Practice paper

 Class XII

 Subject-physical education

1. Give one most important mechanical difference between walking and running.
2. How extrinsic motivation sometime may kill intrinsic motivation?
3. In which condition knock out tournament are better than round robin?
4. What do you mean by adventure sport?
5. Make a list of micro nutrients.
6. Define correct posture.
7. Explain the term “menarche”.
8. What is the full form of AAPHERD?
9. Define physiology?
10. What do you mean by sports medicine?
11. In which game and sport the explosive strength is required?
12. Discuss the method of fixing byes in knock-out tournament.
13. What safety measures can be taken during trekking?
14. Write a note on eating disorders.
15. Explain the causes precautions and remedies of kyphosis.
16. Mention the factors affecting motor development.
17. Why the angle of release for shotput , javelin and discuss throw are different?
18. ‘friction is a necessary evil’ .justify your answer with suitable examples from sport.
19. In hockey match two forward players scoring equal number of goals both of them want to become the best scorer .in the last minute when one of the forward player gets an opportunity to put the ball in the goal suddenly to everyone surprise he passes the ball to the other forward player of his team for taking the opportunity to score.
* What does this action of passing on the opportunity to another player depicts?
* What values the player taught through this action?
1. How can the minimum muscular strength for children assessed?
2. Suggest at what age children should be exposed to weight training and justify your answer?
3. Define round robin tournament.draw a fixture of 19 teams using eliminated tournament.
4. Explain the effects of exercise on muscular system.
5. What are common sports injuries ? describe any two of them.
6. Explain the mechanical analysis of running.
7. Define endurance? Describe any two method of endurance development.