

Series : ONS/1

कोड नं.
Code No.

75/1

रोल नं.

Roll No.

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परीक्षार्थी कोड को उत्तर-पुस्तिका के मुख-पृष्ठ पर अवश्य लिखें ।

Candidates must write the Code on the title page of the answer-book.

- कृपया जाँच कर लें कि इस प्रश्न-पत्र में मुद्रित पृष्ठ 4 हैं ।
- प्रश्न-पत्र में दाहिने हाथ की ओर दिए गए कोड नम्बर को छात्र उत्तर-पुस्तिका के मुख-पृष्ठ पर लिखें ।
- कृपया जाँच कर लें कि इस प्रश्न-पत्र में 26 प्रश्न हैं ।
- कृपया प्रश्न का उत्तर लिखना शुरू करने से पहले, प्रश्न का क्रमांक अवश्य लिखें ।
- इस प्रश्न-पत्र को पढ़ने के लिए 15 मिनट का समय दिया गया है । प्रश्न-पत्र का वितरण पूर्वाह्न में 10.15 बजे किया जायेगा । 10.15 बजे से 10.30 बजे तक छात्र केवल प्रश्न-पत्र को पढ़ेंगे और इस अवधि के दौरान वे उत्तर-पुस्तिका पर कोई उत्तर नहीं लिखेंगे ।
- Please check that this question paper contains 4 printed pages.
- Code number given on the right hand side of the question paper should be written on the title page of the answer-book by the candidate.
- Please check that this question paper contains 26 questions.
- **Please write down the Serial Number of the question before attempting it.**
- 15 minute time has been allotted to read this question paper. The question paper will be distributed at 10.15 a.m. From 10.15 a.m. to 10.30 a.m., the students will read the question paper only and will not write any answer on the answer-book during this period.

शारीरिक शिक्षा (सैद्धान्तिक)

PHYSICAL EDUCATION (Theory)

First Pre-Board Examination, 2017-2018

CLASS – XII

Time: 3 Hours

M.M:70

General Instructions:

- All questions are compulsory.
- Question paper consists of 26 questions.
- 01 mark questions must be answered in 10-20 words.
- 03 mark questions must be answered in 30-50 words.
- 05 mark questions must be answered in 75-100 words.

- 1.What is planning in games and sports? (1)
2. Write one objectives of adventure sports? (1)
- 3.Define Anorexia Nervosa? (1)
- 4.Explain good posture? (1)
- 5.What do you mean by balanced diet? (1)
6. Define Stress? (1)

7. Define motivation and list down the various types of motivation? (1)
8. Define self-esteem? (1)
9. Define the term Sports Medicine? (1)
10. What is a league tournament? (1)
11. Define Camping and trekking? (1)
12. Illustrate the differences between Fartlek training and Interval training? (3)
13. What is knock knee? Mention any two corrective exercises for it. (3)
14. What is an eating disorder? Mention its types and explain each. (3)
15. What is a league tournament? Mention any two disadvantages of league tournaments? (3)
16. Do you feel protective gears (equipment's) are important while playing? If so lay stress on your views? (3)
17. Explain speed, flexibility and coordinative abilities? (3)
18. Describe the considerations in meal intake which should be taken before, during and after the competition? (3)
19. Explain the difference between Intramural and Extramural competitions with suitable examples? (3)
20. Discuss in detail the various committees and its responsibilities involved in planning process? (5)
21. Talk about how physical educators can help create leaders? (5)
22. Explain the concept of correct postures (Standing and sitting)? (5)
23. Draw a fixture for 28 teams playing in a knock out tournament? (5)
24. Explain personality? Describe the role of sports in developing the personality? (5)
25. Define Sports injuries? Write classification, prevention of sports injuries? (5)
26. Explain AAPHER test administration and its scoring in detail? (5)