

PHYSICAL EDUCATION
(Sample Question Paper, Set-I)
Code No.048

M.M. 70
Hrs

Class XII

Time 3

“Solved Question Paper”

All questions are compulsory.

Question paper carries two parts namely Part A & B.

Part A

Q.1. How an individual is benefited with fitness and wellness. Explain the principles of fitness.

2+2+6

Ans.

It is known that fitness and wellness makes an individual physically fit, mentally stable and helps becoming a good citizen. Fitness helps individual achieve satisfactory level of strength, endurance and flexibility. It further improves the confidence and energy level. One feels more energetic and fresh for the whole day. It also leads to sound sleep followed by more relaxed body which leading to mental satisfaction and social stability. Body becomes more resistant to general ailments. Fitness improves efficiency of heart and lungs by improving cardio-respiratory fitness. It helps in maintaining normal blood pressure of the body. In nutshell, we can say - fitness and wellness helps to achieve the aim of physical education i.e. - “All round development of personality of the individual.”

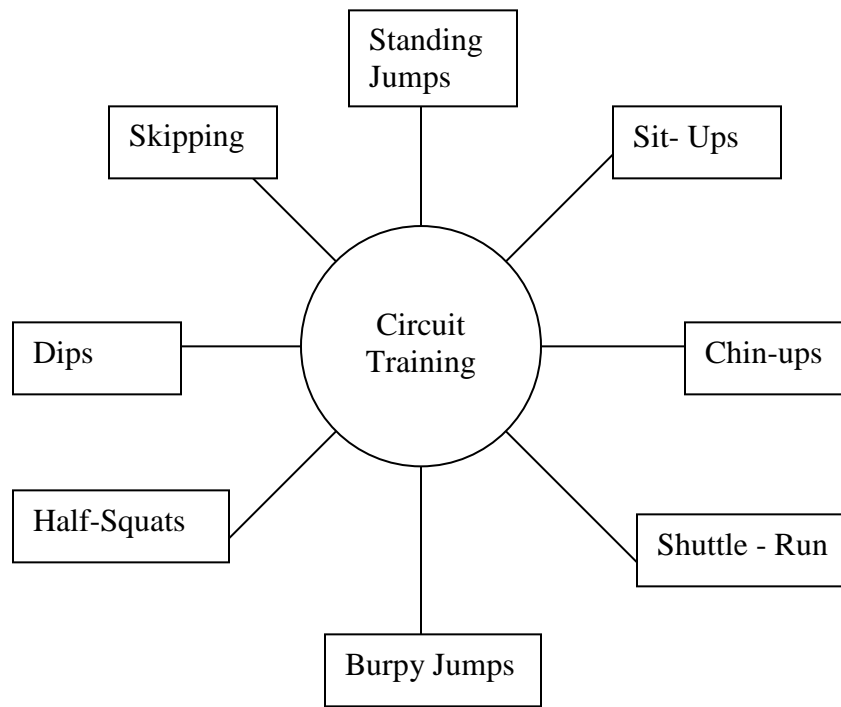
Principles of fitness:-

1. Before taking any fitness programme one go for medical check-up.
2. One can take-up the fitness program at any age.
3. Fitness program must be scientifically chalked out depending on age, sex and ability.
4. Programme must be simple to complex.
5. Avoid eating or drinking during a fitness session.
6. Safety must be given priority during the programme.
7. There should be proper gap between the meal and training session.
8. Avoid uncomfortable clothing during the exercise.
9. Avoid overstress and workout according to your need and capacity.
10. The most important principle of developing physical fitness is the principle of overload.

Q.2. Circuit training consists of exercises performed with or without apparatus. Draw a diagram of circuit training along with stations. What are the main characteristics of circuit training?

5+5

Ans.



“Circuit - Training “

Characteristics of circuit - training:-

1. Do the correct movements. Wrong and incorrect movements may be harmful.
2. Follow the principle - “Simple to complex.” i.e. - First do the simple exercise and move towards the complex one.
3. Do the exercise with your 80-100% efficiency.
4. Number of repetitions may vary according to need and efficiency.
5. The aim should be development of strength endurance and flexibility.
6. Do the exercise in a manner so that all body parts can be exercised.
7. Increase the intensity and volume of exercises gradually.
8. Don't repeat the same circuit, change exercise at the stations as per requirement of your game.
9. To make the sessions interesting do it in small group of players.
10. Avoid injury oriented equipments and exercises.

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Q.3. Specify the role of sociology in sports. How physical education programme leads to leadership and value education?

2+4+4

Ans.

Role of Sociology in Sports:-

Sociology is derived out of Latin word “societus” meaning society and Greek word “logus” meaning study of science. It means sociology is the science of society.

Definition of Sociology: - Sociology is the study of relationship of men with his environment.

Definition of Sports-Sociology:- Sports Sociology is the study of origin, development, organization and role of sports in human society.

Role of Sociology in Sports:

As Aristotle said “Man is a social animal.” A child born, live in the family and home, go to the school, learn to adjust and develop himself socially. Sports activities are mostly group activities offering many opportunities for socialization and development of social qualities in individuals, the child plays with his peers, get acquainted with the behaviour of other children. He learns language and various modes of movements like running, jumping, chasing, shouting, struggling etc. Exchange of toys and words, feeling of giving and receiving. In this way group play leads to socialization. Through sociology athletes learn and develop qualities of co-operation and healthy competition. Sociology leads to character development also. Through sociology individual learns independence, confidence, solving problems with peers. He also develops the qualities of friendship, popularity, mutual understanding and leadership. In competitions the athlete learns to face odds, to be courageous, to be obedient, to be self-confident etc. One realizes through sociology that both competition and co-operation are important for all-round development of an individual. It helps physical education teachers to develop traits of social behaviour among players. It helps in development of moral character of athletes.

Leadership and value Education

It is true that Physical Education programmes lead to leadership and value education, while playing every player tries to prove his identity, whether it is an individual sport or team event. Every player tries to show excellence to prove - The Best. Best means the Leader. Every player wants to perform so as to become leader of the team and in individual sport the player wants to win - to prove supremacy. Or we can say winner is the leader. There are some other activities like NCC, Scouts and Guides, Camping etc. that help individual to learn new things to survive and to spend the life with intelligence.

Through Physical Education and sports the individual becomes not only physically fit and mentally sound but also he develops essential values for life like - strong moral character, co-operation, forgiveness, self-respect, support, care, belongingness, respect for seniors and teachers etc. In present scenario it

is observed that the students lack in values but with participation in games and sports they are likely to develop these values that help them become a good person and a responsible citizen.

-----X-----

OR

Q3. “Games and sports as cultural heritage” Justify.

10

Ans.

“Games and sports as Cultural Heritage”

Culture consists of the behaviour that individuals develop as a result of living in a particular group. It is a way of life and a product of our social inheritance. Our culture consists of our ways of living, eating habits, thoughts, customs, traditions, morals, art, literature, religion, games and sports and many other aspects of life. Our modern culture is not a product of sudden change or development, but has been evolved over centuries of the past. It is therefore a sort of reflection of our past. Therefore, games and sports of modern times are also indicators of the primitive times. Such activities have been passed on to us by our ancestors and are therefore our cultural heritage.

History of physical activities of man is as old as civilization itself. Most of the activities of primitive men were of physical nature and were aimed to secure means of existence. Activities included running, jumping, fighting, fishing and wrestling etc.

Such activities were essential for fighting enemies and procuring food. However, with the passage of time and formation of groups and institutions, some games and dances were added for the purpose of enjoyment and recreation. Games and sports activities of modern times are modified forms of the past activities of our ancestors and have been passed on to us as part of our cultural heritage. Some of the items of modern sports competitions, such as boxing etc. originated in the past.

Our modern culture is a mixture of many cultures of the ancient world. Many countries of the world have contributed in its evolution through their thoughts and practices. In this respect, contributions of early Egyptians, Greeks, and countries of the west cannot be forgotten. Most of the games and activities of today are the outcome of the contributions of these countries.

Gymnastic activities of modern times are the contribution of Germans. Germany gave us heavy gymnastics apparatus like horizontal bar, vaulting horse and parallel bars etc.. The British are considered to be the originators of ball games. They introduced games of football, hockey and cricket. The British helped in spreading these games around the world.

America introduced games of volleyball, basketball and baseball. There emphasis on physical fitness is worth admiring.

There are references of activities like archery, wrestling and games like “Shatranj” in Indian history from the times of Mahabharata. There are also references of games like “Kabaddi” and “Kho-Kho” having been played in the past. All such activities of the past are part of our physical activities today.

Thus, we can say that games, sports and other physical activities of modern times are not a creation of modern thought and practice, but are a legacy of our ancient culture. We have simply modified these games and activities to refine them and suit our convenience. In fact the cultural heritage of the past show us the methods of surviving in this changing world.

Q.4. Describe the following:

- (i) Sports environment
- (ii) Essential elements of sports environment
- (iii) Role of individual in improving sports environment
- (iv) Prevention of sports related accidents
- (v) Physical education as a medium to improve sports environment

2x5

Ans.

- (i) **Sports Environment:-** Sports environment means availability of proper infrastructure, equipments and conducive ambience for sports. For example if a player is provided with proper ground, equipments, trainer/ Coach and experienced or senior players to practice or complete with he would learn and perform better and will give his best in sports.
- (ii) **Essential elements of sports environment:-** In a school essential element of sports environment can be as follows:-
 - (a) Ground for outdoor sports.
 - (b) Indoor Hall.
 - (c) Swimming Pool.
 - (d) Necessary safe Equipments.
 - (e) Qualified Physical Education teachers and specialized coaches.
 - (f) Inter School Competitions.
- (iii) **Role of individual in improving sports environment:-**
The individual can be a player, the captain of the team or sports captain of the school. They can motivate other students to play and participate in the games and sports by telling them the benefits of sports. Because motivation by peer group can be real source of energy for improving sports environment.
- (iv) **Prevention of Sports related accidents:-**
In this the Physical Education Teachers and Trainers/ Coaches play very important role. They shall see that there is no obstacle in the ground. The ground is neat, clean and leveled. The equipment must be safe. The training should be done in organized manner. Extra attention should be given to injury oriented sports like Cricket, Hockey, Football, Archery, Javelin Throw, Discus Throw, Shot-put etc. The most important is not to leave students unattended. The Physical Education Teacher should be there to provide help at the time of injury or accident that may happen during the game.
- (v) **Physical Education as a medium to improve sports environment:-**

Physical Education is one of the important ways to improve sports environment. The Physical Education professional can play the main and important role improving sports environment. They should provide theoretical and practical knowledge of Physical Education and Sports so that children learn more and interest for sports and games be created. This will increase participation and will help in improving sports environment in the school.

Q.5. While describing the terms yoga and asanas, explain the role of yoga for improving performance in competitive sports.

3+3+4

Ans.

Yoga- Yoga means "union of soul with the God." The word 'Yog' is derived from Sanskrit word "Yuj", which means to join or union or to bind. In other words "union of soul with God". The correct meaning of yoga is to perform a task with excellence is called Yoga.

Asana- Asana is the third step of Yoga. In Astanga Yoga, after achieving Yama and Viyayama, the Yogi starts asana or Yogic postures. Asanas are very helpful in maintaining good health. We can divide asana (poses) in following parts.

- (a). Developing Postures.
- (b). Meditative Postures.
- (c). Relaxative Postures.

Role of Yoga for improving performance in competitive sports-

1. Flexibility
2. Strength
3. Endurance
4. Balance and rhythm
5. Meditation
6. Relaxation

Asana- Asana means holding the body in a particular posture to bring stability to the body and poise to mind. The practice of asana bring firmness to the body and vitality to the body and the mind.

Role of yoga for improving performance in competitive sports:-

By doing yoga regularly along with other fitness methods, it is very helpful in developing certain aspects of fitness that can improve performance in competitive sports.

1. Improvement in flexibility - Regular practice of yoga helps in improving joint range of motion that improves overall flexibility. Flexibility is a motor component without which a player is not complete for desired standards.

2. Strength and Endurance:- Regular practice of yoga helps in improving general strength and endurance. Asanas provide strength to certain muscles and breathing processes like Pranayama helps in improving breathing capacity and lungs become more efficient resulting in improved performance.

3. **Balance and Rhythm** - Regular practice of asanas helps in improving balance and rhythm of the body.
4. **Meditation**:- Meditation helps in improving concentration of the players towards their goal. The player become psychologically strong by meditating for high achievement.
5. **Relaxation**:- After each training session and practice, a player need to relax. Yoga and asanas are the best way to relax.
6. **At the time of injury and in off Season**:- At the time when a player is injured, he can maintain his fitness through certain asana. During off season, a player can maintain his fitness and strengthen his muscles through yoga without getting stressed.

PART B

Q.1. What do you understand by first aid of sports injuries? Explain sprain, strain, abrasion and fracture.

2x5

Ans.

First aid of sports - injuries:-

On the spot help / assistance / treatment provided to the injured player in the ground / arena at the place of injury is called first aid of sport injury.

Normally, except in the case of fracture, the initial treatment for an injury for 24-48 hours is through PRICES (Prevention, Rest, Ice, Compression, Elevation and Support).

Sprain - Injury to ligament is called sprain.

Strain - Injury to muscles and tendons is called strain.

Classification of sprain and strain

1. Ist Degree - Fibour destruction is nil.
2. IInd Degree - Fibour destruction is moderate.
3. IIIrd Degree - Total destruction of fibour.

Symptoms of strain and sprain

1. Pain
2. Swelling
3. Loss of movement

In acute injury - usually pain is more.

In chronic injury - Pain is less, swelling is more.

Treatment

For Ist and IInd Degree

1. PRICE - Prevention, Rest, Ice, Compression, Elevation, Support
2. Physiotherapy.

For IIIrd Degree - Surgery

For muscles - Catgut surgery.

For ligaments - Silk or metallic wire is used for surgery.

Abrasion - Abrasion is a superficial injury of skin due to rubbing or scraping.

Causes - The main reason of abrasion is falling on hard or rough surface.

Abrasion may be because of constant irritation of skin by ill fitted shoes, rough fabric, seams in clothing or other parts of sports equipment such as helmets and pads.

Fractures - Fractures is defined as discontinuity in bone.

Type

1. Simple fracture.
2. Compound fracture.
3. Communicate fracture.

Fractures may be :-

1. Transverse fracture.

2. Oblique fracture.
3. Spiral fracture.
4. Compressor fracture.

Principle of treatment in plaster:-

1. To reduce Odessa.
2. To relieve pain.
3. Maintenance of circulation.
4. To teach the patient to use special appliances

Q.2. Write the following about the game/sport of your choice (any five):

- (i) List of fundamental skills
- (ii) Two specific warming up exercises
- (iii) Two terminologies of the game/sport
- (iv) Name of two sports awards conferred by Govt. of India in the game
- (v) Two important tournaments and venues for last two years
- (vi) Name of two personalities with brief out line of their achievements
- (vii) Latest changes in the rules of game/sport

2x5

Ans.

(i) List of fundamental skills

- (a) The grip
- (b) Stance
- (c) Drop
- (d) Lob
- (e) Smash
- (f) Drive
- (g) Clear

(ii) Two specific warming up exercises

- (a) Shuttle - run
- (b) Footwork / Shadow - practice

(iii) Two terminologies of the game/sport

- (a) Rally
- (b) Deuce

(iv) Name of two sports awards conferred by Govt. of India in the game

- (a) Arjuna Award
- (b) Padma Shri

(v) Two important tournaments and venues for last two years

- (a) All England Championship
- (b) Thomas and Uber Cup

(vi) Name of two personalities with brief out line of their achievements

- (a) Prakash Padukone (National and all England Champion)
- (b) P Gopichand (National and All England Champion)

(vii) Latest changes in the rules of game/sport

- (a) Earlier the game was played with 15 - points game. Now the game is of 21-points.
- (b) Earlier if server did the fault the serve was changed. Now every fault is scored.