Practice paper 2

Class XII

Subject-physical education

1. What is blister?
2. What is rock climbing?
3. What is a food myth?
4. What is health run?
5. What is flat foot?
6. What do you mean by motor development in children?
7. How many byes will be there if number of teams participating in the knockout tournament are 25. Also mention the team in upper and lower half.
8. What is linear movement?
9. Mention the effects of exercise on cardiovascular system.
10. What is personality?
11. Name the type of strength used at the time of take off in long jump.
12. Make a list of a few pitfalls of dieting.
13. What are the causes of flat foot? What steps should be followed as preventive methods with the help of movement or exercise?
14. What is fartlek training?
15. What is the role of physical education in creating good leaders?
16. Describe in brief rockport test for measuring cardiovascular fitness.
17. Explain different type of coordinative abilities.
18. What is the role of regular exercise in ageing process?
19. Living assertive can also benefit our health. Reduction of stress level makes more energy available to us and has a beneficial effect on all systems of the body, including the immune system. Applying some basic learning experiences will help you to develop and maintain assertive behavior as you combat old behavior patterns.

* What is the first step towards learning assertive behavior?
* What values are included in assertive behavior?
* What value one lacks if he/she is not assertive by nature?

1. Elaborate various techniques of motivation used in games and sports.
2. Discuss the factor affecting projectile’s trajectory.
3. How will the triad affect the performance?
4. Discuss the role of diet on performance of players.
5. Make a seeding fixture of 29 teams dividing the team into 4 quarters.
6. ‘Physical exercise especially aerobic, and endurance training, increase blood flow to muscles.’ How?
7. What is the impact of various surfaces on athletes performance?discuss.