

KVS REGIONAL OFFICE GUWAHATI

Total Pages : 15

This section contains total 4 – Sets of Question paper and 11- Sets of questions for practice related to Physical Education Class - XII.

C.B.S.E. EXAMINATION PAPER (1)
PHYSICAL EDUCATION
CLASS-XII

Time : 3 hrs.

Max. Marks : 70

General Instructions :

- (i) All questions are compulsory .
(ii) Question paper carries A and B two parts.
(iii) Answers to questions carrying 1 mark should be in approximately 30 words.
(iv) Answers to questions carrying 2 marks should be in approximately 60 words.
(v) Answers to questions carrying 3 marks should be in approximately 100 words.
(vi) Answers to questions carrying 5 marks should be in approximately 150-200 words.

PART—A

- | | |
|---|--------------|
| 1. What do you understand by wellness ? | 1 |
| 2. Define fixture. | 1 |
| 3. Explain the need for sports environment. | 1 |
| 4. What do you understand by postural deformities ? | 1 |
| 5. What do you mean by Samadhi ? | 1 |
| 6. What are minerals ? | 1 |
| 7. What are isometric exercises ? | 1 |
| 8. "Extrinsic motivation may kill intrinsic motivation." Justify. | 1 |
| 9. Explain differentiation and orientation ability. | 2 |
| 10. Briefly explain the role of spectators for creating positive sports environment. | 2 |
| 11. Explain any two elements of Yoga. | 2 |
| 12. Explain Interval training method. | 2 |
| 13. Explain reinforcement and knowledge of results as techniques of motivation. | 2 |
| 14. Write in brief about the factors affecting wellness. | 3 |
| 15. What are the essential elements of positive sports environment ? | 3 |
| 16. How can Yoga contribute to enhance sports performance ? Write in brief. | 3 |
| 17. Explain "role of ethics in sports". | 3 |
| 18. Enlist the committees for organizing sports day in your school and enlist the responsibilities of any three committees. | 2 +
3 = 5 |
| 19. Suggest physical activities as corrective measures for correcting round shoulders. | 5 |
| 20. Explain any five factors affecting balanced diet. | 5 |
| 21. Define strength and discuss means and methods for strength development. | 1 +
4 = 5 |

PART-B

Answer the question nos. 22-27 (except Q. No. 24) from any one game /sport of your choice only.

- | | |
|---|---|
| 22. Write about two fundamental skills of your game of choice. | 2 |
| 23. Write about any six terminologies of your game of choice. | 3 |
| 24. What is SGFI ? Explain its organizational set-up with functions. | 5 |
| 25. Explain any four general rules of the game/sport of your choice. | 2 |
| 26. Draw play field/court/table with the specifications of the game/sport of your choice. | 3 |
| 27. Briefly write historical development of the game/sport of your choice. | 5 |

C.B.S.E. EXAMINATION PAPER (2)

PHYSICAL EDUCATION

CLASS-XII

Time : 3 hrs.

Max. Mar 70

General Instructions :

- (i) The question paper is divided into two parts : Part -A and Part - B.
- (ii) All questions are compulsory.
- (iii) Answers to questions carrying 1 mark should be in approximately 30 words.
- (iv) Answers to questions carrying 2 marks should be in approximately 60 words.
- (v) Answers to questions carrying 3 marks should be in approximately 90 words.
- (vi) Answers to questions carrying 5 marks should be in approximately 150-200 words.

PART—A

1. What do you understand by Recreation ?
2. Explain the objectives for Intramurals.
3. Explain sport environment.
4. Define flat foot.
5. What is Swadhyaya in Yogic Niyamas ?
6. What are vitamins ?
7. Define acceleration runs.
8. What is Goal setting ?
9. Explain any two factors affecting wellness.
10. Explain any two types of causative factors related to accidents in sports.
11. Mention any four points to show the importance of Yoga.
12. Explain any two methods for flexibility development.
13. Explain ethics in sports.
14. "Games and sports are the best means for attaining fitness." Justify.
15. Elucidate the role of media for improvement of positive sports environment.
16. Explain any three techniques of meditation.
17. Explain any three principles of training in brief.
18. Suggest the formation of various committees for systematic and smooth conduct of sports in your school.
19. Explain in detail about any five advantages of correct posture.
20. What is the role of various elements of diet on performance of an athlete ?
21. What is endurance ? Explain the various methods for its development.

PART B

Answer the question nos. 22-24 and 26-27 from any one game/sport of your choice only.

22. Write about any four tournaments of the game/sport of your choice.
23. Explain any six terminologies from the game/sport of your choice.
24. Explain any five latest rules from the game/Sport of your choice.
25. Explain Arjuna Award.
26. Write about achievements of any three important sports personalities from the game/ your choice.
27. Explain any five common soft tissue injuries in the game/sport of your choice.

C.B.S.E. EXAMINATION PAPER (3)**PHYSICAL EDUCATION****CLASS-XII***Time : 3 hrs.**Max. Mar70***General Instructions :**

- (i) All questions are compulsory .
- (ii) Question paper carries A and B two parts.
- (iii) Answers to questions carrying 1 mark should be in approximately 30 words.
- (iv) Answers to questions carrying 2 marks should be in approximately 60 words.
- (v) Answers to questions carrying 3 marks should be in approximately 100 words.
- (vi) Answers to questions carrying 5 marks should be in approximately 150-200 words.

PART—A

1. Define Strength.
2. Explain the procedure for giving Bye.
3. Define Environment.
4. What is Scoliosis ?
5. What do you understand by Niyamas ?
6. What are Fats ?
7. What are Pace Races ?
8. Explain Reinforcement.
9. Recreational activities as means for fitness development. Justify.
10. Briefly explain about any two essential elements of positive sport environment.
11. What is the role of Yoga in Sports ? Explain in brief.
12. Explain any two causes of Anxiety.
13. What are the advantages of correct posture ?
14. Explain in detail any three factors that affect physical fitness.
15. Elucidate the role of spectators for improvement of positive sport environment.
16. Explain any three elements of Yoga.
17. Explain the developmental characteristics during infancy.
18. What do you mean by specific sports programmes ? Explain any three.
19. Explain the causes, precautions and remedies of Bow legs.
20. What is Balanced Diet ? Elucidate its any four constituents.
21. Define Flexibility and explain the methods for its development.

PART-B*Answer the questions from any one game /sport of your choice only.*

22. Write about any two important tournaments of your game with their venues. 2
23. Write about any three sports personalities of your game who have made world class achievements.
24. Explain about any five latest rules of your game. 5
25. Explain any two fundamental skills of the game and sport of your choice. 2
26. What are the preventive measures to avoid sports injuries ? 3
27. Name the important National Sport Awards and explain any one of them in details.

C.B.S.E. EXAMINATION PAPER (4)**PHYSICAL EDUCATION**

CLASS-XII

Time : 3 hrs.

Max. Marks : 70

General Instructions :

- (i) The question paper is divided into two parts : Part —A and Part — B.
- (ii) All questions are compulsory.
- (iii) The answers to **one** mark question should be of **30** words, answers to **two** marks questions should be of **60** words, **three** marks answers should be of 90 words, and five marks answers should be of 150-200 words.

PART—A

- | | |
|---|---|
| 1. Define active flexibility. | 1 |
| 2. What is a bye ? | 1 |
| 3. What do you understand by social environment in sports ? | 1 |
| 4. What is a correct posture ? | 1 |
| 5. What is Pratyahara in Yoga ? | 1 |
| 6. Define a balanced diet. | 1 |
| 7. Explain Fartlek. | 1 |
| 8. Define Sports Psychology. | 1 |
| 9. Differentiate between fitness and wellness. | 2 |
| 10. Mention any two essential elements of positive sports environment. | 2 |
| 11. Write in brief about two elements of Yoga. | 2 |
| 12. What are the two methods for flexibility development ? | 2 |
| 13. Differentiate between State and Trait Anxiety. | 2 |
| 14. Explain the role of Games and Sports as means of fitness development. | 3 |
| 15. What is the role of spectators in creating a positive sports environment ? Explain. | 3 |
| 16. What is the role of Yoga in Sports ? Explain. | 3 |
| 17. Explain any two methods for speed development. | 3 |
| 18. Prepare a fixture for 21 teams on a knock-out basis. | 5 |
| 19. Suggest five exercises as corrective measures for Round Shoulders. | 5 |
| 20. Explain any five essential elements of diet. | 5 |
| 21. Explain in detail the developmental characteristics for childhood. | 5 |

PART-B

- Answer the question nos. 22 and 24-26 from any one game /sport of your choice only.*
- | | |
|---|---|
| 22. Write in brief about any four fundamental skills from game/sport of your choice. | 2 |
| 23. Write a short note on S.G.F.I. | 3 |
| 24. Draw a diagram of a field/court/table of the game/sport of your choice with all specifications. | 5 |
| 25. Mention any four latest rules of game/sport of your choice. | 2 |
| 26. Briefly explain the historical development of game/sport of your choice. | 3 |
| 27. Enlist the important National Sports Awards. Explain any one of them. | |

2 + 3 = 5

PRACTICE SET OF QUESTIONS (TOTAL 11- Sets)**SET-1****✓ VERY SHORT ANSWER TYPE QUESTIONS (1 MARK EACH)**

1. Define environment.
2. Explain biotic components of environment.
3. What do you mean by sports environment ?
4. What is physical environment ?
5. What do you mean by social environment ?
6. Who is spectator ?

✓ SHORT ANSWER TYPE QUESTIONS (2 MARKS EACH)

1. Name some of the 'sports equipments'.
2. Name and explain one essential element of positive sports environment.
3. Write two points of spectators' response for improving sports environment.
4. Define women's participation in sports.
5. What do you mean by proper sports environment ? ✓

SHORT ANSWER TYPE QUESTIONS (3 MARKS EACH)

1. Write the meaning and definition Of environment.
2. How does sports facilities contribute to create a sports environment ?
3. What do you understand by 'spectators' ?
4. Write the types of environment and explain them.
5. Discuss the role of climatic conditions in creating a sports environment. ✓

LONG ANSWER TYPE QUESTIONS (5 MARKS EACH)

1. Discuss about sports environment in details.
2. Differentiate between biotic and abiotic environment.
3. Explain the need of proper sports environment.
4. How can physical education be influenced by physical environment and social environment?
5. Discuss the concept of women's participation in sports.

✓ HOTS QUESTIONS

1. Discuss on prevention of injuries in sport.
2. Enlist the essential elements of a positive sports environment.

SET-2**VERY SHORT ANSWER TYPE QUESTIONS (1 MARK EACH)**

1. Give definition of rock climbing.
2. Name the types of mountaineering.
3. What do you mean by conservation of environment ?
4. **State** two safety principles for adventure sports.
5. List down the important equipments required for camping.

SHORT ANSWER TYPE QUESTIONS (2 MARKS EACH)

1. What is rock climbing ? Explain in brief.
2. Write a short note on camping.
3. Explain any four qualities of a good leader.
4. Draw a web chart of types of camping.
5. Differentiate between Aid and Solo climbing.

SHORT ANSWER TYPE QUESTIONS (3 MARKS EACH)

1. Discuss about mountaineering in detail.
2. Explain the process for creating or making leaders through physical education.
3. Elucidate about trekking in detail.
4. Define leader. Give importance of student leader.
5. What is difference between solo climbing and traditional climbing ? ✓ **LONG**

ANSWER TYPE QUESTIONS (5 MARKS EACH)

1. Write an essay on conservation of environment.
2. Elaborate mountaineering and its types. What safety measures and material are required for mountaineering?
3. What do you mean by leadership? Discuss the process of creating or making leaders through physical education.
4. Make a list of the equipment required for a mountaineering camp.
5. Make a list of opportunities for enhancing qualities of leadership. ✓ **HOTS**

QUESTIONS

1. Name some of the dangers the climbers have to face in mountaineering.
2. Describe rock climbing, river rafting, trekking.
3. Discuss about camping. What are its types? Elaborate the checklist and safety measures for camping.

SET-3**✓ VERY SHORT ANSWER TYPE QUESTIONS (1 MARK EACH)**

1. Enlist the macro nutrients.
2. Enlist the micro nutrients.
3. What is anorexia nervosa ?
4. What do you mean by bulimia nervosa ?
5. Define healthy weight.
6. What are fats ?

(CBSE 2013, 2011)

✓ SHORT ANSWER TYPE QUESTIONS (2 AND 3 MARKS EACH)

1. What do you mean by macro and micro nutrients ?
2. Briefly explain the types of vitamins.
3. Explain in brief, the importance of water.
4. Briefly explain eating disorders.
5. Explain any two food myths.
6. Define balanced diet and mention the elements of diet.

(CBSE 2011)

✓ LONG ANSWER TYPE QUESTIONS (5 MARKS EACH)

1. What do you mean by macro nutrients ? Explain about any four macro nutrients.
2. What do you mean by micro nutrients ? Explain in brief about minerals as micro nutrients.
3. What do you mean by nutritive components of diet ? Explain about any three of them in brief.
4. What do you mean by anorexia nervosa and bulimia nervosa ?
5. What do you mean by food myths ? Explain any six food myths.
6. What is balanced diet ? Elucidate its any four constituents.

(CBSE 2013)

HOTS QUESTIONS

1. Enlist complex group of vitamins.
2. Draw a chart of height and weight of women over 25 years and men over 25 years.

SET-4**1 VERY SHORT ANSWER TYPE QUESTIONS (1 MARK EACH)**

1. Make a league fixture of 7 teams.
2. Define the terms Bye and Seeding.
3. Name one essential element of positive sports environment.
4. What is a league tournament ?
5. What is meant by planning in sports ?
6. Give the name of Run organized for a cause. 1'

SHORT ANSWER TYPE QUESTIONS (2 MARKS EACH)

1. Give an introduction of running for fun.
2. Make a simple draw for thirteen contestants in a knock-out tournament.
3. Draw a fixture for teams participating in league tournament by tabular method.
4. What points should we keep in mind before deciding schedule of matches ? ✓

SHORT ANSWER TYPE QUESTIONS (3 MARKS EACH)

1. Write two benefits of running.
2. What are the duties of publicity committee ?
3. How will you distribute the teams in quarters ?
4. What are the advantages and disadvantages of a knock-out tournament ? ✓

LONG ANSWER TYPE QUESTIONS (5 MARKS EACH)

1. Discuss the various specific sports programmes which are not true competitions.
2. Explain different methods of drawing fixtures for a league tournament giving examples.
3. What is the need, objectives and principles of extramurals ?
4. Highlight the advantages of extramural activities.
5. Describe the planning process for conducting specific programme for awareness against Global Warming.

✓ HOTS QUESTIONS

1. Prepare a fixture for 20 teams participating in the knock-out tournament.
2. Describe about the various committees for organising a sports event.

SET-5**✓ VERY SHORT ANSWER TYPE QUESTIONS (1 MARK EACH)**

1. How Lordosis deformity can be cured ?
2. Describe the types of spinal curvature.
3. Describe Rock and Roll exercise.
4. What do you mean by correct posture ? *(CBSE AI 2013)*
5. What is Scoliosis ? *(CBSE Delhi 2013)*
6. What is Knock-Knees ? *(CBSE Delhi 2012)*

✓ SHORT ANSWER TYPE QUESTIONS (2 MARKS EACH)

1. Explain the correct posture of sitting.
2. Discuss any two advantages of correct posture. *(CBSE Delhi 2013)*
3. Suggest four corrective exercises for flat foot. *(CBSE Delhi 2012)*
4. What are the remedial measures for the deformity of Bowlegs ?
5. Describe 'Ball Squeeze' and 'Side Plank' exercises to rectify 'Knock-Knees'.
6. What is Rickets ?

✓ SHORT ANSWER TYPE QUESTIONS (3 MARKS EACH)

1. Describe spinal postural deformities.
2. How can physical activities be corrective measures for common postural deformities ? *(CBSE AI 2011)*
3. Express your views on correct lying posture.
4. Explain the deformity of 'Knock-Knees'.
5. Discuss the importance of an ideal posture in our life and sports.
6. Mention the corrective exercises related to Kyphosis.

✓ LONG ANSWER TYPE QUESTIONS (5 MARKS EACH)

1. Mention the causes, precautions and remedies of Bowlegs. *(CBSE Delhi 2013)*
2. Suggest physical activities as corrective measures for Flat Foot and Lordosis. *(CBSE AI 2013)*
3. Explain the causes, precautions and remedies of Knock-Knees. *(CBSE Delhi 2012)*
4. Discuss some exercises for the remedy of 'Rounded Shoulders'.
5. What factors cause postural deformities ?
6. Describe Good posture. What are the advantages of Good posture ?

✓ HOTS QUESTIONS

1. Discuss the physical exercises as corrective measures for Kyphosis, Lordosis and Scoliosis
2. Staying healthy and active is in direct proportion to the good or bad posture one adopts, Comment.

SET-6**✓ VERY SHORT ANSWER TYPE QUESTIONS (1 MARK EACH)**

1. What is weight training ?
2. What are the disadvantage of food supplement ?
3. How can physical activities play a positive role in tucking the problems of adolescents ?
4. Name some of the safety measure necessary during weight *training*.
5. Why *do children require food supplements?*
6. List down the benefits of Aerobic

activities. **SHORT ANSWER TYPE**

QUESTIONS (2 MARKS EACH)

1. State the factor affecting motor development.
2. Give the physical benefits of exercise.
3. How yoga helps to improve quality life ?
4. Enlist the activities for quality life.
5. Define motor development.
6. List down the physiological benefits of exercises.

.1 SHORT ANSWER TYPE QUESTIONS (3 MARKS EACH)

1. Write importance of games and sports. (CBSE 2010)
2. What is Aerobic activities ? Write importance of Aerobic activities.
3. Write any two advantage and disadvantage of weight training.
4. Discuss food supplement for children.

✓ LONG ANSWER TYPE QUESTIONS (5 MARKS EACH)

1. Explain the importance of Aerobic activities.
2. Highlight the physiological importance of exercises.
3. Describe the risk factors in taking food supplement.
4. Define quality of life. How can the quality of life be maintained ?
5. Discuss in detail the activities for children.

✓ HOTS QUESTIONS

1. What are physical and physiological benefits of exercise on children ? (CBSE 2013)
2. What do you mean by food supplements ? Write the disadvantages of them to children.

SET-7**✓ VERY SHORT ANSWER TYPE QUESTIONS (1 MARK EACH)**

1. What do you mean by Test ?
2. List down the test items performed in Kraus Weber Test.
3. What is Rockport one mile Test ?
4. What do you mean by '8 Feet Up and Go Test' ?
5. What is Kraus-Weber Test ?

✓ SHORT ANSWER TYPE QUESTIONS (2 MARKS EACH)

1. Briefly explain about muscular strength.
2. Define Test and enlist common test used in sport.
3. Briefly explain about spinped measurements.
4. Discuss the produce of administering Rockport Test.
5. How would the test of Arm Curl performed on senior citizen.

✓ SHORT ANSWER TYPE QUESTIONS (3 MARKS EACH)

1. What do you mean by AAPHER Fitness Test ? Explain administration of any three items of this test.
2. Explain the three tests of Kraus-Weber Test.
3. Explain the Rockport One Mile Test.
4. Explain in brief the Harvard Step Test.
5. Explain Sit and Reach Test in brief.

✓ LONG ANSWER TYPE QUESTIONS (5 MARKS EACH)

1. Explain any three test items of Kraus Weber Test.
2. Discuss the procedure of performing Harvard Step Test.
3. Define Test, Measurement and Evaluation. Enlist common test for fitness.
4. Define AAPHER. Explain any four tests used in AAPHER

Battery. ✓ HOTS QUESTIONS

1. How would you administer Rockport Walk Test ?
2. Describe Sit and Reach Test.

SET-8**✓ VERY SHORT ANSWER TYPE QUESTIONS (1 MARK EACH)**

1. What is flexibility ?
2. What is cardiac output ?
3. Briefly explain about ageing.
4. Write a note on heart.
5. Discuss about the composition of blood.

✓ SHORT ANSWER TYPE QUESTIONS (2 AND 3 MARKS EACH)

1. Write a note on lungs.
2. Write the physiological changes on skin and hair due to ageing.
3. What is relation between physiology and anatomy ?
4. Describe bronchi.
5. What is trachea ?

✓ SHORT ANSWER TYPE QUESTIONS (2 AND 3 MARKS EACH)

1. Write a note on capillaries.
2. What is the impact of ageing on bones and kidney ?
3. How is exercise beneficial to slow down the ageing process ? Discuss any two benefits.
4. How does exercise increase oxygen transportation ?
5. Describe pulmonary alveoli.

✓ LONG ANSWER TYPE QUESTIONS (5 MARKS EACH)

1. Discuss circulatory system. What is the impact of exercise on circulatory system ? Elaborate.
2. What is the role of exercise on ageing process ? Give your point of view.
3. Elaborate cardiovascular system. What are the short-term and long-term effects of exercise on cardiovascular system ?
4. Describe the benefits of regular exercise over respiratory system.
5. Discuss the physiological factors which determine the components of physical

fitness. ✓ HOTS QUESTIONS

1. Explain the physiological factors determining speed as a component of physical fitness.
2. "No one can stop the clock of ageing but physical exercise can slow its tick." Give your comment on this statement.

SET-9**1 VERY SHORT ANSWER TYPE QUESTIONS (1 MARK EACH)**

1. State static friction.
2. Define potential energy.
3. Define work.
4. Discuss various types of friction.
5. What do you mean by air resistance ?
6. What is a linear motion ?
7. Give the formula for calculating work done.
8. What do you understand by power ?

1 SHORT ANSWER TYPE QUESTIONS (2 MARKS EACH)

1. What is a friction ? Give one example and its importance in life.
2. Describe the phases in which we divide the running movement.
3. What do you understand by angular movement ?
4. How much is the work done in trying to push an immovable object or a wall ?

1 SHORT ANSWER TYPE QUESTIONS (3 MARKS EACH)

1. Differentiate between running and walking.
2. Describe the five phases of walking.
3. What is different between power and energy ?
4. Explain Biomechanics.

✓ LONG ANSWER TYPE QUESTIONS (5 MARKS EACH)

1. Describe briefly the walking cycle.
2. Write at least five principles of efficient running.
3. Explain the factors that affect the path of a projectile.
4. Explain two types of energy.
5. Discuss the angular and linear movements in detail. ✓

HOTS QUESTIONS

1. Discuss the mechanical analysis of running in detail.
2. What is the friction ? Explain its types. Is it advantageous or disadvantageous in the field sports ? Give your views.

SET-10**/ VERY SHORT ANSWER TYPE QUESTIONS (1 MARK EACH)**

1. What do you mean by self-esteem ?
2. What do you mean by emotion focused coping strategies ?
3. List down the coping strategies.
4. List down the benefits of sports for personality development.
5. Give two motivating techniques used in sports.
6. What do you understand by body image ?
7. How is body image related with self-esteem ? /
8. Define personality. State its dimensions.
9. Discuss the motivation : Explain the various types of motivation.
10. Define motivating techniques used in sports.

/SHORT ANSWER TYPE QUESTIONS (3 MARKS EACH)

1. Describe the techniques used to reduce stress and anxiety.
2. Define stress. What are the symptoms of stress ?
3. Explain two basic divisions of forces of motivation. ✓

LONG ANSWER TYPE QUESTIONS (5 MARKS EACH)

1. Discuss the relationship between self-esteem and body image ?
2. How stress and anxiety can be reduced ?
3. State personality and give its dimensions. Explain the importance of sports in development of personality.
4. What methods should be adopted to improve self-esteem ?
5. Explain briefly the factors that influence the formation of body image. ✓

HOTS QUESTIONS

1. Make a list of methods adopted for coping with anxiety.
2. What are the reasons to develop low-self esteem ? How can a positive self-esteem be developed ?

SET-11**✓ VERY SHORT ANSWER TYPE QUESTIONS (1 MARK EACH)**

1. What are Isotonic exercises ?
2. Define Endurance.
3. What are Isokinetic exercises ?
4. What is Adaptation ability ?
5. What is Balance ability ?
6. Define Orientation ability.
7. What do you mean by Coupling ability ?
8. What is Speed Endurance ?

✓ SHORT ANSWER TYPE QUESTIONS (2 MARKS EACH)

1. Define Continuous Method of training.
2. Discuss any three types of Coordinative abilities.
3. Explain the methods of improving Speed.
4. Discuss the Types of Strength.

✓ SHORT ANSWER TYPE QUESTIONS (3 MARKS EACH)

1. Discuss flexibility and explain the methods to improve flexibility.
2. Discuss any two methods of improving strength.
3. Elaborate Fartlek training.
4. Explain Ability of Reaction and Ability of Rhythm. ✓

LONG ANSWER TYPE QUESTIONS (5 MARKS EACH)

1. What is the concept of Co-ordinative abilities ? Elaborate in brief.
2. Elaborate Isometric and Isotonic exercises.
3. Elaborate continuous training method of endurance development along with its advantages and disadvantages.
4. Describe Interval training method.
5. Define Endurance, mention its types. Describe any one training method to develop end ✓

HOTS QUESTIONS

1. Explain coordinative ability. What are the various types of coordinative ability ?
2. State speed in sports. What are its types ? Explain the training methods for speed development
