

SENIOR SCHOOL CERTIFICATE EXAMINATION

CODE NO. 75/1

**MARKING SCHEME 2016**

**GENERAL INSTRUCTIONS FOR EXAMINERS:**

1. ALL THE EXAMINERS SHOULD READ THE “MARKING SCHEME” CAREFULLY AND DISCUSS IT WITH THE HEAD EXAMINER.
2. THE MARKING SCHEME IS A GUIDELINE. ANY RELEVANT AND APPROPRIATE INFORMATION PERTAINING TO ANSWER OF A QUESTION, OTHER THAN THAT GIVEN IN THE MARKING SCHEME MAY BE MARKED CORRECT. STUDENTS USING THEIR OWN LANGUAGE FOR EXPLAINING CONCEPTS BE GIVEN DUE WEIGHT AGE.
3. MARKS ARE NOT NORMALLY DEDUCTED FOR SPELLING ERRORS BUT IF THE ANSWERS OBLITERATES THE RIGHT CONCEPTS OR MEANING OF CONCEPTS IS DISTORTED, MARKS MAY BE DEDUCTED ACCORDINGLY.
4. IF A STUDENT HAS ATTEMPTED BOTH PARTS- QUESTION AS WELL AS ITS CHOICE QUESTION ,THE PART SECURING HIGHER MARKS IS TO BE CONSIDERED
5. MARKS ARE NOT TO BE DEDUCTED IF ANSWERS ARE NOT WRITTEN ACCORDING TO THE SEQUENCE GIVEN IN THE QUESTION PAPER.
6. MARKS ARE NOT TO BE DEDUCTED FOR EXCEEDING THE WORD LIMIT
7. ALL THE HEAD EXAMINERS ARE INSTRUCTED THAT WHILE EVALUATING THE ANSWER SCRIPTS/IF THE ANSWERS IS FOUND TO BE TOTALLY INCORRECT , THE (X) SHOULD BE MARKED ON THE INCORRECT ANSWER AND AWARDED ‘0’ MARKS.
8. NOTE: AS PER THE ORDERS OF THE HON’BLE SUPREME COURT THE CANDIDATE WOULD BE PERMITTED TO OBTAIN THE PHOTOCOPY OF THE ANSWERSHEET ON REQUEST OF THE PAYEMENT OF THE PRESCRIBED FEE. ALL EXAMINERS/HEAD EXAMINERS MUST ENSURE THAT EVALUATION IS CARRIED OUT STRICTLY AS PER SUGGESTED VALUE POINTS FOR EACH ANSWERS AS GIVEN IN THE MARKING SCHEME

**WISH YOU GOOD LUCK**

**PHYSICAL EDUCATION (THEORY)**

**Class: XII**

**2015-2016**

**Time allowed: 3 Hrs**

**Max. Marks: 70**

- Q.1 What is 'Seeding' in a fixture for Tournaments? (1)**
- Ans. In seeding strong teams/players are arranged in fixture in a manner so that they do not meet each other in the first round.
- Q.2 What do you mean by Adventure Sports? (1)**
- Ans. An extreme sport involving strenuous physical activity with an element of fear, thrill, life risk and pleasure, e.g. bungee jumping, river rafting
- Q.3 What is 'Bulimia'? (1)**
- Ans. Bulimia is an eating disorder under psychological condition in which a person overeats uncontrollably and follows this with behavior designed to prevent weight gain, e.g. over-exercising and purging
- Q.4 Suggest two exercises for correcting flat foot. (1/2 +1/2= 1)**
- Ans. Exercise for correcting flat foot
1. Picking up marbles with toes
  2. Place a towel under the feet and roll the towel with toes towards body.
  3. Sand walk
  4. Perform up and down the heels
  5. Walking on toes /heels / on inner and outer side of feet
  6. To perform Vajrasana
  7. Jumping on toes /skipping rope
- (Any two points from the list)*
- Q.5 What is Food Intolerance? (1)**
- Ans. A sensitivity to, or an inability to digest, a particular food, ingredient or substance, which means that it should be excluded from the diet.
- Q.6 Explain the term 'Menarche'. (1)**
- Ans. Menarche is the first menstruation and the commencement of cyclic menstrual function in female. It usually occurs between 9 to 17 years of age.
- Q.7 What test would you suggest to measure upper body strength for aged population? (1)**
- Ans. The Arm Curl Test is to measure upper body strength for aged populations.
- Q.8 What do you mean by 'Cardiac Output'? (1)**
- Ans. Cardiac output is the volume of the blood pumped by the heart, measured in liters per minute. It is a product of stroke volume and heart rate.
- Q.9 What is 'Laceration'? (1)**
- Ans. A laceration is an irregular and jagged wound from a sharp object or sports equipment.
- Q.10 To cover the maximum distance at what angle an object should be released. (1)**
- Ans. An object should be released at the angle of 45°.
- Q.11 Explain 1 : 1 ratio breathing exercise for reducing anxiety. (1)**
- Ans. It means a breath of 1:1 would be of equal parts inhalation and exhalation only.

**Q.12 What is Endurance? How endurance can be developed through fartlek method?** (1+2=3)

Ans. Endurance is the ability to sustain an activity over a longer period of time, under the condition of fatigue.  
Endurance can be developed through fartlek method are as follows:

1. Endurance develops through Continuous & Interval Training; fartlek combines both training.
2. Endurance develops according to duration of activity; fartlek can vary from aerobic walking to anaerobic sprinting.
3. Endurance develops according to nature of activity; fartlek can change it according to the surrounding.
4. Endurance develops under the condition of fatigue; self discipline plays a vital role in Fartlek training method.
5. Fartlek training keeps the heart rate up allowing an athlete to get good cardio-vascular endurance.
6. Due to the sprinting interval , it makes the body versatile.
7. It is not rigid but flexible in nature.

*(Any two to be explain in second part, If only points are mentioned give ½ mark for each point)*

**Q.13 What are the causes of Bad postures? Write in brief.** (1x3= 3)

Ans. Causes of bad posture are as follows

1. Hereditary / Congenital
2. Improper diet / Low nutritional diet
3. Muscle weakness / Poor core stability
4. Joint stiffness / Very high toned muscle
5. Accident / Diseases
6. Lifestyle / Fashion
7. Lack of education / awareness of correct posture
8. Delicacy and imitation
9. Bad habits
10. Obesity
11. Fatigue
12. Lack of rest and sleep
13. Lack of proper exercise
14. Unsuitable furniture / poor ergonomic
15. Poor way of carrying weight

*(Any three to be explain, If only points are mentioned give ½ mark for each point)*

**Q.14 What do you understand by Food myths? Discuss briefly about various Food myths.** (1+2=3)

Ans. Food myths mean a legendary story about food with or without a determinable basic of fact or a natural explanation. What to eat, when to eat, and how often to eat are such questions which usually confuse.

Some food myths are as follows:

1. Potatoes make you fat
2. Drinking water in between your meals will mess up your digestion
3. Fat free products will help you in losing weight
4. Egg increases cholesterol levels
5. The peel of fruits & vegetables contains no nutrients
6. Having milk immediately after eating fish
7. Starve yourself if you want to lose weight
8. Eating ghee after pregnancy
9. Exercise makes you to eat more
10. It's necessary to have Carbohydrate – load before races
11. All sports drinks are the same
12. Supplement are necessary for maximum performance

*(Any two to be explain in second part, If only points are mentioned give ½ mark for each point)*

**Q.15 Draw a fixture of 6 teams on league basis following the cyclic method.**

Ans. Total number of teams (N)= 6

Total number of matches =  $N(N-1)/2 = 6(6-1)/2 = 6 \times 5/2 = 30/2 = 15$

Number of rounds =  $N-1 = 6-1 = 5$

Fixtures

I Round	II Round	III Round	IV Round	V Round
6 1	5 1	4 1	3 1	2 1
5 2	4 6	3 5	2 4	6 3
4 3	3 2	2 6	6 5	5 4

( Give 1 ½ marks for computation only ; 3 marks for fixture or both )

**Q.16 Your school is organizing ‘Run for Unity’, explain the responsibilities of accreditation, technical and finance committee. (1x3= 3)**

Ans. Responsibilities of accreditation committee

1. Management of accreditation centers during the activity
2. Registering all participants with an operational role
3. The production and distribution of the validation pass
4. Assigning the access rights and privileges to which a participant is entitled

Responsibilities of technical committee

1. To ensure that the field of play is safe for competitors and officials
2. To apply (not interpret) the Rules without fear or favour
3. To ensure the quality and technicality of equipments

Responsibilities of finance committee.

1. Budgeting and financial planning
2. Financial reporting
3. Monitoring of internal controls and accountability policies

(Any one responsibility to be explain of each committee, If only points are mentioned give ½ mark for each point)

**Q.17 Write briefly, what is the role of physical activities in improving the quality of life. (1x3= 3)**

Ans. Role of physical activities in improving the quality of life as follows:

1. Boosts mental wellness
2. Improve physical wellness
3. Boosts energy level
4. Promotes enthusiasm and optimism
5. Counters anxiety and depression
6. Helps manage stress
7. Releases tension
8. Improves self – image
9. Delays or prevent chronic illness & diseases
10. Delay aging

(Any three to be explain, If only points are mentioned give ½ mark for each point)

**Q.18** Group of young children was undergoing training for a major competition. Training was targeted to develop selected abilities and preparing for a competition. Some of the team-mates tried to convince other fellow team mates to use certain medicine which one boy did not agree. Other team-mates tried to convince him for the sake of the team but he firmly denied and convinced them that it is against the rules of the game.

- (i) What are the disadvantages for a child to use such banned substance?
- (ii) What values the boy has shown by refusing to use banned substance?
- (iii) What personality trait he had shown by refusing to his team-mates? (1X3)

- Ans.
- (i) -Complications like stroke, psychosis and even death  
-Sexual dysfunction  
-Increased heart rate and blood pressure
  - (ii) - Respect and follow the rules of the game  
-Sportsmanship  
-Morality & Ethical
  - (iii) -Firm  
-Honest  
- Strong willpower

*(Any one point for each section from the list to be explain, If only points are mentioned give ½ marks for each point)*

**Q.19** Leaders can be trained through physical education. Justify you answer. (1x3=3)

Ans. Leaders can be trained through physical education are as follows:

1. Appointing as a leader or captain of a team
2. Assigning challenging duties to draw out the qualities
3. Allowing a student to officiate in intramural competition.
4. Appointing the student as members / incharges for various school committees.
5. Entrusting the responsibility of organizing and conducting games.

*(Any three to be explain, If only points are mentioned give ½ mark for each point)*

**Q.20** Elucidate the meaning of motor development in childhood. Discuss in detail about various factors affecting motor development. (1+4=5)

Ans. Motor development refers to changes in children's ability to control their body's movements like walking, jogging, running, climbing, jumping, throwing etc.

Factors affecting motor development

1. Growth of the child
2. Gender
3. Biological factors
4. Environmental factors
5. Immunization
6. Nutrition
7. Cultural factors
8. Physical activities
9. Opportunities
10. Sensory impairments
11. Postural deformities
12. Obesity

*(Any four to be explain, If only points are mentioned give ½ mark for each point)*

**Q.21 Discuss in detail about the AAPHER Motor Fitness Test specifically mentioning the various items in this test battery and its administration. (5)**

Ans. AAPHER Motor Fitness Test Batteries:

1. Pull-ups (Boys) / Flexed – Arm Hang (Girls)
2. Flexed – Leg Sit – ups
3. Shuttle Run
4. Standing Long Jump
5. 50 yard Dash
6. 600 yard Run - Walk

(Give 1 mark for each test battery explain; max marks is 5, *If only points are mentioned give ½ marks for each point*)

**Q.22 Discuss in detail about Female Athletes Triad. (5)**

Ans. Female Athletes Triad

1. Anaemia
2. Osteoporosis
3. Amenorrhoea

(Give 5 marks for three explanations, 3.5 marks for any two explanations and 2 marks for any one explanation; *If only points are mentioned give ½ mark for each point*)

**Q.23 Explain in detail about the effects of regular exercise on Respiratory System. (5)**

Ans. Effects of regular exercise on Respiratory System are as follows:

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. Increase the blood circulation to the respiratory organs
6. Improved gas exchange capacity
7. Strengthens diaphragm and muscles
8. Unused alveolus become active
9. Increase in endurance
10. Decrease in rate of respiration
11. Avoid second wind
12. Prevention from diseases
13. Faster recovery rate

( Any five to be explain ; *If only points are mentioned give ½ mark for each point*)

**Q.24 What do you mean by coping? Discuss in detail about the problem focused and emotion focused coping strategies. (1+4=5)**

Ans. Coping is expending conscious effort to solve personal and interpersonal problems, and seeking to master, minimize or tolerate stress or conflict. (1)

➤ Problem focused coping strategies:-

Problem-focused coping targets the causes of stress in practical ways which tackles the problem or stressful situation that is causing stress, consequently directly reducing the stress. It includes the following methods used to manage the stressful situations.

(1)

1. Analyses the stressful situation
2. Taking control
3. Talk to your coach or teacher
4. Information seeking
5. Know your limits
6. Stop worrying about the stressful situation you can't change
7. Reset your goal
8. Improve physical fitness
9. Anticipate the problem
10. Build self - confidence (Listed any two points)

(1)

➤ Emotion focused coping strategies:-

Emotion-focused coping involves trying to reduce the negative emotional responses associated with stress such as embarrassment, fear, anxiety, depression, excitement and frustration. It includes the following technique used to manage the stressful situations. (1)

1. Using drugs
2. Denial of reality
3. Meditation, e.g. mindfulness
4. Blame
5. Vent out of emotions
6. Mentally disengaging from stressful situation
7. Keeping yourself busy to take your mind off the issue
8. Distracting yourself (T.V., eating etc.)
9. Praying for guidance and strength
10. Crying
11. Building yourself up to expect the worse
12. Ignoring the stressful situation
13. Avoidance

(Listed any two points)

(1)

**Q.25** What is the impact of high altitude on Athletes? What measures would you suggest to reduce its impact? (3+2=5)

Ans. The impact of high altitude on Athletes:-

At high altitude the availability of oxygen to the body is less than at sea level. At high altitude, the body is forced to produce a greater number of R.B.Cs to transport oxygen in an attempt to meet the oxygen deficiency. At high altitudes athletes may experience sun burns, snow blindness. In fact, exposure to higher altitude may also result in functional disorder as mountain or altitude sickness.

Measures to reduce the impact of high altitude:-

1. The most important being slow ascent so that your body can adjust to conditions at the right pace (acclimatize)
2. If you develop symptoms of altitude sickness is to stop your ascent and rest at the same altitude.
3. If your symptoms are severe, do not improve, or they are getting worse, you need to descend to a lower altitude.

**Q.26** What do you mean by the term Energy? Discuss about kinetic and potential energy with suitable example from sports. (1+2+2=5)

Ans. Energy is the capacity to do work.

Kinetic Energy:-

The energy an object has because of its motion is called K.E.

- The kinetic energy of a moving object depends on its speed e.g. If a Javelin travels with maximum speed then it has more K.E. and when touch the ground, it has no K.E.
- The kinetic energy also depends on the mass of the objects e.g. if a shot of 16 lbs and a shot of 8 lbs travel at the same speed, the 16 lbs shot has more K.E. than the 8 lbs shot.

Potential Energy:-

P.E. is the energy stored in an object because of its position or condition .In Archery, when you stretch a bow; it acquires the ability of releasing an arrow with speed. It means that the stretched bow also has P.E. The more it is stretched, the greater the speed with which it can release the arrow. It has the P.E. because of its stretched condition.