DAVPUBLICSCHOOL,MCL, K.A.

PRACTIC PAPER -3

PHYSICA EDUCATION(048)

CLASS XII-SESSION 2020-21

TIME ALLOWED:3 HRS **MAX. MARKS:70**

GENERAL INSTRUCTIONS:

1) ***The question paper consists of 30questions.***
2) ***Question 1-12 carry 1 mark and are multiple choicequestions.***
3) ***Questions 13-16 carry 2 marks each and should not exceed 40 -60 wordseach.***
4) ***Questions 17-26 carry 3 marks and should not exceed 80-100words.***
5) ***Questions 27-30 carry 5 marks and should not exceed 150-200 words.***

SECTION-A

Q.1. For type-1 Obesity,BMI score is ranged between…….. .

(a)25-29.9 (b) 18.5 -24.9 (c) 30 - 34.9 (d) 35 – 39.9

Q.2. Which is the formula for calculating the total number of matches in a knockout tournament

(a) N+1 (b) N-1 (c) N+1/2 (d) N-1/2

Q.3. Ability of an individual to resists against the fatigue for long time is known as….

(a) Strength (b) Endurance (c) Speed (d) Flexibility

Q.4. In which disorder, a child may reflect obsession and compulsion?

(a) OCD (b) Autism (c) SPD (d) ADHD

Q.5. Chronic fear that limits individual's physical and mental capabilities is referred as:

(a) Aggression (b) Motivation (c) Anxiety (d) Personality

Q.6. Which one of the following yoga asanas can help in diabetes ?

(a) Shavasana (b) Makarasana (c) Tadasana (d) ArdhaMastendrasana
(b)

Q.7. ODD is a disorder which means:

(a) Oral Digestion Disorder (b) Opposition Defiant Disorder
(c) Oppressive Disease Disorder (d) Opposite Direction Disorder

Q.8. Kyphosis is also known as:

(a) Hunch Back (b) Round Shoulder (c) C Shape curve (d) S Shape curve

Q.9. Hip and shoulder joints can do….

(a) Circumduction (b) Gliding (c) Planter flexion (d) Dorsi flexion

Q.10. Loss of structural proteins from muscle fibers is known as……

(a) Atrophy (b) Hypertrophy (c) Comatose (d) Second Wind

Q.11. Which postural deformity is referred as Hollow Back ?

(a) Kyphosis (b) Lordosis (c) Scoliosis (d) Knock Knee

Q.12. The term Asana refers to……..

(a) Breathing (b) Posture (c) Rest (d) Exercise

SECTION- B

Q.13. Explain the method of Speed development.

Q.14. Discuss various types of friction in sports.

Q.15. Explain the types of motivation
.
Q.16. Explain micro and macro nutrients.

SECTION – C

Q.17. Briefly discuss the deformities of spinal curvature.
Q.18. Describe Fartlek Training Method.
Q.19. Describe the physical benefits of exercise on children.
Q.20. Classify personality according to Sheldon.
Q.21. Describe Newton's law of Inertia according to sports.
Q.22. What are the method to develop improve flexibility?Explain.
Q.23. Write about the causes of ASD.
Q.24. Explain the need and importance of Biomechanics.
Q.25. Discuss the role of sports and exercise in wholistic personality development.
Q.26. Explain the Harvard Step Test.

SECTION- D

Q.27. Explain the role of nutrition on sports performance? Describe the essential nutrients influencing sports performance.
Q.28. Describe the Asanas helpful for health and wellness.
Q.29. List Different types of fractures.
Q.30. Describe the Disability Etiquettes required for inclusivity in physical education program.