

# Half Yearly Examination-2014-15

Class - XII  
Subject - Physical Education

Time : 3 hrs.

M. M. : 70

Compulsory & corrected  
S. P. S.  
29/11/15

## General Instructions :-

- (i) All questions are compulsory.
- (ii) Answer to questions carrying 01 marks should be in approximately 30 words.
- (iii) Answer to questions carrying 02 marks should be in approximately 60 words.
- (iv) Answer to questions carrying 03 marks should be in approximately 90 words.
- (v) Answer to questions carrying 05 marks should be in approximately 150-200 words.

- Q.1. What is meant by planning in sports ? (1)
- Q.2. What do you mean by a Bye ? (1)
- Q.3. What is Motor development ? (1)
- Q.4. What do you mean by Weight training ? (1)
- Q.5. What is flexibility ? (1)
- OR**
- What is stroke volume ?
- Q.6. What is blood pressure ? (1)
- Q.7. What do you understand by Biomechanics. (1)
- Q.8. What do you understand by power ? (1)
- Q.9. What is knockout tournament ? (1)
- Q.10. What do you mean by ageing ? (1)
- Q.11. Discuss the various types of friction. (2)
- Q.12. What is a projectile ? What is the name given to the path followed by a projectile ? (2)
- Q.13. Elaborate the effects of ageing on bone density. (2)
- Q.14. What do you mean by oxygen intake and oxygen uptake ? (2)
- Q.15. Mention any two advantages of Weight training. (2)
- Q.16. What do you mean by activities and quality of life ? (2)

- Q.17. Discuss any two importance of tournament. (2)
- Q.18. What are the objectives of Intermural Sports ? (2)
- Q.19. What is potential Energy ? (2)
- Q.20. Distinguish between Intramural and Extramural programmes. (2)
- Q.21. What is energy ? Explain about Kinetic and potential energy. (3)
- Q.22. Describe briefly the five phases of walking. (3)
- Q.23. Discuss any three physiological factors determining flexibility. (3)
- Q.24. Discuss any three effects of Exercises on respiratory system. (3)
- Q.25. Why do children require food supplements ? (3)
- Q.26. Define and classify 'Fixtures'. Draw a League Fixture for 16 team. (5)
- Q.27. What do you mean by specific sports programme? Explain any three. (5)

OR

- Enlist the committees organizing sports events and explain any eight committees in details.
- Q.28. What are the physiological benefits of Exercise on children. (5)
- Q.29. What are the effects of regular exercise on the cardio-vascular system of the body ? (5)
- Q.30. Make a list of the factors that affect the path of a projectile. (5)

OR

Discuss the objectives of Extramural in detail.