CBSE Class 12 Physical Education 2014 - 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 90 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.

Part A

1.

Explain wellness.

2.

What is a round robin tournament ?

3.

Define positive sports environment.

4.

Explain knock knees.

5.

What is Asteya in Yama ?

6.

What are proteins ?

7.

What are isometric exercises ?

8.

Define Reinforcement.

9.

Differentiate between Reaction time and Movement time.

10.

Explain any two essential elements of positive sports environment.

11.

Describe any four advantages of Yoga.

12.

Write a brief essay on Fartlek.

13.

Enlist any six Adolescence problems.

14.

What are the components of Physical Fitness ?

15.

Elucidate the role of individual for improving sports environment.

16.

“Yoga is an Indian heritage.” Justify.

17.

What is interval training ? Write its two advantages and two disadvantages.

18.

What is a League tournament ? Explain different types of league tournaments with their advantages and disadvantages.

19.

What do you mean by correct posture ? Explain the correct posture of standing and sitting.

20.

What is balanced diet ? Explain the components of diet.

21.

Explain in detail different causes of anxiety.

Part B

22.

Briefly write the history of a game/sport of your choice.

23.

Write about the achievements of any two international players of the game/sport of your choice.

24.

Draw the field/court/table, with all specifications and measurements, of the game/sport of your choice.

25.

Enlist any four conditioning exercises for players of the game/sport of your choice.

26.

Write about the organisational set-up of S.G.F.I.

27.

Enlist any five soft tissue injuries and suggest their First Aid.

- End of Question Paper -