

CLASS 12 PHYSICAL EDUCATION

ANSWER KEY – SET 2

SECTION A – MCQ ANSWERS

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

SECTION B – (2 Marks Each)

21. 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 to maintain health, growth and energy requirements of the body.

22. What is Periodization?

Periodization is the systematic planning of sports training in different phases such as preparatory, competitive and transition phases to achieve peak performance at the right time.

23. Two Causes of Obesity

1. Physical inactivity
 2. Excess consumption of junk and high-calorie food
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24. Define Agility

Agility is the ability to change direction quickly and effectively without losing balance.

25. What is Doping?

Doping is the use of banned substances or methods by athletes to enhance performance artificially.

26. Two Benefits of Warming Up

1. Reduces risk of injuries
 2. Increases blood flow and flexibility
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SECTION C – (3 Marks – Detailed but Precise)

27. Importance of Planning in Sports Events

Planning ensures smooth organization of sports events. It helps in:

- Proper division of responsibilities
- Budget management
- Efficient use of facilities

- Time management
- Avoiding confusion and chaos

Planning makes the event systematic and successful.

28. Types of Endurance

1. **Short-term Endurance** (45 sec–2 min)
2. **Medium-term Endurance** (2–11 min)
3. **Long-term Endurance** (More than 11 min)

Each type is required according to the nature of the sport.

29. Causes & Corrective Measures of Kyphosis

Causes:

- Poor posture
- Weak back muscles
- Lack of exercise

Corrective Measures:

- Bhujangasana
 - Dhanurasana
 - Back strengthening exercises
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30. Importance of Test & Measurement

- Helps in selection of players
 - Evaluates performance
 - Identifies weaknesses
 - Measures progress
 - Improves training programs
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31. Effects of Exercise on Respiratory System

- Increases lung capacity
- Improves oxygen intake
- Strengthens respiratory muscles
- Reduces breathlessness

32. Psychological Benefits of Yoga

- Reduces stress and anxiety
 - Improves concentration
 - Enhances emotional stability
 - Increases self-confidence
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SECTION D – LONG ANSWERS

33. Women Participation in Sports and Its Challenges

Women participation in sports has increased significantly in recent decades due to social awareness, government policies and international movements promoting gender equality. Sports play a vital role in empowering women by improving their physical fitness, mental health and self-confidence. Participation in sports provides equal opportunities and helps break traditional stereotypes that restrict women to household roles. It also opens career opportunities at national and international levels.

However, women still face several challenges. These include gender discrimination, lack of proper facilities, financial constraints, social restrictions and safety concerns. In many rural areas, girls are discouraged from participating in sports due to cultural beliefs. Lack of female coaches and inadequate infrastructure also limit participation.

To overcome these challenges, governments have launched various schemes such as Khelo India to promote women athletes. Awareness campaigns, equal pay policies and better sports facilities are essential steps. Parents and society must encourage girls to participate actively.

Thus, women participation in sports is essential for national development and gender equality. With proper support and encouragement, women can achieve excellence in all fields of sports.

34. Training Methods to Improve Strength

Strength is one of the most important components of physical fitness. It helps athletes perform better and prevents injuries. Various training methods are used to improve strength.

One important method is **Weight Training**, where external resistance like dumbbells and barbells is used to increase muscular strength. Another method is **Isometric**

Exercises, where muscles contract without changing length, such as pushing against a wall. **Isotonic Exercises** involve movement of muscles through a range of motion, like push-ups and squats.

Circuit Training is also effective for improving strength and endurance simultaneously. In this method, different exercises are performed at different stations with minimal rest.

Plyometric Training improves explosive strength through jumping and bounding exercises.

The principle of overload must be followed while improving strength, which means gradually increasing the load over time. Proper warm-up and cool-down are essential to avoid injuries.

In conclusion, systematic strength training improves muscular power, enhances performance and reduces the risk of injury in sports.

35. Management of Sports Injuries with RICE Method

Sports injuries are common in athletic activities due to overuse, improper technique or accidents. Immediate and proper management is necessary to prevent further damage. The most effective method for managing soft tissue injuries such as sprains and strains is the RICE method.

RICE stands for Rest, Ice, Compression and Elevation.

Rest means avoiding movement of the injured part to prevent further damage. Ice should be applied for 15–20 minutes at regular intervals to reduce swelling and pain. Compression involves wrapping the injured area with an elastic bandage to control swelling. Elevation means keeping the injured part above heart level to reduce blood flow and swelling.

Along with RICE, proper medical consultation is necessary for severe injuries. Warm-up before exercise and proper training can prevent injuries. Protective equipment should also be used.

Thus, early and correct management ensures faster recovery and safe return to sports activities.

36. Role of Motivation in Sports Performance

Motivation is one of the most important psychological factors affecting sports performance. It is the inner drive that encourages an athlete to work hard and achieve goals. Motivation can be intrinsic (coming from within) or extrinsic (coming from rewards and recognition).

Intrinsic motivation includes self-satisfaction, personal goals and love for the sport. Extrinsic motivation includes trophies, medals and financial rewards. Both types are important for success.

Motivation increases confidence, improves concentration and reduces anxiety. A motivated athlete shows greater dedication and persistence in training. Coaches play a vital role in motivating players by setting realistic goals and providing positive feedback.

Lack of motivation can lead to poor performance and early dropout from sports. Techniques such as goal setting, positive reinforcement and visualization help improve motivation.

Therefore, motivation is essential for achieving excellence in sports and maintaining consistent performance.