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**CBSE Question Paper 2018**  
**Class 12 Physical Education(Theory)**  
**(Reconducted)**

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**Time allowed : 3 hours**

**Maximum Marks : 70**

**General Instructions:**

- i. The question paper contains 26 questions.
- ii. All questions are compulsory.
- iii. Questions no. 1 to 11 carry 1 mark each. Answers to these questions should be in approximately 10 – 20 words each.
- iv. Questions no. 12 to 19 carry 3 marks each. Answers to these questions should be in approximately 30 – 50 words each.
- v. Questions no. 20 to 26 carry 5 marks each. Answers to these questions should be in approximately 75 – 100 words each.

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1. What do you mean by the term 'Bye' in Tournaments?
  2. What are the non-nutritive components of Diet?
  3. What is obesity?
  4. What is 'Sensory Processing Disorder' (SPD)?
  5. What do you understand by 'Kyphosis'?
  6. What do you mean by "Anorexia Nervosa"?
  7. What do you understand by 'stroke volume'?
  8. What is 'Stress-fracture'?
  9. Differentiate between 'Abduction' and 'Adduction' movements
  10. What do you understand by Intrinsic Motivation?
  11. What do you understand by flexibility?
  12. "Dieting programmes having weight loss as an objective, are a failure."  
Justify this statement by highlighting the bad effects of such dieting.
  13. Anita was an intelligent student of class IX. She was facing the problem of Kyphosis. Her friends used to laugh at her and pass indecent comments on her. Due to this, she was

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under stress and tension. One day her Physical Education teacher came to know about the problem. She snubbed the girls for their misdeeds and suggested to them not to repeat such things in future. She also advised Anita some corrective exercises to minimize the deformity of Kyphosis. After few months of regular exercise, she was confident enough to get rid of Kyphosis.

On the basis of above passage, answer the following questions :

1. Comment on the behavioural aspect of her classmates.
2. What values are possessed by her teacher?
3. Mention any two corrective exercises for Kyphosis.
14. What is Autism? Discuss briefly about the symptoms and causes of autism.
15. Define Endurance. Explain any two methods to improve endurance.
16. What do you understand by 'Female Athlete Triad'. Give suggestions to prevent osteoporosis.
17. What are the common soft tissue injuries ? Discuss briefly about their causes and prevention.
18. What is First Aid? What is the role of First Aid in minimizing further damage in cases of Dislocation and Fracture?
19. What do you mean by Aggression? Discuss briefly about Instrumental Aggression and Hostile Aggression in sports.
20. What are the types of "League Tournaments" ? Draw a fixture of 9 teams using cyclic method. How will you decide the winner using British method in league tournament?
21. What are the causes of Hypertension? Explain any three Yogic Asanas to prevent Hypertension?
22. What are the advantages and disadvantages of weight training ? Write in detail.
23. Write in detail about Slaughter-Lohman children skinfold formula for the computation of fat percentage.
24. Explain the effects of exercise on the respiratory system of an individual.
25. What are the basic Newton's Laws of Motion ? Discuss in detail about their application in the field of games and sports.
26. What are the types of strength? Explain the various methods to develop strength.