

**PRACTICE PAPER**  
**PHYSICAL EDUCATION (048)**  
**SESSION 2021-22(CLASS XII)**  
**TERM II**

**Max Marks: 35**

**Time: 2hrs**

**General instructions:**

1. There are three sections in the Question paper namely Section A, Section B and Section C.
2. Section A consists of 9 questions amongst which 7 questions have to be attempted each question carries 2 marks and should have 30-50 words.
3. Section B consists of 5 questions amongst which 3 questions have to be attempted each question carries 3 marks and should have 80-100 words.
4. Section C consists of 4 questions amongst which 3 questions have to be attempted each question carries 4 marks and should have 100-150 words.

**SECTION A**

- Q.1. Goal setting and Fun-based training are the techniques to motivate the children. Explain these. (1+1=2)
- Q.2. Differentiate between 'OCD' and 'ODD on the basis of their symptoms (any two). (1+1=2)
- Q.3. List two strategies to make physical activities accessible for CWSN. (1+1=2)
- Q.4. Explain the term Acceleration & Loco-motor Ability. (1+1=2)
- Q.5. What is Stroke Volume and Cardiac-output? (1+1=2)
- Q.6. Write two effect of exercise on Muscular System? (1+1=2)
- Q.7. Write two sign and symptoms of Sprain? (1+1=2)
- Q.8. What does the term Fartlek mean and who developed this training method? (1+1=2)
- Q.9. Explain any two benefits of 'Tadasana'? (1+1=2)

**SECTION B**

- Q.10. What is the relationship between load and adaptation during training programme? (1 + 1/2 + 1/2 =3)
- Q.11. Based on body structure how has Shaldon classified personality? (1+1+1=3)
- Q.12. Write about Vajrasana, its benefits and contraindications? (1+1+1=3)
- Q.13. Write down the meaning of First Aid and explain its objectives. (1+2=3)
- Q.14. Explain any three types of coordinative abilities (1+1+1=3)

**SECTION C**

- Q.15. Explain any four personality types of big five theory. (1+1+1+1=4)
- Q.16. Explain four physiological factors determining Speed. (1+1+1+1=4)
- Q.17. Name the Asanas used to cure Asthma. Write the procedure and benefits of Chakrasana. (1+1 + 1/2 + 1/2 =4)
- Q.18. Explain any four soft tissues injuries with their management. (1+1+1+1=4)