

CLASS 12 PHYSICAL EDUCATION
ANSWER KEY – SET 3

SECTION A – MCQ ANSWERS

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

SECTION B – (2 Marks Each)

21. Define Endurance

Endurance is the ability of an individual to perform physical activity for a long duration without experiencing excessive fatigue.

22. Two Advantages of Yoga

1. Improves flexibility and posture.
 2. Reduces stress and improves mental concentration.
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23. What is Balanced Diet?

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

24. Define Intramural Tournament

Intramural tournament is a competition conducted within the same institution among different houses or classes.

25. What is Anxiety in Sports?

Anxiety in sports is a psychological state of nervousness, fear or tension experienced by athletes before or during competition.

26. Two Causes of Knock Knees

1. Weak leg muscles
 2. Improper posture during growth
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SECTION C – (3 Marks Each)

27. Importance of Women Participation in Sports

Women participation promotes gender equality and empowerment. It improves physical fitness, builds confidence and provides career opportunities. It also breaks social stereotypes and contributes to national pride.

28. Types of Strength

1. Maximum Strength – Maximum force exerted in one effort.
 2. Explosive Strength – Ability to exert force quickly.
 3. Strength Endurance – Ability to sustain strength over time.
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29. Effects of Exercise on Circulatory System

- Increases heart efficiency
 - Improves blood circulation
 - Increases oxygen supply to muscles
 - Reduces risk of heart diseases
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30. Corrective Measures of Scoliosis

- Regular posture correction exercises
 - Stretching and strengthening exercises
 - Practice of yoga like Trikonasana
 - Maintaining correct sitting posture
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31. Components of Fitness

1. Strength
 2. Speed
 3. Endurance
 4. Flexibility
 5. Coordination
 6. Balance
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32. Psychological Factors Affecting Sports Performance

- Motivation
- Anxiety
- Confidence
- Concentration
- Emotional control

SECTION D – LONG ANSWERS

33. Planning of Sports Events in Detail

Planning of sports events is a systematic process that ensures smooth organization and successful execution of competitions. It involves preparation, coordination and supervision of various activities before, during and after the event. Proper planning helps avoid confusion, mismanagement and financial loss.

The first step in planning is setting clear objectives and preparing a budget. After this, various committees such as organizing committee, technical committee, finance committee and publicity committee are formed. Each committee is assigned specific responsibilities. The technical committee manages ground arrangements and equipment, while the finance committee handles funds.

Scheduling of events is another important aspect of planning. Fixtures and time tables must be prepared carefully. Adequate medical facilities and safety measures should be arranged. Publicity is also necessary to ensure participation and audience engagement.

Evaluation after the event is important to identify strengths and weaknesses for future improvement.

In conclusion, proper planning ensures discipline, efficiency and success of sports events. Without planning, even small competitions may fail.

34. Training Methods to Improve Endurance

Endurance is the ability to perform work for a long period without fatigue. It is essential for sports like marathon, cycling and football. Various training methods are used to improve endurance.

Continuous training is one of the most effective methods. In this method, exercise is performed continuously for a long duration without rest, such as long-distance running. Interval training is another method where high-intensity exercise is followed by short rest periods. This improves cardiovascular efficiency.

Fartlek training, also known as speed play, combines continuous and interval training. It includes variations in speed and terrain. Circuit training can also develop endurance along with strength.

The principle of overload and progression must be followed while improving endurance. Athletes should gradually increase intensity and duration of training. Proper diet and rest are equally important.

Thus, systematic endurance training improves heart and lung capacity, increases stamina and enhances sports performance.

35. Management of Sports Injuries

Sports injuries occur due to overuse, improper technique, lack of warm-up or accidents. Immediate management is essential to prevent further damage. Injuries are classified into soft tissue injuries (sprains, strains) and hard tissue injuries (fractures).

The RICE method is commonly used for initial management. Rest prevents further damage, Ice reduces swelling and pain, Compression controls swelling and Elevation reduces blood flow to injured area.

Medical consultation is necessary for severe injuries. Rehabilitation exercises should be started gradually after recovery. Proper warm-up and cool-down reduce injury risk. Athletes should use protective equipment and follow correct techniques.

Balanced diet and adequate hydration also help in faster recovery.

In conclusion, proper injury management ensures quick recovery and safe return to sports activities.

36. Importance of Motivation and Leadership in Sports

Motivation and leadership are essential psychological factors in sports performance. Motivation drives athletes to work hard and achieve their goals. It can be intrinsic (self-driven) or extrinsic (reward-based). A motivated athlete shows dedication, discipline and consistency.

Leadership plays a crucial role in team sports. A good leader inspires teammates, maintains discipline and builds team spirit. Leaders should possess qualities like confidence, communication skills and decision-making ability.

Motivation improves confidence and reduces anxiety. Coaches use techniques such as goal setting, positive reinforcement and visualization to motivate athletes. Leadership creates unity and coordination among team members.

Without motivation and leadership, performance declines and team spirit weakens.

Therefore, both motivation and leadership are vital for achieving success in sports at all levels.

