

**SAMPLE QUESTION PAPER  
PHYSICAL EDUCATION (048)  
CLASS XII (2018-19)**

**TIME ALLOWED: 3 HRS**

**MAXIMUM MARKS: 70**

**GENERAL INSTRUCTIONS:**

- 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.

<b>SECTION – A</b>		
1	Define Endurance.	1
2	What is food intolerance?	1
3	Define Asana.	1
4	Mention any one cause of ODD.	1
	<b>Or</b>	
	What is seeding?	
5	Briefly mention two advantages of Weight Training.	1
6	What is menstrual dysfunction?	1
	<b>Or</b>	
	What do you understand by Diabetes?	
7	Mention the two advantages of Harvard step test.	1
8	What is sarcolemma?	1
	<b>Or</b>	
	Explain the benefits of Pavanmuktasana	
9	Enlist the classification of sports injuries.	1
10	Define Projectile.	1
	<b>Or</b>	
	Differentiate between gross and fine motor skills	
11	Explain the Jung's classification of personality.	1
<b>SECTION – B</b>		
12	Describe the advantages of league tournaments.	3
	<b>Or</b>	
	How composition of muscle fibers effect speed ?	

13	Olympic Games draw attention of the world towards the importance of physical education. It develops health and better citizens. The development of loyalty, brotherhood and team spirit takes place through participation in games. The various diversities due to different castes, racial differences, languages, cultures, the difference between countries widens the outlook of sports person. (a) What values do the Olympic Games teaches the sports persons? (b) According to you how Olympics is helping to create global unity? (c) What Olympic games develops?	3
14	Mention the sources of carbohydrates.	3
	<b>Or</b>	
	Elaborate the effects of exercise on size of the heart.	
15	Explain cognitive disability.	3
16	How dislocation can be managed?	3
17	Define Trajectory.	3
18	Explain the meaning of external motivation.	3
	<b>Or</b>	
	Explain any six changes due to ageing.	
19	Describe Fartlek training method.	3
	<b>SECTION – C</b>	
20	Draw a fixture of twenty six teams participating in the knockout tournament.	5
21	Explain the methods to prevent asthma.	5
22	Explain the factors affecting motor development.	5
	<b>Or</b>	
	Define friction in sports.	
23	Explain in detail on female athletes 'triad.	5
24	Explain the Barrow motor ability test.	5
25	Explain the physiological factors determining Strength and Speed.	5
26	Explain the types of coordinative abilities.	5
	<b>Or</b>	
	Explain the coping strategies.	