Practice Paper 3

Class- XII

Subject -Physical Education

1. How does camping create good leader?
2. How can athlete overcome anxiety before the match?
3. Give an example of parabolic path in sports.
4. Name the component required (diet) for a marathon runner.
5. Calculate the physical fitness index for a 15 years old boy having completed Harvard step test for a duration of 3 minutes 40 seconds and his pulse rate is 70 beats for 1 to 1.5 minute, 55 beats for 2 to 2.5 minute and 30 beats for 3 to 3.5 minute.
6. What is bye?
7. Define Bulimia.
8. Name all the spinal deformities and explain any one among them.
9. What is PNF stretching?
10. Define the role of protective equipment in sports.
11. What is the difference between long term endurance and short term endurance?
12. Differentiate between the mechanical analysis of walking and running.
13. How can you improve body image and self-esteem? Discuss.
14. Explain any three physiological factors determining strength.
15. Plan a weight training programme with light weight training exercises for the development of upper body strength.
16. Explain any two macro nutrients and one micro nutrient for the growth and development of the child.
17. What is rock climbing? Write the material requirement and safety measure for rock climbing.
18. Elaborate the causes and corrective measure exercise for knock knee.
19. Sarita Devi refused to accept the bronze medal during the ceremony. The international body (AIBA) which regulates boxing has taken a stringent action against Sarita Devi and the coaches.

* Do you agree with the decision of Sarita Devi? Justify your answer.
* What values do you think Sarita Devi has not shown by her behavior during the medal distribution ceremony?

1. What do you mean by healthy weight? Discuss the methods to maintain and control healthy body weight for lifetime.
2. Differentiate between 1:1 and 1:2 ratio interval training with suitable examples.
3. What is speed? Write down various Physiological factors determining speed.
4. Why is there low women participation in games and sports as compared to men? Discuss.
5. Classify fixture. Make a league-cum-knockout fixture for 18 teams.
6. What is food supplement? Explain the positive and negative effects of food supplements.
7. Make a list of Rikli and Jones test items. Explain any two in detail.