

**CLASS 12 PHYSICAL EDUCATION**  
**ANSWER KEY – SET 10**

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**SECTION A – MCQ ANSWERS**

1. a
2. b
3. b
4. d
5. a
6. b
7. b
8. d
9. b
10. b
11. b
12. c
13. a
14. b
15. b
16. c
17. a
18. b
19. b
20. a

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**SECTION B – (2 Marks Each)**

**21. Define Agility**

Agility is the ability to change direction quickly and efficiently without losing balance or control.

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## **22. Two Objectives of Planning in Sports**

1. To ensure smooth and systematic conduct of sports events.
  2. To utilize resources efficiently and avoid mismanagement.
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## **23. What is Overtraining?**

Overtraining is a condition resulting from excessive training without adequate recovery, leading to fatigue and decreased performance.

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## **24. Define Balanced Diet**

Balanced diet is a diet that contains all essential nutrients such as carbohydrates, proteins, fats, vitamins, minerals and water in appropriate proportions for proper functioning of the body.

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## **25. Two Effects of Exercise on Respiratory System**

1. Increases lung capacity.
  2. Improves oxygen intake efficiency.
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## **26. What is Doping?**

Doping is the use of prohibited substances or methods to enhance athletic performance artificially.

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## **SECTION C – (3 Marks Each)**

### **27. Importance of Women Participation in Sports**

Women participation promotes gender equality, empowerment and social development. It improves physical fitness, builds confidence and provides career opportunities. It also enhances national pride.

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## **28. Types of Strength with Examples**

1. Maximum Strength – Weightlifting
  2. Explosive Strength – Long jump
  3. Strength Endurance – Push-ups
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## **29. Causes & Corrective Measures of Flat Foot**

### **Causes:**

- Weak arch muscles
- Obesity
- Improper footwear

### **Corrective Measures:**

- Toe walking exercise
  - Arch strengthening exercises
  - Barefoot walking on sand
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## **30. Principles of Training**

- Overload
  - Progression
  - Specificity
  - Reversibility
  - Individuality
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## **31. Effects of Exercise on Circulatory System**

- Improves heart efficiency
  - Increases blood circulation
  - Enhances oxygen supply
  - Reduces heart disease risk
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## **32. Psychological Techniques to Control Anxiety**

- Meditation
- Deep breathing
- Positive self-talk

- Goal setting
  - Visualization
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## **SECTION D – LONG ANSWERS**

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### **33. Planning and Organization of Sports Events in Detail**

Planning and organization of sports events is a systematic process that ensures smooth and successful execution of competitions. The first step involves setting clear objectives and preparing a detailed budget. After this, different committees such as organizing committee, technical committee, finance committee and publicity committee are formed to divide responsibilities effectively.

The technical committee arranges ground preparation, equipment and officials. The finance committee manages funds and expenditures. The publicity committee promotes the event through announcements and media. Medical and safety arrangements must also be ensured.

Preparation of fixtures and schedules is important to avoid confusion. Adequate arrangements for seating, water and security must be made. After the event, evaluation helps identify strengths and weaknesses for future improvement.

Thus, proper planning and coordination among committees ensure discipline, efficiency and success of sports events.

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### **34. Training Methods to Improve Speed and Endurance**

Speed and endurance are essential components of physical fitness required in various sports. Speed is improved through sprint training, acceleration runs and repetition method. Sprint training includes short-distance high-intensity runs with full recovery. Repetition method involves maximum effort followed by adequate rest.

Endurance is developed through continuous training, interval training and Fartlek training. Continuous training involves long-duration exercise without rest, strengthening heart and lungs. Interval training alternates high-intensity work with rest intervals, improving cardiovascular efficiency. Fartlek training combines speed and endurance elements.

The principle of progression must be followed while increasing training load gradually. Proper warm-up, balanced diet and sufficient rest are essential for improvement.

Systematic training enhances stamina, reaction time and overall performance.

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### **35. Classification and Management of Sports Injuries**

Sports injuries are classified into soft tissue injuries (sprains, strains, bruises) and hard tissue injuries (fractures, dislocations). These injuries occur due to improper technique, lack of warm-up or overtraining.

The RICE method is used for immediate management. Rest prevents further damage, Ice reduces swelling, Compression controls inflammation and Elevation reduces blood flow. Severe injuries require medical attention.

Rehabilitation exercises restore strength and mobility. Proper warm-up, cool-down and protective equipment reduce injury risk. Balanced diet and hydration support recovery.

Thus, proper classification and timely management ensure safe return to sports activities.

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### **36. Role of Motivation and Leadership in Sports Performance**

Motivation and leadership play a vital role in sports performance. Motivation drives athletes to train consistently and achieve their goals. It can be intrinsic or extrinsic. Motivated athletes show dedication, confidence and perseverance.

Leadership is especially important in team sports. A good leader inspires teammates, maintains discipline and promotes unity. Leadership qualities include communication skills, confidence and decision-making ability.

Coaches use goal setting, positive reinforcement and visualization to motivate players. Effective leadership enhances team spirit and coordination.

Therefore, motivation and leadership significantly contribute to success in sports.