

**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	

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Xiaolong Qi



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Table of Contents Respaper Physical Education Marking Scheme

1. Understanding the eBook Respaper Physical Education Marking Scheme
 - The Rise of Digital Reading Respaper Physical Education Marking Scheme
 - Advantages of eBooks Over Traditional Books
2. Identifying Respaper Physical Education Marking Scheme
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Respaper Physical Education Marking Scheme
 - User-Friendly Interface
4. Exploring eBook Recommendations from Respaper Physical Education Marking Scheme

- Personalized Recommendations
- Respaper Physical Education Marking Scheme User Reviews and Ratings
- Respaper Physical Education Marking Scheme and Bestseller Lists
- 5. Accessing Respaper Physical Education Marking Scheme Free and Paid eBooks
 - Respaper Physical Education Marking Scheme Public Domain eBooks
 - Respaper Physical Education Marking Scheme eBook Subscription Services
 - Respaper Physical Education Marking Scheme Budget-Friendly Options
- 6. Navigating Respaper Physical Education Marking Scheme eBook Formats
 - ePub, PDF, MOBI, and More
 - Respaper Physical Education Marking Scheme Compatibility with Devices
 - Respaper Physical Education Marking Scheme Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Respaper Physical Education Marking Scheme
 - Highlighting and Note-Taking Respaper Physical Education Marking Scheme
 - Interactive Elements Respaper Physical Education Marking Scheme
- 8. Staying Engaged with Respaper Physical Education Marking Scheme
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Respaper Physical Education Marking Scheme
- 9. Balancing eBooks and Physical Books Respaper Physical Education Marking Scheme
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Respaper Physical Education Marking Scheme
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Respaper Physical Education Marking Scheme
 - Setting Reading Goals Respaper Physical Education Marking Scheme
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Respaper Physical Education Marking Scheme

- Fact-Checking eBook Content of Respaper Physical Education Marking Scheme
- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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