

Physical Education (Code No.048)

BLUE PRINT OF QUESTION PAPER AND EVALUATION GUIDELINES

Theory

Max. Marks 70

Type of Questions	Number of Questions	Component	Max. Marks 10	Approximate words
Long Answer Questions	2	Knowledge	03	50 words & above
		Application	06	250 words & above
		-Reference -Source of Information -Publication -Author -Examples etc.	01	Additional information if any
Medium Answer Question	3	Knowledge	03	50 words & above
		Application	03	50 words & above
		-Reference -Source of Information -Publication -Author -Examples etc.	04	150 words & above
Short Answer Question	1	Definition/ Concept/ Comparison etc.	2 x 5	25 - 30 words
Essay Type Question	1	Concept & Relevance to the Question	06	300 words & above
		Reasoning , Structure & Presentation	04	

PAPER SETTING

- * Two questions of either / or nature should be set out of each Unit.
- * 14 questions will be set from the total syllabus.
- * Seven questions compulsory to be attempted by the student, at least one out of each unit.

Note: The question paper in all shall aim to assess knowledge and understanding part. Approximately 50% marks each may be allotted to assess knowledge and for application of knowledge.

PHYSICAL EDUCATION
(Sample Question Paper)
Code No.048

M.M. 70

Class XII

Time 3 Hrs

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

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

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

2+4+4

OR

“Games and sports as cultural heritage” Justify.

10

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

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

3+3+4

Continued.....

Physical Education - Class XII - Continued.....

PART B

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

2x5

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