

NAME OF SUBJECT: - PHYSICAL EDUCATION(Sport)-Fitness Trainer
Std: XII (G7)
BLUE PRINT

Sr .N o	Units	Knowledge			Understanding			Application			Total Marks	Total Marks with option
		OB	SA	LA	OB	SA	LA	OB	SA	LA		
Part- 'A'												
1	Communication skills -IV	1 (1)					4 (1)			4 (1)	5	9
2	Self management skills - IV		3 (1)								3	3
3	Information and communication technology skills IV	1 (1)				3 (1)				4 (1)	5	8
4	Entrepreneurial skills - IV						4 (1)		3 (1)		4	7
5	Green skills - IV		3 (1)								3	3
Part 'B'												
1	Diet	1 (1)	3 (1)		1(1)		4(1)	1 (1)		4(1) 6(1)	14	20
2	Kinesiology and Physiology	1 (1)			1(1)	3(1)	6(1)	1 (1)	3(1)	4(1)	13	19
3	Health and Safety	1 (3)			1(3)	3(1)				4(1)	9	13
4	Exercises	1 (3)	3(2)		1(3)	3(1)	6(1) 4(1)		3(1)	6(1) 4(1)	24	38
		25			48			47			80	120

Note: O.B – Objective.

S.A.- Short answer type (3marks)

L.A.- Long answer type (4 marks & 6 marks)

*Figures in bracket indicate number of questions and figures outside bracket indicate total marks for the question.

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Std: XII (G7)

Time -3 Hrs.

Max Marks -80

Scheme of Examination:

Sr. No.	Method of Assessment	Weightage of Marks	Evaluator
1	Theory Paper (Written)	30 Marks (80 Marks converted 30 Marks)	School / State Board
2	Practical Exam	30 Marks	Certified Assessor/State Board
3	Term Work (Journal)	10 Mark	School Instructor / Trainer
4	Project Work	10 Mark	School Instructor / Trainer
5	Oral / Viva Vocu	10 Mark	School Instructor / Certified Assessor
6	Direct Observation	10 Mark	School Instructor / Certified Assessor
	Total Marks	100 Marks	

A) Unit-wise Distribution of Marks

Chapter No.	Topic / unit	Marks without option	Marks with option
PART A- EMPLOYABILITY SKILL			
1.	Communication skills -IV	5	9
2.	Self management skills -IV	3	3
3.	Information and communication technology skills IV	5	8
4.	Entrepreneurial skills -IV	4	7
5.	Green skills -IV	3	3
B- VOCATIONAL SKILL			
6.	Diet	14	20
7.	Kinesiology and Physiology	13	19
8.	Health and Safety	9	13
9.	Exercises	24	38
	Total	80	120

B) Object wise Distribution of Marks

Sr. No	Objective	Marks	Percentage	Marks with Option
1	Knowledge	18	23	25
2	Understanding	35	42	48
3	Application	27	35	47
Total		80	100	120

C) Question wise Distribution of Marks

Sr.No	Types of the Question	Marks	Marks with option
1	Objective	20	20
2	Short ans.Type (3 marks)	24	36
3	Long ans.Type (4 marks)	24	40
4	Long ans.Type (6 marks)	12	24
Total		80	120

QUESTION PAPER PATTERN FOR THEORY PAPERS

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Time -3 Hrs.

Max Marks -80

Notes: 1. All questions are compulsory.

2. Draw diagrams wherever necessary.

Q. No. 1.A) Select the correct alternative and rewrite the sentence / Fill in the Blanks 5

1.
a)..... b) C) d)
2.
a)..... b) C) d)
3.
a)..... b) C) d)
4.
a)..... b) C) d).....
5.
a)..... b) C) d)

B) Match the following pairs. 5

- | | |
|---|----|
| 1 | A) |
| 2 | B) |
| 3 | C) |
| 4 | D) |
| 5 | E) |

C) State the following statement is true or false and rewrite the wrong statement correctly.

5

- 1.
- 2.
- 3.
- 4.
- 5.

D) Answer the following questions in ONE sentence.

5

- 1.
- 2.
- 3.
- 4.
- 5.

Q. No. 2) Answer the following questions in short. (Any four)

12

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Q. No. 3) Answer the following questions in short. (Any four)

12

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Q. No. 4) Answer the following questions in brief. (Any three)

12

- 1.
- 2.
- 3.
- 4.
- 5.

Q. No. 5) Answer the following questions in brief. (Any three)

12

1.

2.

3.

4.

5.

Q. No. 6 A) Answer the following questions in brief. (Any ONE)

6

1.

2

Q. No. 6 B) Answer the following questions in brief. (Any ONE)

6

1.

2.
