

Roll No.: 

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Date: 

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**NORTHWEST ACCREDITATION COMMISSION, USA**  
**SR. SECONDARY/12<sup>TH</sup>**  
**2017-2018**

Subject- PHYSICAL EDUCATION (PRACTICAL)

Question Paper No. : 

P	E	9	8
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Subject Code : PPE1203

Question Paper Code: 

P	P	3	4
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Total Time: 01.30 Hours.

Total Marks: 30

**GENERAL 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 in approximately 80-120 words.

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.

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

This Question Paper **MUST** be attached with Answer Sheet

**Question 1.** What role an individual can play in improvement of sport environment?

**OR**

Being sports captain of the school, prepare five important committees with their responsibilities to conduct one day Run for Health Race.

**Question 2.** Describe the methods of strength development.

**OR**

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

**Question 3.** Diet for sports persons are important. What should be the aims of preparing diet for sports person ?

**OR**

What do you mean by correct posture? Explain the correct posture of standing and sitting.

**Question 4.** "Involvement in physical activities for longer period of time with moderate intensity can improve the quality of life." Justify your answer.

**OR**

Explain in detail about any five advantages of correct posture.

**Question 5.** Explain in detail different causes of anxiety.

**OR**

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

**END OF THE QUESTION PAPER**