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Candidates must write the
Set No. on the title page on
the answer book

LR DAV PUBLIC SCHOOL, GANDARPUR, CUTTACK
HALF YEARLY EXAMINATION (2018 – 19)
SAMPLE PAPER

- Check that this question paper contains **3** printed pages.
- Set number given on the right hand side of the question paper should be written on the title page of the answer book by the candidates.
- Check that this question paper contains **26** questions.
- Write down the serial number of the question paper in the left of the margin before attempting it.
- **15** minutes time has been allotted to read this question paper only and do not write any answer on the answer book during this period.

CLASS- XII

SUB- PHYSICAL EDUCATION

Time: 3 Hours

MaximumMarks: 70

General Instruction:

- (i) The question paper consists of **26** questions.
- (ii) All questions are compulsory.
- (iii) Question number **1** to **11** carry **1** mark each. Answer to these questions should be approximately **10-20** words.
- (iv) Question number **12** to **19** carry **3** mark each. Answer to these questions should be in approximately **30-50** words.
- (v) Question number **20** to **26** carry **5** mark each. Answer to these questions should be in approximately **75-100** words.

1. What do you mean by elimination tournament?

(1)

2. What do you mean by balance diet? (1)
3. What do you mean by disability? (1)
4. What do you mean by extramural? (1)
5. What do you mean by macro nutrients? (1)
6. What do you mean by diabetes? (1)
7. What do you mean by disorder? (1)
8. What do you mean by kinesiology and biomechanics? (1)
9. What is fartlek training? (1)
10. What do you mean by flexion? (1)
11. What is adaption ability? (1)
12. Explain any three objectives of intramurals? (3)
13. Discuss the causes of ASD (3)
14. What is roughage? Explain in brief? (3)
15. Explain about Autism Spectrum Disorder? (3)
16. What do you mean by motor development? Explain any two factors affecting motor development? (3)
17. What do you mean by dynamic strength and static strength? (3)
18. Differentiate between adduction and abduction? (3)
19. Explain the causes of kyphosis and lordosis? (3)
20. What do you mean by league tournament? Draw a fixture of 17 teams where 2 teams are special seeded and 2 teams are seeded? (5)
21. Explain nutritive and Non- nutritive components of diet? (5)
22. What do you mean by motor development? Explain the motor development during childhood? (5)
23. Explain the administration of AAHPERD youth fitness test? (5)
24. Describe the procedure for administering Rikli and Jones Senior citizen fitness test? (5)
25. Draw a diagram of 10 stations for circuit training and explain it? (5)
26. Discuss the various types of movements in details? (5)