

**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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