

CBSE Class 12 Physical Education 2013 - 75/C - Compartment



Question Paper

Conducted by the Central Board of Secondary Education (CBSE)

Time Allowed: 3 Hours

Maximum Marks: 70

General Instructions

- (i) This question paper contains 27 questions.
- (ii) All questions are compulsory, except where an internal choice is provided.
- (iii) The question paper has two parts, A and B.
- (iv) Answer 1-mark questions in about 30 words and 2-mark questions in about 60 words.
- (v) Answer 3-mark questions in about 100 words and 5-mark questions in about 150–200 words.
- (vi) In Part B, answer the sport-specific questions on any one game or sport of your choice, as directed.

1.

What do you understand by wellness?

2.

Define fixture.

3.

Explain the need for sports environment.

4.

What do you understand by postural deformities?

5.

What do you mean by Samadhi?

6.

What are minerals?

7.

What are isometric exercises?

8.

"Extrinsic motivation may kill intrinsic motivation." Justify.

9.

Explain differentiation and orientation ability.

10.

Briefly explain the role of spectators for creating positive sports environment.

11.

Explain any two elements of Yoga.

12.

Explain Interval training method.

13.

Explain reinforcement and knowledge of results as techniques of motivation.

14.

Write in brief about the factors affecting wellness.

15.

What are the essential elements of positive sports environment?

16.

How can Yoga contribute to enhance sports performance? Write in brief.

17.

Explain "role of ethics in sports".

18.

Enlist the committees for organizing sports day in your school and enlist the responsibilities of any three committees.

19.

Suggest physical activities as corrective measures for correcting round shoulders.

20.

Explain any five factors affecting balanced diet.

21.

Define strength and discuss means and methods for strength development.

22.

Write about two fundamental skills of your game of choice. (Answer from any one game/sport of your choice.)

23.

Write about any six terminologies of your game of choice. (Answer from any one game/sport of your choice.)

24.

What is SGFI? Explain its organizational set-up with functions.

25.

Explain any four general rules of the game/sport of your choice. (Answer from any one game/sport of your choice.)

26.

Draw play field/court/table with the specifications of the game/sport of your choice. (Answer from any one game/sport of your choice.)

27.

Briefly write historical development of the game/sport of your choice. (Answer from any one game/sport of your choice.)

- End of Question Paper -