

Sample paper
Physical Education
Session 2021-22
Class XII
Term – II

General instruction:

1. There are three sections in the question paper namely Section A, B and C.
2. Section A consists of 9 questions amongst which 7 questions have to be attempted each question carries 2 marks and should have 30 – 50 words.
3. Section B consists of 5 questions amongst which 3 questions have to be attempted each question carries 3 marks and should have 80 – 100 words.
4. Section C consists of 4 questions amongst which 3 questions have to be attempted each question carries 4 marks and should have 100 – 150 words.

SECTION – A

Q1. What is obesity? How can we come to know that we are obesity?

Q2. Explain the benefits of bhujangasana.

Q3. What is cognitive disability?

Q4. What is oxygen-intake and oxygen-uptake?

Q5. What is First-Aid and write its aim?

Q6. What do you mean by personality?

Q7. What is ODD?

Q8. What is dynamic strength and static strength?

Q9. What do you mean by coordinative ability?

Section – B

Q10. What is ASD? Discuss the causes of ASD.

Q11. What is stress and how can it be managed?

Q12. Discuss the benefits of Chakrasana.

Q13. Write in detail about the dislocation and fracture.

Q14. What do you mean by endurance and discuss any two methods of improving endurance.?

Section – C

Q15. What is hypertension? Discuss the benefits of Vajrasana.

Q16. What do you mean by Sensory Processing Disorder? Discuss the causes of SPD.

Q17. Discuss any four effects of exercises on muscular system.

Q18. Explain Interval Training method.
