

**CLASS 12 PHYSICAL EDUCATION**  
**ANSWER KEY – SET 9**

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**SECTION A – MCQ ANSWERS**

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

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**SECTION B – (2 Marks Each)**

**21. Define Speed**

Speed is the ability to perform a movement or cover a distance in the shortest possible time.

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## **22. Two Objectives of Extramural Tournaments**

1. To provide opportunities for competition with other institutions.
  2. To improve performance level and gain experience.
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## **23. What is Balanced Diet?**

Balanced diet is a diet containing all essential nutrients such as carbohydrates, proteins, fats, vitamins, minerals and water in appropriate proportions.

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## **24. Define Dynamic Balance**

Dynamic balance is the ability to maintain body equilibrium while moving.

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## **25. Two Causes of Obesity**

1. Physical inactivity
  2. Excess consumption of junk food
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## **26. What is Periodization?**

Periodization is the systematic planning of training program divided into phases to achieve peak performance.

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## **SECTION C – (3 Marks Each)**

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

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

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### **28. Types of Endurance**

1. Short-term endurance
  2. Medium-term endurance
  3. Long-term endurance
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## **29. Causes & Corrective Measures of Knock Knees**

### **Causes:**

- Weak leg muscles
- Improper posture
- Nutritional deficiency

### **Corrective Measures:**

- Squatting exercises
  - Horse riding exercise
  - Calcium-rich diet
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## **30. Components of Physical Fitness**

- Strength
  - Speed
  - Endurance
  - Flexibility
  - Coordination
  - Balance
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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 Strategies to Control Stress**

- 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 with Committees**

Planning and organization of sports events require proper coordination and management to ensure success. The first step is to set clear objectives and prepare a budget. After this, various committees are formed to divide responsibilities effectively.

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

Fixtures and schedules must be prepared carefully to avoid confusion. Proper time management and discipline are essential. Adequate arrangements for water, seating and security should be ensured. After completion, evaluation is done to identify strengths and weaknesses.

Thus, systematic planning and proper coordination among committees ensure smooth conduct and success of sports events.

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

Strength and speed are essential components of physical fitness. Strength can be improved through weight training, isometric exercises and circuit training. Weight training increases muscle mass and power. Isometric exercises involve muscle contraction without movement. Circuit training improves both strength and endurance.

Speed is developed through sprint training, acceleration runs and repetition method. Sprint training involves short-distance high-speed runs. Repetition method includes maximum effort with full recovery. Strength training also enhances explosive speed.

The principle of overload and progression must be followed while increasing training load gradually. Proper warm-up and balanced diet support improvement.

Thus, systematic training enhances strength, speed and overall sports 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 treatment. 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 use of protective equipment prevent injuries. Balanced diet and hydration promote faster recovery.

Thus, proper management ensures safe return to sports activities.

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### **36. Effects of Exercise on Respiratory and Muscular Systems**

Regular exercise strengthens the respiratory system by increasing lung capacity and improving oxygen intake. Respiratory muscles become stronger, reducing breathlessness and improving stamina.

In the muscular system, exercise increases muscle strength, size and endurance. It improves flexibility and coordination. Regular training enhances muscle tone and reduces fatigue.

Exercise also increases hemoglobin levels and metabolic efficiency. Proper warm-up and balanced diet maximize benefits.

Therefore, regular exercise improves overall health and sports performance.