

NORTH-EX PUBLIC SCHOOL
(Senior Secondary, Affiliated To CBSE)
School Block, Jain Nagar, Sector-38, Rohini, Delhi – 81
HALF YEARLY EXAMINATION, 2019-20
SUBJECT – PHYSICAL EDUCATION
CLASS - XII

TIME : 3 hrs

MM : 70

General Instructions:

All questions are compulsory.

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| 1. What do you mean by planning? | 1 |
| 2. What do you mean by league tournaments? | 1 |
| 3. What do you mean by Intramural tournaments? | 1 |
| 4. How bys is given in knockout fixture? | 1 |
| 5. What do you mean by micro elements of diet? | 1 |
| 6. Eggs are good or bad for health. Comment. | 1 |
| 7. Write any two non-nutritive components of diet. | 1 |
| 8. Write any one benefit of yoga. | 1 |
| 9. What do you mean by Asana? | 1 |
| 10. Write two advantages of Bhujangasana. | 1 |
| 11. Describe the meaning of hypertension. | 1 |
| 12. Write the concept of disability. | 3 |
| 13. Explain the causes of ODD. | 3 |
| 14. Elaborate the motor development during middle childhood. | 3 |
| 15. Write any three factors affecting motor development. | 3 |
| 16. What do you mean by Kyphosis? | 3 |
| 17. Explain three reasons for less participation of women in sports. | 3 |
| 18. Enlist the symptoms of Female athletics triad. | 3 |
| 19. Elaborate three psychological effects of women for Sports performance. | 3 |
| 20. Explain the Kraus-Weber test for muscular strength. | 5 |
| 21. How AAHPER Youth fitness test is conducted? | 5 |
| 22. Describe the physiological factors determining strength and flexibility. | 5 |
| 23. Elaborate food supplements for children. | 5 |
| 24. Draw a fixture of 14 teams participating in the knockout. | 5 |
| 25. Draw a fixture of 7 teams participating in league tournament. | 5 |
| 26. Explain the advantages of physical activities for children with special needs. | 5 |
| OR | |
| Explain various factors that cause poor posture. | 5 |