

CBSE Class 12 Physical Education 2022 - Set-4



Question Paper

Conducted by the Central Board of Secondary Education (CBSE)

Time Allowed: 2 Hours

Maximum Marks: 35

General Instructions

- (i) This question paper contains **18 questions** in three sections.
- (ii) Section A: Attempt any seven of Q1–9. Each carries 2 marks; answer in 30–50 words.
- (iii) Section B: Attempt any three of Q10–14. Each carries 3 marks; answer in 80–100 words.
- (iv) Section C: Attempt any three of Q15–18. Each carries 4 marks; answer in 100–150 words.

Section A

1.

"Asanas can be used as a preventive measure." Comment.

2.

What is active and passive flexibility?

3.

"Extrinsic motivation sometimes may kill intrinsic motivation." Justify.

4.

Define disability and list down any two types of disability.

5.

Describe any 2 objectives of first aid.

6.

Elucidate any 2 types of coordinative ability with suitable example.

7.

What are the symptoms of Autism Spectrum Disorder (ASD)?

8.

Explain any 2 physiological factors that help in determining endurance.

9.

Enlist any 4 causes of Oppositional Defiant Disorder (ODD).

Section B

10.

Define aggression. Discuss any 2 types of aggression.

11.

What do you mean by disability etiquettes? List down any 4 disability etiquettes while communicating with a person with special needs.

12.

Draw diagram and explain the management of any 2 types of bone injury.

OR

For Visually Impaired Candidates: Explain any 2 types of bone injury with their management.

13.

Write the benefits and contraindications of Matsyasana.

14.

Differentiate between Isometric and Isotonic exercise with suitable example.

Section C

15.

What are the personality traits according to the Big Five theory?

16.

Discuss in detail 2 long term and 2 short term effects of exercise on the cardio-respiratory system.

17.

Define Endurance and discuss the methods of endurance development.

18.

What is Obesity? Draw stick diagrams of any two asanas recommended to control obesity and explain their procedure.

OR

For Visually Impaired Candidates: Briefly explain the procedure of any 1 yoga asana for managing Obesity along with its benefits and contraindications.

- End of Question Paper -