

अमर उजाला
मॉडल पेपर
केवल प्रश्न-पत्र-2017 **कक्षा-12**
PHYSICAL EDUCATION **सीबीएसई बोर्ड**

Time : 3 Hrs

Max Marks : 70

General Instructions :

- 1- Question 1 to 11 carry 1 marks each & may be answered in 1-20 words
 - 2- Question 12 to 19 carry 3 marks each & may be answered in 30-50 words
 - 3- Question 20 to 26 carry 5 Marks each & may be answered in 75-100 words.
- Q.1 What is the main objective of intramural activities?
Q.2 Name any two non-nutritive component of diet.
Q.3 Name the deformity for which horse riding can be used as corrective measure.
Q.4 What do you mean by motor development ?
Q.5 Name the test used for strength measurement.
Q.6 List down the safety equipment required for rock climbing.
Q.7 What is the purpose of Harvard Step – Test ?
Q.8 Define coordinative ability.
Q.9 Mention the various types of soft tissue injuries ?
Q.10 Name one linear and one Angular Movement from the field of sports.
Q.11 Pace – Run Method of training is used to develop for which motor component ?
Q.12 Draw knock-out fixture of 24 teams.
Q.13 Describe various factors that may be kept in mind to conserve the environment during adventure sports.
Q.14 Explain any three myths about dieting.
Q.15 Personality and Posture are the two opposite sides of the same coin. Comment.
Q.16 Enlist the spinal postural deformities ? Explain the causes of Kyphosis & the precautions to avoid it.
Q.17 Explain developments characteristics during childhood.
Q.18 What are the changes that take place in cardiovascular system by doing regular exercise?
Q.19 What is the relationship between load and adaptation during training programme?
Q.20 Design a training programme for improvement of components of motor fitness.
Q.21 Discuss the role of psychologist for a team preparing to participate in competition.
Q.22 Why the knowledge of biomechanics is essential for a coach to overcome the limitations of physical strength of an athlete ?
Q.23 Discuss the impact of different types of playing surface on athletes & the steps to over-come the impact for avoiding injuries.
Q.24 Give a brief outline of the factors that help in identifying a suitable sport for a child.
Q.25 Ram is going regularly to the park near his home in the morning. He found that many old people have some or the other type of fitness problem in terms of flexibility and strength . He decides to check the fitness level of such people in the park. Explain the steps/test used by Ram for measuring the fitness.
Q.26 Comment on the outlook of Indian society towards the participation of women in sports. Give supportive reason against your opinion.



Pradeep Tyagi
(H.O.D. Physical Education)
Translam Academy International, Meerut

**नोट- यह प्रतिदर्श प्रश्न पत्र है जस्ट्री नहीं है
यही प्रश्न पत्रिषदीय परीक्षा में आए।**