

CLASS 12 PHYSICAL EDUCATION
ANSWER KEY – SET 6

SECTION A – MCQ ANSWERS

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

SECTION B – (2 Marks Each)

21. Define Endurance

Endurance is the ability of an individual to sustain physical activity for a long period without excessive fatigue.

22. Two Advantages of Warm-up

1. Reduces risk of injuries by increasing muscle temperature.
 2. Improves flexibility and blood circulation.
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23. What is Periodization?

Periodization is the systematic planning of training divided into different phases such as preparatory, competitive and transition periods to achieve peak performance.

24. Define Flexibility

Flexibility is the ability of joints to move through their full range of motion.

25. Two Causes of Obesity

1. Physical inactivity
 2. Excess intake of high-calorie food
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26. What is Doping?

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

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 enhances national pride and social development.

28. Types of Strength

1. Maximum Strength – Ability to exert maximum force.
 2. Explosive Strength – Ability to apply force quickly.
 3. Strength Endurance – Ability to sustain muscular activity.
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29. Effects of Exercise on Respiratory System

- Increases lung capacity
 - Improves oxygen intake
 - Strengthens respiratory muscles
 - Enhances stamina
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30. Corrective Measures of Flat Foot

- Toe walking exercises
 - Barefoot walking on sand
 - Arch strengthening exercises
 - Proper footwear
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31. Principles of Training

- Overload
 - Progression
 - Specificity
 - Reversibility
 - Individual differences
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32. Psychological Benefits of Yoga

- Reduces stress
 - Improves concentration
 - Controls anxiety
 - Enhances emotional stability
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SECTION D – LONG ANSWERS

33. Planning and Organizing Sports Events in Detail

Planning and organizing sports events is a systematic process that ensures the smooth and successful conduct of competitions. Proper planning begins with setting clear objectives and preparing a detailed budget. The organizing committee is formed to manage the overall event, while other committees such as technical, finance, publicity and medical committees handle specific responsibilities.

The technical committee arranges grounds, equipment and officials. The finance committee manages funds and expenditure. Publicity committee ensures maximum participation through announcements and advertisements. Medical facilities and safety arrangements must be ensured for participants.

Preparation of fixtures and schedules is another important step. Proper time management prevents confusion. After the event, evaluation is conducted to analyze strengths and weaknesses.

Effective coordination among committees and proper supervision ensure success. Without proper planning, events may face mismanagement and financial loss. Therefore, systematic planning is essential for successful organization of sports events.

34. Training Methods to Improve Endurance and Speed

Endurance and speed are essential fitness components required in various sports. Endurance is improved through continuous training, interval training and Fartlek training. Continuous training involves long-duration exercise without rest, which strengthens heart and lungs. Interval training alternates high-intensity work with rest intervals, improving cardiovascular efficiency. Fartlek training combines both speed and endurance elements.

Speed can be improved through sprint training, acceleration runs and repetition method. Sprint training includes short-distance high-speed runs. Repetition method involves maximum effort with complete recovery. Strength training also contributes to speed improvement by enhancing muscle power.

The principle of progression must be followed while increasing training load gradually. Proper warm-up and cool-down reduce injury risk. Balanced diet and adequate rest are essential for recovery.

Thus, systematic training improves stamina, reaction time and overall performance.

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, overtraining or accidents.

Immediate management is important. The RICE method is widely used for soft tissue injuries. Rest prevents further damage, Ice reduces swelling and pain, Compression controls inflammation and Elevation reduces blood flow to the injured area. Severe injuries require medical treatment.

Rehabilitation exercises restore mobility and strength. Proper warm-up, cool-down and use of protective equipment prevent injuries. Balanced diet and hydration promote faster recovery.

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

36. Effects of Exercise on Circulatory and Muscular Systems

Regular exercise strengthens the circulatory system by improving heart efficiency and increasing stroke volume. It enhances blood circulation and oxygen supply to muscles. Resting heart rate decreases, reducing risk of heart diseases.

In the muscular system, exercise increases muscle size, strength and endurance. Muscle fibers become stronger and more flexible. Regular physical activity improves coordination and reduces fatigue.

Exercise also increases hemoglobin levels and improves metabolic rate. Proper training and balanced diet maximize benefits.

Therefore, regular exercise enhances overall health and sports performance.