

FACULTY HIGHER SECONDARY SCHOOL
SAMPLE QUESTION PAPER FOR
HALF YEARLY EXAMINATION 2019
CLASS :XII
SUBJECT: PHYSICAL EDUCATION (SCIENCE/COMMERCE)

Total time: 3 hours

Total marks: 70

General Instructions:

- The question paper consists of 34 questions.
- All questions are compulsory.
- Answer to 1 to 20 questions carrying 1 mark should be in approximately 20-30 words.
- Answer to 21 to 30 questions carrying 3 marks should be in approximately 70-100 words.
- Answer to 31 to 34 questions carrying 5 marks should be in approximately 100-150 words.

1. What are specific sports programmes?
2. "Malnutrition may cause disability" explain this statement.
Or
How accidents may cause disability?
3. Suggest any two freehand exercises for correcting flatfoot.
4. What do you mean by anorexia nervosa?
Or
What do you mean by bulimia?
5. What is Rockport one mile test?
6. What do you mean by cardiac output?
7. Name the factors that aerobic capacity depends on.
8. What do you understand by sensory impairments?
9. What do you mean by asana?
10. What do you mean by cardiovascular fitness?
11. Why does weightlifters diet include lots of protein?
12. What is combination tournament?
Or
Write the methods of fixing byes.
13. Write about the methods of deciding the winner in a league tournament.
14. What do you mean by food myths?
15. What do you mean by Autism Spectrum Disorder?
16. What is "an abnormal curvature of spine at front" termed as?
17. What do you mean by Amenorrhoea?
18. Which test would you suggest for your grandfather to test lower body flexibility?
19. What is Lactic acid tolerance?
20. What is menstrual dysfunction?
21. Briefly mention nutrition during competition.

22. What is Asthma?

Or

Write down the procedure for Gomukhasana.

23. Explain intellectual disability.

OR

What is dyslexia?

24. Explain the motor development in middle childhood.

25. Discuss any three psychological traits of women athlete.

26. Explain the procedure for conducting Kraus-Weber test for measuring minimum muscular strength.

Or

What do you mean by AAHPER fitness test? Explain administration of any three items of this test.

27. Write about the effects of exercises on muscular system.

28. Explain the physiological factors determining flexibility.

29. Discuss the methods of calculation of VO_2 Max.

30. Write down any three causes of bad posture. Explain.

31. Write about strategies to make physical activities accessible for children with special needs.

Or

What are those advantages of physical activities for children with special needs?

32. What are the physiological differences between males and females?

Or

Explain the physiological factors determining strength.

33. Write about the concept and advantages of correct posture.

34. Explain the intake of nutrition before, during and after the competition or training.