

# EXAM

Second P<sub>re</sub> Board Examination..... Examination

Subject P. Edu..... Class XII.....

Time allowed 3 Hours.....

Max. Marks 70.....

S. No.		Marks Q wise
Q.1	In which conditions round robin tournament are better than knock out tournament	①
Ans 1.	<ul style="list-style-type: none"> <li>a) Only strong or deserving team gets victory in the tournament.</li> <li>b) Every team gets full opportunity to show its efficiency</li> </ul>	
Q.2	Enlist any four materials required and safety measures for river rafting	①
Ans 2.	Wetsuit, additional clothing, helmet, sunscreen, life jacket, water proof bag	
Q.3.	What are the essential points to note while planning for balance diet?	①
Ans 3.	<ul style="list-style-type: none"> <li>- It must contain all the essential constituents in adequate amount</li> <li>- The food should be easily digestible</li> <li>- Definite proportion between different constituents of food.</li> </ul>	
Q.4.	Briefly explain the causes of flat foot deformity?	①
Ans 4.	<p>The main cause of flat foot is weak muscles</p> <ul style="list-style-type: none"> <li>• Rapid increase in body weight</li> <li>• Improper shoes</li> <li>• Carrying heavy weight for a longer period.</li> </ul>	

S. No.		Marks Q wise
Q.5.	Does an Environment al factor play any role in motor development in children?	①
Ans 5.	<ul style="list-style-type: none"> <li>• Physical and mental factors are likely to affect the motor development</li> <li>• Motor development takes place at faster rate in children who are encouraged to explore these surroundings</li> <li>• More opportunities help in motor development</li> </ul>	
Q.6.	what do you mean by Cardiovascular fitness?	①
Ans 6.	<p>Cardiovascular fitness</p> <p>It is the ability of the heart and lungs to supply oxygen-rich blood to the working muscle tissues and the ability of the muscles to use <math>O_2</math> to produce energy for movement.</p>	
Q.7	What are the four problems of adolescence?	①
Ans 7.	<p>1) Biological / Physical / Emotional</p> <p>2) Aggressive behaviour</p> <p>3) Self support</p> <p>4) Desire for independence.</p>	
Q.8	How mobility of the neuromuscular system determines speed?	①
Ans 8.	<p>Our muscles contract and relax at maximum possible speed such as in sprinting events. This rapid contraction and relaxation of muscles is made</p>	

S. No.		Marks Q wise
	possible by rapid excitation and inhibition of the concerned motor centres	
Q. 9	Enumerate the types of surfaces used in different types of games and sports?	(1)
Ans	<p>Wooden</p> <p>Cemented</p> <p>Artificial turf / Deco turf</p> <p>Grassy</p> <p>Rubber</p> <p>Synthetic sponge and cinder track etc.</p>	
Q. 10.	Name the force exerted by hammer thrower while making angular motion for throwing hammer in a long range	(1)
Ans 10.	Centripetal force is exerted by hammer thrower	
Q. 11	What is coping strategies	
Ans 11.	<p>Coping strategies</p> <p>It refers to the thoughts and actions which we usually use to deal with a threatening situation.</p>	(1)
Q. 12.	Explain how ex promotes psychological well beings as well as quality of life.	(3)
Ans 12.	<p>Ex-exercise promotes psychological well-being.</p> <ol style="list-style-type: none"> <li>1) Improves mood</li> <li>2) Reduces depression</li> <li>3) Lowers anxiety</li> <li>4) Improves mental alertness.</li> </ol>	

