

**PHYSICAL EDUCATION**

**CLASS XII**

**Time: 2 Hours**

**Max Marks: 35**

**General Instructions:**

1. There are three sections in the question paper namely A, B and C.
2. Section A consist of 9 questions amongst which 7 questions have to be attempted each question carries 2 marks and should have 30-50 words.
3. Section B consist of 5 questions amongst which 3 questions have to attempted each question carries 3 marks and should have 80-100 words
4. Section C consist of 4 questions amongst which 3 questions have to be attempted each question carries 4 marks and should have 100-150 words.

**Section – A**

- Q1 what do you mean by yoga and lifestyle .Explain (1+1)
- Q2 Differentiate between disability and disorder. (1+1)
- Q3 Mention briefly about the common sports injuries and their management. (1+1)
- Q4 List down any two strategies to make physical activities for CWSN. (1+1)
- Q5 Differentiate between acceleration and pace run. (1+1)
- Q6 Differentiate between static and dynamic strength. (1+1)
- Q7 what do you mean by Asana? Also mention its types. (1+1)

Q8 Differentiate between intrinsic and extrinsic motivation. (1+1)

Q9 Explain briefly the two types of aggression? (1+1)

### **Section – B**

Q10 what are the contradictions of sukhasana and trikonasana.  
(1.5+1.5)

Q11 Explain briefly about ADHD, SPD and OCD with their symptoms.  
(1+1+1)

Q12 what are the effects of exercise on Cardio Respiratory System.  
(1.5+1.5).

Q13 Explain any three types of coordinative activities. (1.5+1.5)

Q14 Explain any three types of fractures. (1+1+1)

### **Section – C**

Q15 Define Personality. Explain any three personality types of big five theory. (1+3)

Q16 Enlist the various asanas for preventing diabetes. Also give the procedure, benefits and contradiction of any two asana. (1+1+1+1)

Q17 Define endurance. Explain any two methods to improve endurance. (2+2)

Q18 List the causes of sports injuries. Explain their preventive measures. (2+2)