | [1] |
| Q.11 | What is passive flexibility? | [1] |
| Q.12 | Discuss the procedure and benefits of vajrasana. | [3] |
| Q.13 | The Derek Redmond, a British athlete, was a medal contender in 400 mts event at the 1992 Barcelona Olympics. In the semi-final , he was having the lead upto 200 mtrs, but suddenly stopped his run with severe right hamstring injury and fell down in his lane with pain. But as the medical team approached, he refused to leave the track. Meanwhile from the ground floor of the stadium his father approached towards his son and helped him to stand and told him, 'You can do it'. Then Derek hobbling down the track on one leg, crossed the finish line without the help of his father. With a huge cheer from the crowd, he told the media with pride " I wanted to finish the race". | |

- (a) Why did Derek refuse medical assistance? [1]
- (b) What values do the father and Derek teach the sporting fraternity? [1]
- (c) What was so special about the race? [1]
- Q.14 Discuss the causes of ODD. [3]
- Q.15 Discuss the precautions for taking food supplements. [3]
- Q.16 Differentiate between 1:1 and 1:2 ratio interval training with suitable examples. [3]
- Q.17 Elucidate any six techniques of motivation. [3]
- Q.18 Briefly discuss about sociological aspects of sports participation. [3]
- Q.19 What is circuit training? Discuss the advantages of circuit training. [3]
- Q.20 Discuss the back scratch test for upper body flexibility. [5]
- Q.21 Discuss the physiological factors determining 'Endurance' as a component of physical fitness. [5]
- Q.22 Discuss the physical exercises as corrective measures for the deformities of spinal curvature. [5]
- Q.23 Discuss about kinetic and potential energy with suitable example from sports. [5]
- Q.24 Elaborate the role of sports in personality development in detail. [5]
- Q.25 How are sports injuries different from normal injuries? Explain any two causes of sports injuries and two preventive measures that can be taken for such injuries. [5]
- Q.26 Discuss the advantages of physical activities for children with special needs in detail. [5]