

# MODEL SAMPLE PAPER

## PHYSICAL EDUCATION (048) CLASS 12 SESSION 2021-22

TERM 2

TIME: 2 HRS

MAX MARKS: 35

### General Instructions

1. There are three sections in the Question paper namely Section A, Section B and Section C.
2. Section A consists of 9 questions amongst which 7 questions have to be attempted each question carries 2 marks and should have **30–50** words.
3. Section B consists of 5 questions amongst which 3 questions have to be attempted each question carries 3 marks and should have **80–100** words.
4. Section C consists of 4 questions amongst which 3 questions have to be attempted each question carries 4 marks and should have **100–150** words.

### (SECTION A)

1. Explain any two benefits of bhujangasana. (1 + 1)
2. Define maximum strength with help of an example. (1 + 1)
3. Define cardinal traits and neuroticism. (1 + 1)
4. Write the full form of ADHD and ODD. (1 + 1)
5. List any four changes happening in the cardio-respiratory system due to exercising. (0.5 × 4)
6. What is the meaning of the isometric exercises? Mention one advantage of these exercises. (1 + 1)
7. Mention any two symptoms and causes of ODD. (1 + 1)
8. What is Abrasion and how can it be managed? (1 + 1)
9. List down any two advantages of physical activities for CWSN. (1 + 1)

### (SECTION B)

10. Explain briefly any three dimensions of personality. (1 × 3)
11. Explain any three main causes of disability. (1 × 3)
12. Write any three causes of sports injuries. (1 + 1 + 1)
13. List down any three asanas used for preventing obesity and write two benefits of each. (1 + 2)
14. What are the salient features of the interval training method? (1 × 3)

### (SECTION C)

15. How does Carl Jung define personality? Explain three types of personality classified by him. (1 + 3)
16. Discuss physiological factors determining endurance. (1 × 4)
17. Define speed. List any three factors that determine speed. (1 + 3)
18. Briefly explain the administration of Ardha Chakrasana along with its contraindications and draw its diagram. (2 + 1 + 1)