

**Marking Scheme
Physical Education
Class XII
(2018-19)**

1.	Endurance is the ability of the body to work for a long time without getting fatigue. Types of endurance are:- a- Aerobic endurance(Short -term endurance, Medium -term endurance, long -term endurance) b- Anaerobic endurance c- Speed endurance d- Strength endurance	
2.	Food intolerance means when an individual has difficulty in digesting a particular food. It is more common than food allergy. It can be tolerated a reasonable amount of food. . It is not life threatening.	
3	Asana is a physical Yoga posture that is formed to improve physiological functions of the body. Asana are helpful in reducing fatigue, tension and stress. It improves balance, flexibility and strength.	
4	Genetic-There is a strong genetic link of ODD development. Individuals with immediate family members who struggle with mental illness are more likely to have ODD than the members of the general population.	
	OR Seeding is a process of playing in which some teams on the last year's performance are the given seeding. First four teams of previous year are not met before semifinal. But in few tournaments these seeding teams can play directly in quarter final.	
5	Advantages of weight Training 1. Increase muscle mass-Weight training always lead to increase in muscle mass and also increases strength of the muscles. 2. Improves body posture- Weight training develop bones and muscles and this help in possessing a good posture.	
6	Menstruation is the shedding of the facing of the uterus that occurs regularly in women from menarche to menopause. It produces bleeding from vagina that ends for 3-7 days. It is characterized by disruptions. a- Eumenorrhea b- Oligo menorrhea c- Amenorrhea	
	OR	
	Diabetes is a disease in which the glucose or blood sugar level increases. Lack of secretion of insulin by the gland is the major cause of diabetes. Our liver and endocrine glands play an important role in the regulation of sugar level in the blood.	
7	Advantages of Harvard step test. 1- This test requires nominal/minimal equipment and self-administered 2- Requires very less space and cost to administer. Larger group can be tested.	
8	Sarcolemma plays an important role in the muscle contraction process. It is a specialized cell membrane which surrounds striated muscle fiber cells. Sometimes called the myeloma, the sarcolemma is similar to a typical plasma membrane but has specialized functions for the muscle cell	
	OR	

Respaper Physical Education Marking Scheme

J Elliott



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Resources in Education ,1978 Towards a basic standard methodology for international research in psychology Miguel Ángel Carrasco,Fco. Pablo Holgado-Tello,José Antonio Lozano Lozano,Susana Sanduvete-Chaves,Salvador Chacón-Moscoso,2023-04-24 The Encyclopaedia of Sports Medicine: The Child and adolescent athlete A. Dirix,Kurt Tittel,1988 **Who's who Among Students in American Universities and Colleges** Henry Pettus Randall,1976 **The Publishers Weekly** ,1965 **Who's who in American Education** ,1990 *Who's who in Engineering* ,1995 **ARS Journal** American Rocket Society,1960 Supplements accompany some issues **Commonwealth Universities Yearbook** ,1984 **The Junior College Library Collection** ,1968 **American Men and Women of Science** ,1982 *Men of Achievement* ,1992 **The Junior College Library Collection** Frank J. Bertalan,1968 Who's who in Technology Today ,1982 **Who's who in Technology Today: Chemistry and biotechnology** ,1984 *American Men & Women of Science* ,1976 Arts & Humanities Citation Index ,1986 A multidisciplinary index covering the journal literature of the arts and humanities It fully covers 1 144 of the world s leading arts and humanities journals and it indexes individually selected relevant items from over 6 800 major science and social science journals **Who's who in Society** ,1986 Physical Education. Higher Specimen Question Papers and Marking Instructions Scottish Qualifications Authority,1998 *A Survey of the Marking System in Physical Education Classes in Selected Iowa High Schools for the Year 1949-50* Dallas Reid Queck,1951

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