

Roll No.:

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Date:

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NORTHWEST ACCREDITATION COMMISSION, USA
SR. SECONDARY/12TH
2017-2018

Subject- PHYSICAL EDUCATION

Question Paper No. :

P	E	9	7
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Subject Code : PE1203

Question Paper Code:

P	T	3	4
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Total Time: 03.00 Hours.

Total Marks: 70

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

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 4 are very short questions carrying 3 marks each in approximately 20-30 words.
- b) Section B question No. 5 to 11 are short questions carrying 4 marks each in approximately 80-90 words.
- c) Section C question No. 12 to 16 are long questions carrying 6 marks each in approximately 150-200 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

SECTION A

Total number of questions: 4	Marks allocated to each question: 3	Total marks: 12
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- Question 1.** Briefly explain the importance of wellness.
- Question 2.** Write short notes on any two means of fitness development.
- Question 3.** Discuss about any two principles of physical fitness development.
- Question 4.** Briefly explain about the importance of sociology in sports.

SECTION B

Total number of questions: 7	Marks allocated to each question: 4	Total marks: 28
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- Question 5.** Explain the meaning and concept of training in sports.
- OR**
- How can physical activities be corrective measures for Common Postural Deformities?
- Question 6.** Highlight the sociological aspect of physical education.
- Question 7.** Explain the meaning of 'warming up' and highlight its importance for good performance in competition.
- OR**
- Write about the achievements of any two international players of the game/sport of your choice.
- Question 8.** Write short notes on joint injuries and its first aid.
- Question 9.** Discuss the needs and problems of adolescents.
- OR**
- Write about the organizational set-up of S.G.F.I.

Question 10. "Yoga is an Indian heritage." Justify.

Question 11. What is interval training? Write its two advantages and two disadvantages.

OR

Explain in detail any three factors that affect physical fitness.

SECTION C

Total number of questions: 5	Marks allocated to each question: 6	Total marks: 30
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Question 12. Describe the importance of warming-up and limbering down for the improvement of sports performance.

OR

List down the components of physical fitness and wellness. Explain in detail the components of physical fitness.

Question 13. Describe the problems associated with pre-marital sex and teenage pregnancy.

OR

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

Question 14. Explain in detail different causes of anxiety.

OR

Comment on the role of Spectators and Media in creating a Positive Sports Environment.

Question 15. What is balanced diet? Explain the components of diet.

OR

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

Question 16. What is a League tournament? Explain different types of league tournaments with their advantages and disadvantages.

OR

Write an essay on games and sports as man's cultural heritage.

END OF THE QUESTION PAPER

Sample Paper