

CLASS 12 PHYSICAL EDUCATION
ANSWER KEY – SET 7

SECTION A – MCQ ANSWERS

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

SECTION B – (2 Marks Each)

21. Define Specificity Principle

The principle of specificity states that training should be specific to the sport, skill and muscle groups involved to achieve maximum improvement.

22. Two Effects of Exercise on Circulatory System

1. Increases heart efficiency and stroke volume.
 2. Improves blood circulation and oxygen supply.
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23. What is Overtraining?

Overtraining is a condition caused by excessive training without proper recovery, leading to fatigue and decreased performance.

24. Define Coordinative Ability

Coordinative ability is the ability to perform movements smoothly, accurately and efficiently.

25. Two Causes of Knock Knees

1. Weak leg muscles
 2. Nutritional deficiency during growth
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26. What is Intrinsic Motivation?

Intrinsic motivation is the inner desire to perform an activity for personal satisfaction rather than external rewards.

SECTION C – (3 Marks Each)

27. Physiological Factors Determining Endurance

- Lung capacity
- Heart efficiency
- Hemoglobin level
- Muscle fiber composition
- Energy reserves

28. Types of Strength with Examples

1. Maximum Strength – Weightlifting
2. Explosive Strength – High jump
3. Strength Endurance – Push-ups

29. Causes & Corrective Measures of Scoliosis

Causes:

- Poor posture
- Weak back muscles
- Genetic factors

Corrective Measures:

- Posture correction exercises
- Back strengthening exercises
- Practice of yoga like Trikonasana

30. Components of Balanced Diet for Athletes

- Carbohydrates – Main energy source
- Proteins – Muscle repair
- Fats – Energy reserve
- Vitamins & Minerals – Body regulation
- Water – Hydration

31. Principles of Training in Detail

- Overload – Increase training load gradually
- Progression – Gradual improvement
- Specificity – Sport-specific training
- Reversibility – Fitness decreases without training
- Individuality – Training varies per individual

32. Psychological Techniques to Enhance Performance

- Goal setting
- Positive self-talk

- Visualization
 - Relaxation techniques
 - Meditation
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SECTION D – LONG ANSWERS

33. Planning and Organization of Sports Events with Committees

Planning and organizing sports events requires systematic coordination and teamwork. Proper planning ensures smooth execution and prevents mismanagement. The first step is setting objectives and preparing a budget. After this, various committees are formed to divide responsibilities effectively.

The organizing committee supervises the entire event. The technical committee manages ground preparation, equipment and officials. The finance committee handles budgeting and expenditure. The publicity committee promotes the event to increase participation. The medical committee ensures safety and first aid facilities.

Fixtures and time schedules must be prepared carefully to avoid confusion. Adequate arrangements for water, seating and security are necessary. After completion, evaluation helps improve future events.

Thus, effective planning and coordination among committees ensure success of sports events.

34. Training Methods to Improve Speed, Endurance and Strength

Speed, endurance and strength are major fitness components. Speed is improved through sprint training, acceleration runs and repetition method. Sprint training involves short-distance high-speed runs with complete recovery.

Endurance is improved through continuous training, interval training and Fartlek training. Continuous training strengthens heart and lungs. Interval training alternates high intensity with rest.

Strength is developed through weight training, isometric exercises and circuit training. Weight training increases muscle mass, while circuit training improves both strength and endurance.

The principle of overload and progression must be followed. Proper warm-up and balanced diet support improvement.

Therefore, systematic training enhances overall performance.

35. Classification and Management of Sports Injuries in Detail

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

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

Rehabilitation exercises restore mobility and strength. Preventive measures include proper warm-up, cool-down and use of protective gear. Balanced diet and hydration help in recovery.

Proper injury management ensures safe return to sports.

36. Role of Motivation and Leadership in Sports Performance

Motivation and leadership are essential for success in sports. Motivation encourages athletes to train consistently and achieve goals. It can be intrinsic or extrinsic.

Leadership plays a vital role in team sports. A good leader motivates teammates, maintains discipline and builds unity. Leadership qualities include confidence, communication skills and decision-making ability.

Motivated players perform better under pressure. Coaches use goal setting and positive reinforcement to inspire athletes.

Thus, motivation and leadership significantly enhance sports performance and team success.