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Roll No.

Date:

NORTHWEST ACCREDITATION COMMISSION, USA

HIGH SCHOOL DIPLOMA (Sr. Secondary/12TH)

Subject- Physical Education (Practical)

Subject Code – PP416

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

- a) This Question Paper includes five questions. All questions are compulsory.
b) All questions are carrying six 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: 1:30 Hours.

TOTAL MARKS: 30

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

P.T.O.

Total number of questions: 5

Marks allocated to each question: 6

Total marks: 30

Question 1. Enlist the principles for development of physical fitness.

OR

Explain the meaning and concept of training in sports.

Question 2. Draw the field/court/table, with all specifications and measurements, of the game/sport of your choice.

OR

Enlist any five soft tissue injuries and suggest their First Aid.

Question 3. Explain briefly:

- (a) Rajiv Gandhi Khel Ratna Award
(b) Indian Olympic Association

(c) Dronacharya Award

OR

Suggest the formation of various committees for systematic and smooth conduct of sports day in your school.

Question 4. What role an individual can play in improvement of sport environment?

OR

Explain Sheldon's classification of personality and explain its importance in physical education and sport.

Question 5. Describe the factors affecting physical fitness and wellness.

OR

(a) What do you understand by sociological aspect of Physical Education?

(b) Explain the term "Realistic" in goal setting principles.

(d) Suggest four corrective exercises for flat foot.

END OF THE QUESTIONS PAPER