

SAMPLE QUESTION PAPER
PHYSICAL EDUCATION (048)
SESSION 2021-22(CLASS XII)
TERM II

Max Marks: 35

Time: 2 hrs

General instructions:

- 1. There are three sections in the Question paper namely Section A, Section B and Section C.**
- 2. Section A consists 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 consists of 5 questions amongst which 3 questions have to be attempted each question carries 3 marks and should have 80-100 words.**
- 4. Section C consists 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. Explain any two benefits of ardha matsyendrasana. (1+1)
- Q2. Define explosive strength with help of example. (1+1)
- Q3. Define personality and motivation. (1+1)
- Q4. Write the full form of SPD and ASD. (1+1)
- Q5. List any four changes happening in the muscular system due to exercising. (0.5*4)
- Q6. What is the meaning of the Isotonic method and it is used for developing which ability. (1+1)
- Q7. Mention any two symptoms and causes of ADHD. (1+1)
- Q8. What is Laceration and how can it be managed? (1+1)
- Q9. List down any two strategies to make physical activities accessible for CWSN. (1+1)

(SECTION B)

- Q10. List down and briefly explain any four techniques of motivation. {1+(0.5*4)}
- Q11. Explain cognitive disability along with its symptoms. (1+2)
- Q12. Create a flowchart to explain classification of sports injuries. (1+1+1)

For visually impaired candidates

Explain classification of sports injuries. (1+1+1)

Q13. List down any three asanas used for preventing Asthma and write two benefits of each. (1+2)

Q14. What are the salient features of the Fartlek training method? (1*3)

(SECTION C)

- Q15. Explain any three personality types of Big five theory. (1+3)
- Q16. Discuss physiological factors determining speed. (1*4)
- Q17. Define flexibility and explain methods to develop flexibility. (1+3)
- Q18. Briefly explain the administration of Pawanmuktasana long with its contraindications and draw stick diagram. (2+1+1)

For visually impaired candidates

Briefly explain the administration of Pawanmuktasana long with its contraindications (2+2)