



<b>Date:</b> 09/12/24 <b>GRADE:</b> XII	<b>MODEL 1 EXAMINATION</b> <b>(2024-25)</b> <b>PHYSICAL EDUCATION</b>	<b>Max marks:</b> 70 <b>Time:</b> 3HOURS
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**MARKING SCHEME**

Qn. No		Marks
1	(a) Ushtrasana	1
2	(a) Maximum Effort Rule	1
3	(b) Oligomenorrhea	1
4	c)Hypertonia	1
5	(a) Thiamine	1
6	(b) They run alongside or parallel to the Olympic Games	1
7	(a)4	1
8	(b)N-1/2	1
9	(a)Slow oxidative fibre	1
10	(a) White	1
11	(c) Strain	1
12	(c)3 <sup>rd</sup> class lever	1
13	(a) Fluid friction	1
14	(d) Hurting to gain something	1
15	(c) $n(n-1)2$	1
16	(c)(A)is true but (R)is false	1
17	(a)I-1,II-2,III-3,IV-4	1
18	(b)3 to 12 months	1
19	a) Slow twitch muscle fibers b) Fast twitch muscle fibers	1+1
20	a) What is the purpose of doing partial curl ups b) Infrastructure / equipment required for doing partial curl ups	1+1
21	a) Procedure for Anuloma viloma pranayama b) Benefits of Anuloma viloma pranayama	1+1
22	Intensity Volume or Duration Frequency Types of activities benefits	1+1
23	Community sports events should be held at residential societies,villages, cities , schools where the purpose is not only	1+1

to demonstrate the skills and abilities of children but create harmony among people of all age groups

- a) Sports Day
- b) Health Run
- c) Run for Fun
- d) Run for specific cause
- e) Run for unity

24	<p>Goal setting is a mental training technique that can be used to increase an individuals commitments towards achieving a specific standards of proficiency on a task with in a specified time.</p> <p>Outcome goal Performance goal Process goal</p>	1+1
25	<p>Nutritive components of diet are carbohydrate , protein and fat which have nutritive values Chemical compounds in food which have no nutritive values are called non nutritive components of food.</p> <p>Phytates Tannis Trypsin inhibitors Oxalates Goitrogens</p>	1+2

26	<ul style="list-style-type: none"> <li>a) Openness -Imaginative</li> <li>b) Extraversion- Enthusiastic</li> <li>c) Agreeableness- Friedly</li> <li>d) Neuroticism- Nervous</li> </ul>	1+1+1
27	<p>Disordered eating /low energy availability</p> <ul style="list-style-type: none"> <li>a) Bulimia Nervosa</li> <li>b) Anorexia Nervosa</li> </ul> <p>Amenorrhoea /menstrual disfunction</p> <p>Osteoporosis/low bone density</p>	1+2
28	<p>The Sanskrit word Matsya means fish .Hence it refers to the fish pose .</p> <ul style="list-style-type: none"> <li>a) Technique</li> <li>b) Breathing exercises</li> <li>c) Benefits</li> <li>d) Contraindications</li> </ul>	1+2
29	<p>Harward step test was developed by Brouha in 1943 for the purpose of measuring physical fitness for work and ability to recover from work.</p> <p>Purpose : To determine aerobic fitness</p> <p>Objectives</p> <p>Equipment required</p> <p>Procedure</p> <p>Scoring</p>	1+2
30	<ul style="list-style-type: none"> <li>a) First class lever</li> <li>b) Second class lever</li> <li>c) Third class lever</li> </ul>	3
31	<ul style="list-style-type: none"> <li>1) Law of acceleration</li> <li>2) both</li> <li>3) mass</li> <li>4) Biomechanics</li> <li>5) law of reaction</li> </ul>	<p>1+1+</p> <p>1+1</p>
32	<ul style="list-style-type: none"> <li>a) Reception committee</li> <li>b) Publicity committee</li> <li>c) Ground and equipment committee</li> <li>d) Committee of entries ,fixtures and programs</li> <li>e) Committee for officials</li> </ul>	<p>1+1+</p> <p>1+1</p>

		1+1+ 1+1
33	<ul style="list-style-type: none"> <li>a) Transverse fracture</li> <li>b) Stress fracture</li> <li>c) Oblique fracture</li> <li>d) Green stick fracture</li> <li>e) Comminuted fracture</li> </ul>	1+1+ 1+1+ 1
34	<p><b>Procedure</b></p> <p>Take supine position with legs together, hands together by the sides of the body</p> <p>Rise both the legs together slowly up to 30 degree angle</p> <p>Another few seconds raise further up to 45 degree angle After few seconds raise up to 60 degree angle</p> <p>While returning stop at 45 degree or 30 degree Finally bring both legs on ground</p> <p><b>Benefits</b></p> <p>It balances the naval Centre</p> <p>It build up the abdominal muscles</p> <p>Helps to improve breathing and lung capacity</p>	1+1+ 1+1+ 1

35	<p>Friction is the force that opposes the motion between two surfaces that are in touch .</p> <p>Types of friction</p> <p>Static friction :It occurs when the force applied to an object does not cause the thing to move</p> <p>Kinetic friction: It occurs when the force is applied to an object and the object moves</p> <p>Sliding friction</p> <p>Rolling friction</p> <p>Fluid friction</p>	5
36	<p>It is the ability to resist fatigue</p> <p>Basic endurance, general endurance specific endurance</p> <p>Speed endurance , short term endurance, medium term endurance and long term endurance</p> <p>Continuous method</p> <p>Slow continuous method</p> <p>Fast continuous method</p> <p>Variable pace method</p> <p>Fartlek method</p>	<p>1+1+1</p> <p>+1+1+</p> <p>1</p>

