PHYSICAL EDUCATION (048) MARKING SCHEME

CLASS XII

SET -B

1. What do you mean by Rock Climbing? (1)
   Ans1. It is an activity in which participants climb on natural rock formations or on artificial rock walls.

2. What do you mean by Bye? (1)
   Ans2. It is a dummy team that does not play in the first round but participates in the second round.

3. What is non-nutritive component of diet? (1)
   Ans3. It is a component which does not provide energy or calories.

4. What do you mean by Rock-port One Mile Test? (1)
   Ans4. It is also known as rock port fitness walking test which is suitable for sedentary individual to check or observe the development of the individual vo2 max.

5. Define Ageing. (1)
   Ans5. Ageing is a process of gradual changes in the body with passage of time.

6. What is linear motion? (1)
   Ans6. It refers to any motion that moves along a straight line in one direction.

7. What do you mean by quality of life? (1)
   Ans7. Quality of life means how you live your life and how healthy you are.

8. What do you mean by complex reaction ability? (1)
   Ans8. It is the ability to react immediately or quickly to undetermined or unexpected signals.

9. What is the role of individual in the improvement of sports environment? (2)
   Ans9. (Any two)
   1) Sports facilities 2) Protective equipments 3) Fitness of sportsperson 4) Climatic conditions 5) Skill 6) Proper officiating and coaching 7) Stress on drugs free environment 8) Emphases on the attitude and behavior of coaches and other officials.

10. Write any two objectives of adventures sport. (2)
    Ans10. (Any two)
1) To develop self confidence 2) To build the concentration 3) To develop a bond with nature 4) To face the challenges in odd situations 5) Proper use of abundant energy 6) To provide exhilaration, amusement and excitement 7) To encourage creativity 8) To develop mental and physical fitness 9) To improve social relations.

11. Write any two food myths. (2)
   Ans11. (Any two)
   1) Potatoes make you fat 2) Fat-free products will help you in losing weight 3) Eggs increase cholesterol level 4) Drinking while eating makes you fat 5) Don’t consume milk immediately after eating fish 6) Starve yourself if you want to lose weight 7) Exercise makes you want to eat more.

12. Which methods are used for deciding the winner in league tournament? (2)
   Ans12. 1) British method 2) American method.

13. Write any two advantages of weight training. (2)
   Ans13. (Any two)
   1) Helps in getting good shape 2) Best means of providing fitness 3) Helpful in enhancing athletic performance 4) Best means to develop strength 5) Increases bone density 6) Reduces stress and tension.

14. What are the types of motivation? (2)
   Ans14. 1) Intrinsic motivation 2) Extrinsic motivation.

15. What are the methods to develop Speed? (2)
   Ans15. 1) Acceleration runs 2) Pace runs or races.

16. Elucidate any six reasons of low participation of women in Sports and games. (3)
   Ans16. (Any six)
   1) Lack of legislation 2) Lack of interest of spectators and no coverage of women sports 3) Lack of female sportspersons as role models 4) Lack of fitness and wellness movement 5) Lack of education amongst women 6) Less number of women coaches 7) Lack of personal safety 8) Sports and games are considered masculine 9) Lack of proper access to facilities 10) Attitude of society towards participation of women in sports.

17. What is river rafting? Discuss about their grades of difficulty. (3)
   Ans17. It is also known as white water rafting, it involves the use of raft for navigating through rivers.
   Grades: Grade i - very small areas, easy waves, mainly flat water, requires no maneuvering.
   Grade ii - some rough water, some rocks, requires some maneuvering.
Grade iii - difficult passage, strong paddling skills are required, requires significant maneuvering.
Grade iv - large waves, requires proper experience, sharp maneuvers may be required.
Grade v - difficult level, large waves, large rocks, participants with advance experience should attempt only.
Grade vi - huge waves, physical and mental toughness is needed.

18. What are three causes and three symptoms of bulimia? (3)

Ans 18. (Any three)
Symptoms: 1) The affected person goes to washroom after every meal 2) Dehydration 3) The inflammation of food pipe 4) Enamel of teeth may be worn 5) Broken blood vessels may be seen 6) Salivary glands may be swollen 7) Ulcer may occur.

19. Discuss the physical and physiological benefits of exercise on children. (3)

Ans 19. (Any six)

20. Which test is conducted to measure the flexibility? Explain. (3)

Ans 20. Sit and reach test

Equipments required - box, scale
Procedure - Shoes and socks are removed. Person should sit down on floor with legs stretched out. The soles of feet should be kept flat against the box. Palms should be facing downward. Hands should be on the top. The individual should try to extend his both hands forward along with the measuring line on the box as far as he can extend. His fingertips should remain equal and at the same level.
Scoring: The score is recorded to the nearest centimeter as reached by the fingertips of both hands.
Advantage: It is a simple test. Easy to perform
Disadvantage: It is related to the only two joints and not with the other joints.

21. What do you mean by personality? Explain its dimensions. (3)

Ans 21. It is the sum of inner and outer capabilities of an individual.

22. Draw a Fixture of 7 teams on league basis according to Staircase Method. (5)

Ans 22. Fixture of 7 teams
23. What is Flat Foot? Explain the causes of and remedies for Flat Foot. (5)

Ans 23.

This is a postural deformity in which a proper arch is missing from the feet.

**Causes:**
1) Weak muscles
2) Improper shoes
3) Carrying heavy weight
4) Obesity
5) Rickets
6) Malnutrition.

**Remedies:**
1) Walking on heels
2) Walking on toes
3) Jumping on toes
4) To perform up and down the heels
5) Skipping
6) Vajraasana.

24. Enlist the Senior Citizen Fitness test. Explain any one. (5)

Ans 24.

1) Chair stand test
2) Arm curl test
3) Chair sit and reach test
4) Back scratch test
5) Eight foot up and go test
6) Six minute walk test

1) **Chair stand test**

**Purpose:** To measure the lower body strength, particularly of the legs

**Equipment:** A chair with straight back, stop watch.

**Procedure:** Keep the chair against the wall. The participant sits in the middle of the seat. Feet should be at the shoulder level; The arms should be crossed held close to the chest. The participant stands up & sits back down at the start of the signal. Repeat for 30 sec. Count the total number of complete stands.

**Scoring:** The total number of completed chair stands during 30 sec.

2) **Arm curl test**

**Purpose:** this test is for upper body strength.

**Equipments:** 5 pound weight for women and 8 pound weight for men, a chair without arm and stop watch.

**Procedure:** the participant sits on the chair, holds the weight in his/her hand using suitcase grip. The upper arm should not move but the lower arm should move freely. Curl the arm through the complete range of motion. Repeat this action with 30 sec.

**Scoring:** The total number of arm curl performed in 30 sec.

2) **Chair sit and reach test**

**Purpose:** to assess the lower body flexibility.

**Equipment:** ruler, a chair.

**Procedure:** the participant sits on the edge of the chair. One foot remains flat on the floor while the other leg is extended forward with the knee kept straight. Heel is kept on the floor and ankle is bent at 90°. Participant reaches forward towards the toes by bending at the hip. His back, knee is straight and head up. The distance is measured between the tip of fingers tips and
toes. If the finger tips touch the toes then the score is zero, if they do not touch then measure the distance between the fingers and the toes.

**Scoring:** the score is noted down to the nearest ½ inch or 1cm as the distance reaches either a negative or positive score.

3) **Back scratch test**

**Purpose:** to assess the upper body (shoulder) flexibility.

**Equipment:** a ruler

**Procedure:** this test is performed in standing position. Keep the one hand behind the head and back over the shoulder and reach as far as possible down middle of your back. Your palm should touch the body and fingers should be downward. Then put your other arm behind your back, palm facing outward and fingers upward and reach up as far as possible. Try to touch the middle fingers of both hands. Measure the distance between the tip of the finger. If the finger tip touch the score is zero. If they don’t touch measure the distance between the finger tips. If they overlap measure by how much.

**Scoring:** Record the two tests to the nearest centimeter.

5) **Eight foot up and go test**

**Purpose:** this is a coordination and agility test.

**Equipment:** a chair with straight back, a stop watch, cone maker, measuring tape, and area.

**Procedure:** the participant will sit. On the command go he will stand and walk as quickly as possible to and around cone and return to the chair to sit down. Time is noted as he sits down. Two trials are given.

**Scoring:** The best trial is noted to the nearest 1/10 second.

6) **Six minute walk test**

**Purpose:** To measure the functional fitness of senior citizen.

**Equipments required:** measuring tape, stop watch

**Procedure:** The walking distance is marked in a rectangular area with the help of cones. Participant will walk the maximum distance as quickly as possible in six min.

**Scoring:** The total distance or total round covered in 6 min.

25. Enumerate any five effects of exercise on Respiratory System. (5)

Ans25. (Any five)

1) Increase in tidal air capacity 2) Increase in vital air capacity 3) Increase in residual air volume 4) Increase in size of lungs and chest 5) Decrease in rate of respiration 6) Unused alveolus become active 7) Avoids second wind 8) Strong will power 9) Increase in endurance 10) Strengthens diaphragm and muscles 11) Prevention from diseases.

26. Discuss the mechanical analysis of running in detail. (5)
Ans 26. 1) **Stance phase**: i) Initial contact Stage  ii) Braking or absorption stage  iii) Midstance stage  iv) Propulsive stage

2) **Swing phase**

1) **Stance phase** in which the foot is in contact with the ground.
   
   i) **Initial contact stage** - when both feet are off the ground.
   
   ii) **Braking or absorption stage** - when the left foot makes the initial contact the ground in your front, body starts performing a controlled landing. The left knee and ankle flex and the left foot rolls to absorb forces.
   
   iii) **Midstance stage** - the entire foot is usually contact with the ground.
   
   iv) **Propulsive stage** - when the supporting leg leaves the ground and propel the body in forward direction.

4) **Swing phase** - toe off of left foot and ends with initial contact stage with right foot.

27. Define Strength. Discuss its types. (5)

Ans 27. 1) **Strength** - It is the ability of the muscles to overcome resistance. It can be defined as the amount of force a muscle or muscle group can exert

   a) **Dynamic strength** - It is called isotonic strength.

      i) **Maximum Strength** – It is ability to act against maximum resistance.

      ii) **Explosive strength** – It is the ability to overcome resistance with high speed

      iii) **Strength Endurance** – It is the combination of strength and endurance abilities. It is the ability to overcome resistance or to act against resistance under condition of fatigue.

b) **Static Strength** – It is also called Isometric strength. It is the ability of the muscles to act against resistance.