

MODEL TEST PAPER-I

PHYSICAL EDUCATION

C.B.S.E. Class–XII

Time Allowed: 3 hrs.

M.M. 70

General Instructions:

- (i) Question paper consists of 26 questions.
- (ii) All question are compulsory.
- (iii) 1 Mark question must be answered in 10-20 words.
- (iv) 3 Marks question must be answered in 30-50 words.
- (v) 5 Marks question must be answered in 75-100 words.

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1. Name any two non-nutritive component of diet. (1)
 2. What is the main objective of intramural activities ? (1)
 3. What do you mean by motor development ? (1)
 4. Name the deformity for which horse-riding can be used as corrective measure. (1)
 5. What is disability ? (1)
 6. Name the test used for strength measurement. (1)
 7. Define motivation. (1)
 8. What is the purpose of Harvard Step-Test ? (1)
 9. What are the sign and symptoms of Back Pain ? (1)
 10. Mention the various types of soft tissue injuries ? (1)
 11. Pace-Run method of training is used to develop for which motor component ? (3)
 12. Explain any three myths about dieting. (3)
 13. Discuss the principles of first aid. (3)
 14. Enlist the spinal postural deformities. Explain the causes of Kyphosis and the precautions to avoid it. (3)
 15. Explain Newton's Third Law of Motion. (3)
 16. What are the changes that take place in cardiovascular system by doing regular exercise ? (3)
 17. Explain developments characteristics during childhood. (3)
 18. Explain various muscles involved in running. (3)
 19. What is the relationship between load and adaptation during training programme ? (5)
 20. Why the knowledge of biomechanics is essential of physical strength of a athlete ? (5)
 21. Discuss the role of psychologist for a team preparing to participate in competition. (5)

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22. Explain Motor Fitness Test - AAPHER. (5)
23. Explain Big Five Theory. (5)
24. What is odd? Explain its symptoms and causes. (5)
25. What are the various types of friction? How is friction advantageous or disadvantageous in the field of games and sports? Explain with suitable example. (5)



MODEL TEST PAPER-II

PHYSICAL EDUCATION

C.B.S.E. Class–XII

Time Allowed: 3 hrs.

M.M. 70

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- (i) Question paper consists of 26 questions.
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- (iii) 1 Mark question must be answered in 10-20 words.
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1. Define stress.	1
2. What is aerodynamics?	1
3. Who developed Barrow Motor Ability Test	1
4. Define double league tournament.	1
5. Write the types of personality.	1
6. Name the factors affecting projectile trajectory.	1
7. What do you mean by body image?	1
8. Who are made leaders?	1
9. What is Aggression?	1
10. How many items does Kraus weber Test Consist.	1
11. Write a note on 'eating for weight control.	3
12. Write a note on Menstrual Cycle.	3
13. What are Carbohydrates? What are its types and what are its source?	3
14. How aerodynamics affect a ball?	3
15. Explain Rockport Test to measure Cardio Vascular fitness.	3
16. Suggest some general rules of sitting.	3
17. Explain any three effects of exercise on Circulatory System.	3
18. What are the Nutritive and Non-nutritive Components of diet? Explain.	3
19. Explain the various tasks in organising a tournament.	5
20. Explain advantages and disadvantages of food supplements.	5

21. Explain kraus weber test. 5
22. Explain the methods of endurance development. 5
23. What are dimensions of personality? Also discuss the role of sports in personality development. 5
24. Discuss in detail how can sports injuries be prevented? 5
25. Explain the methods of flexibility development in detail. 5