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Roll No.

Date:

NORTHWEST ACCREDITATION COMMISSION, USA

HIGH SCHOOL DIPLOMA (Sr. Secondary/12TH)

Subject- Physical Education

Subject Code – P416

Question Paper No. :

Question Paper code:

Important Instructions

1. OPENING AND CHECKING OF THE QUESTION-BOOKLET

Break open the seal of the Question-Booklet only when the announcement is made by the Invigilator. After breaking the seal and before attempting the questions, student should immediately check for:

a) The number of the printed page in the Question-Booklet is the same as mentioned on the cover page of the Booklet and

b) Any printing error in the Booklet pages, if any.
Any discrepancy or error should be brought to the notice of the Invigilator who will then replace the Booklet.
No additional time will be given for this.

2. No student, without the permission of the Superintendent, or the Invigilator concerned, is to leave his/her seat or the Examination Room.

3. FILLING UP THE REQUIRED INFORMATION ON QUESTION-BOOKLET AND ANSWER SHEET

After breaking open the seal and checking the Booklet, student should:

a) Fill up the **Question Paper No.** and **Question Paper Code** (mentioned on the cover of Question-Booklet) in the space provided on the First Answer Sheet.

b) Fill up his/her Roll Number on the First Answer Sheet and on each Supplementary Answer Sheet, if taken.

C) Student should mention the total number of **Supplementary Answer Sheet**, if taken, in the space provided on the First Answer Sheet and also fill up the Serial Number mentioned on each **Supplementary Answer Sheet** along with his/her Roll Number in the register maintained by the Invigilator. Student must tie all the Answer Sheets with the thread provided by the Invigilator.

4. INSTRUCTIONS ABOUT QUESTION PAPER

This Question Paper is divided into three Sections – **A, B** and **C**. All Sections are compulsory. Attempt all Sections as per instructions.

a) Section A question No. 1 to 5 are very short questions carrying 2 marks each.

b) Section B question No. 6 to 15 are short questions carrying 3 marks each.

c) Section C question No. 16 to 21 are long questions carrying 5 marks each.

5. Student found in possession of Cellular Phone / Mobile Phone / Pager or any other Communication Device and/or any Book/Note whether using or not, will be liable to be debarred for taking examination(s) either permanently or for specified period or/and dealt with as per law or/and ordinance of the School/SERI according to the nature of offence, or/and he/she may be proceeded against and shall be liable for prosecution under the relevant provision of the Statutory Law.

TIME: 3 Hours.

TOTAL MARKS: 70

THE ANSWER SHEET IS TO BE RETURNED ON COMPLETION OF THE TEST

P.T.O.

SECTION A

Total number of questions: 5	Marks allocated to each question: 2	Total marks: 10
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Question 1. Define positive sports environment.

Question 2. Explain the term hypertrophy of muscles.

Question 3. What do you understand by sociological aspect of Physical Education?

Question 4. What are the two methods for flexibility development?

Question 5. Briefly explain about the importance of sociology in sports.

SECTION B

Total number of questions: 10	Marks allocated to each question: 3	Total marks: 30
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Question 6. "Yoga is an Indian heritage." Justify.

Question 7. What is the difference between linear and angular motion? Explain through example.

Question 8. What is interval training? Write its two advantages and two disadvantages.

Question 9. Define leadership and briefly explain the qualities of leader (captain) in games and sports.

Question 10. Explain the meaning and concept of training in sports.

Question 11. Explain the six advantages of Pranayam.

Question 12. Explain any three principles of training in brief.

Question 13. Write the short notes of the following question:

(a) Recreation

(b) Participation in sports and games

(c) Aerobic activities

Question 14. Write about the organisational set-up of S.G.F.I.

Question 15. What do you understand by relative strength? Explain the importance of body weight in determining relative strength.

SECTION C

Total number of questions: 6	Marks allocated to each question: 5	Total marks: 30
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Question 16. What are the important functions of our skeletal system?

OR

What is a League tournament? Explain different types of league tournaments with their advantages and disadvantages.

Question 17. Write short notes on the following:

(a) Noise Pollution

(b) Leisure time activity

(c) Safe drinking water

P.T.O.

OR

Define the term 'sports injury'. Explain types of soft tissue injuries and its preventive measures.

Question 18. (a) Explain in detail about the common sports injuries.

(b) Explain the functions of family.

OR

Enlist the important National Sports Awards. Explain any one of them.

Question 19. What is endurance? Explain the various methods for its development.

OR

Explain in detail about any five advantages of correct posture.

Question 20. What is balanced diet? Explain the components of diet.

OR

Explain any 5 essential elements of diet.

Question 21. Explain in detail the developmental characteristics for childhood.

OR

Suggest five exercises as corrective measures for Round Shoulders.

END OF THE QUESTION PAPER

Sample Paper