

**II PRE-BOARD EXAMINATION**  
**SUBJECT : PHYSICAL EDUCATION**  
**CLASS XII**

Time Allowed 3 hrs.

Max.Marks:70

All questions are compulsory.

Question paper carries two parts namely Part A & B.

**PART A**

Q.1. How socialization takes place through sports and games at national and international level?

**OR**

“Games and sports as cultural heritage” Justify.

Q.2. Describe the following:

- (i) General fitness
- (ii) Specific fitness
- (iii) Recreational fitness
- (iv) Calisthenics and fitness
- (v) Jogging and fitness

Q.3. How physical education helps in creating positive environment. How it helps in improving performance & prevents sports-related accidents.

Q.4. Write short notes on any five:

- (i) Origin of yoga
- (ii) Effect of yoga on individual
- (iii) Role of yoga in sports
- (iv) Meditation
- (v) Pranayam
- (vi) Asanas

Q.5. What do you mean by the concept of training? Explain briefly conditioning, general training, specific training and strength training.

**PART B**

Q.1. Describe the first aid measures and rehabilitation process of injuries related to sports and game.

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 outline of their achievements
- (vii) Latest changes in the rules of game / sport