

CBSE Class 12 Physical Education
Sample Paper 02 (2020-21)

Maximum Marks: 70

Time Allowed: 3 hours

General Instructions:

- i. The question paper consists of 30 questions and all are compulsory.
- ii. Question 1-12 carries 01 mark each and are Multiple Choice Questions.
- iii. Questions 13-16 carry 02 marks each and shall not exceed 40-60 words.
- iv. Questions 17-26 carry 03 marks each and shall not exceed 80 -100 words.
- v. Questions 27 - 30 carry 05 marks each and shall not exceed 150-200 words.

Section A

1. Which of the following is NOT an objective of planning in sports?
 - a. Finding out the causes of failure
 - b. Distribution of work
 - c. Timely achievements of the targets
 - d. Training of empires and coaches

OR

For the successful organization of the sports meet, committees are formed under three heads. Which of the following is NOT one of them?

- a. Post-meet committee
- b. Pre-meet committee

c. During-meet committee

d. First-meet committee

2. Which of the following is NOT part of a balanced diet?

a. Vitamins

b. Carbohydrates

c. Proteins

d. Probiotics

3. What is the healthy BMI range of a person?

a. Less than 18

b. 35-40

c. 18.5-24.9

d. 25-30

OR

Sukhasana should be avoided in _____.

a. Hypertension

b. Asthma

c. Knee problems

d. Pregnancy

4. Repeated Action is called

a. ADHD

b. ASD

c. OCD

- d. ODD
5. In this deformity, there is no arch in the foot and the foot is completely flat. It is _____.
- a. Short foot
 - b. Plain foot
 - c. Normal foot
 - d. Flat foot
6. _____ is a part of the senior fitness test protocol and is designed to test the functional fitness of seniors.
- a. Harvard Step Test
 - b. Six Minute Walk Test
 - c. One hour Walk Test
 - d. 50 Meter Walk Test
7. Which of the following is NOT a standard technique for injury management?
- a. AAPHAR
 - b. RICER
 - c. No-HARM
 - d. TOTAPS

OR

Strength is determined by which physiological factor?

- a. Muscle stretching
- b. Bodyweight
- c. Joints
- d. Muscle coordinator





8. Opening of hand sidewise when our hand is moving away from the body is an example of
- Flexion
 - Abduction
 - Extension
 - Adduction
9. Which of the following is NOT part of the big five personality traits?
- Openness
 - Helpfulness
 - Agreeableness
 - Conscientiousness
10. Which is not the training method to develop Endurance.
- Continuous method
 - Post isometric stretch method
 - Fartlek method
 - Interval method
11. Given below are the two statements labeled Assertion (A) and Reason (R).
- A. Assertion (A): Correct body posture is the position of body hold without any sense of effort.
- B. Reason (R): The body weight should be equally distributed over both legs.
- Assertion and reason both are correct statements and reason is the correct explanation for the assertion.
 - Assertion and reason both are correct statements but the reason is not the correct explanation for the assertion.
 - The assertion is a correct statement but the reason is the wrong statement.

d. The assertion is the wrong statement but the reason is the correct statement.



12. Vitamin makes _____ strong.



- a. Muscles
- b. Lungs
- c. Bones
- d. Heart

13. Identify the below-given Asanas and write their names.

	_____
	_____
	_____
	_____

14. Identify the below-given Postural Deformities and write their names.

	_____
	_____

	_____
	_____

15. Does a genetic factor cause ADHD?

16. What do you mean by rotation?

OR

What is the frontal plane?

17. Raman is a wrestler. He had to participate in a competition a few weeks later. He is undergoing vigorous training programmes along with diet control by reducing proteins and fat in his diet. This reduced his weight sharply.

Based on this case, answer the following questions.

- i. What do you think would be the main reason behind losing weight by most of the wrestlers before the competition?
 - a. For participating in the lower weight category
 - b. For improving physique
 - c. For improving performance
 - d. For some other purpose
- ii. What are the pitfalls which he can face after doing diet-control?
 - a. Sudden weight gain
 - b. Health problems
 - c. Dietary deficiency
 - d. All of these
- iii. What is a major component of a pre-competition diet?
 - a. Fats
 - b. Proteins

- c. Carbohydrates
- d. Vitamins

18. Kanika eats a lot of junk food and leads an unhealthy lifestyle. Her weight is almost 20% more than the ideal weight for his own age group. Due to her obesity, her physique and body posture looks weird. So, she wants to do dieting but her mother suggested doing regular yoga asanas for weight control. Based on this case, answer the following questions.

- i. Which Asana(s) would have Kanika's mother suggested to her?
 - a. Vajrasana
 - b. Trikonasana
 - c. Hastasana
 - d. All of these
- ii. Which asana is known as 'Diamond Pose'?
 - a. Hastasana
 - b. Vajrasana
 - c. Ardh Matsyendrasana
 - d. Pavanmuktasana
- iii. The BMI for an obese person is
 - a. > 20
 - b. < 15
 - c. > 30
 - d. > 40

19. **Friction is a necessary evil.** Justify your answer with suitable examples from the sport.

OR

How Newton's second law and third law of motion can be applied in sports.

- 20. Describe the purpose and procedure of six-minute walk test for aerobic endurance.
- 21. A famous cricket star Phillip Hughes was struck behind the ear by a ball while batting and died two days after the injury. He was wearing a helmet but the possible reason

mentioned was that even when using a helmet, possibly a significant part of the neck remained exposed and the ball hit him there. And now most of the top cricketers across the world use deeper protection,

- i. Do you feel protective gears are important? Lay stress on your view.
- ii. What first aid should be provided during injury at the superficial layer of the skin?

22. How can women's participation in sports and games be encouraged in India?
23. Enlist two types of coordinative ability.
24. How does the Sensory Processing Disorder interfere with a child's normal everyday functioning?
25. What are the methods of endurance development?
26. Explain food myths.

OR

Find the difference between Macro & Micronutrients.

27. What are the types of personality and explain in detail the role of sports in personality development?
28. What are the aims of sports medicine? Describe in brief. **OR**

Write in detail about the dislocation and fractures among the bones and joint injuries.

29. Mention all calculations and steps involved to draw a Knock-out fixture of 19 teams, where 4 teams are to be seeded. **OR**

What is seeding? Explain, by giving suitable example, the method of giving special seeding.

30. Describe the procedure for administering Rikli & Jones fitness test.

12 Physical Education Sample Paper - 02
Class 12 - Physical Education

Solution

Section A

1. (d) Training of empires and coaches. OR

(d) First-meet committee

2. (d) Probiotics

3. (c) 18.5-24.9

Explanation: According to WHO criteria the healthy BMI range of a person is in between 18.5 to 24.9. OR

(c) Knee problems

Explanation: If someone is having knee injury they should avoid Sukhasana.

4. (d) ODD

5. (d) Flat foot

6. (b) Six Minute Walk Test

7. (a) AAPHAR

OR

(b) Body weight

8. (b) Abduction

9. (b) Helpfulness

10. (b) Post isometric stretch method

11. (b) Assertion and reason both are correct statements but reason is not correct explanation for assertion.

12. (c) Bones

13. i. Pavan Muktasana

ii. Sukhasana

iii. Tadasana

iv. Trikonasana

14. i. Knock Knee

ii. Scoliosis

- iii. Kyphosis
- iv. Lordosis

15. ADHD is not a disorder that passed socially. Research Studies show that parents, siblings, and children of people with ADHD may be up to five times more likely to have the disorder than the people who are not related to someone with ADHD.
16. Rotation is a form of movement in which a bone moves around a central axis without undergoing any displacement from the axis. Moving apart around an axis is called rotation.eg. Twisting the head from side to side.

OR

Frontal or Coronal plane: the frontal plane is also vertical and passes from left to right dividing the body into posterior to anterior halves. It is also known as the coronal plane. The frontal plane cuts the body into front and back. Movements along the frontal plane can include cartwheel and star jumps.

17. i. (a) For participating in the lower weight category
Exp- Boxers and wrestlers often tend to lose their weight before competitions to compete in the lower weight category.
- ii. (d) All of these
Exp- Weight loss through dieting leads to various pitfalls like sudden weight gain, health problems, nutrients deficiency, etc.
- iii. (c) Carbohydrates
Exp- Carbohydrates are much required before competitions because it fills our body with energy and improves our performance level.
18. i. (d) All of these
Exp- Vajrasana, Trikonasana, and Hastasana are too effective in curing Obesity.
- ii. (b) Vajrasana
Exp- Vajrasana is known as 'Diamond Pose'
- iii. (c) >30
Exp- If the BMI of a person is greater than 30, then he is considered as obese.
19. Friction is usually called a necessary evil. It means that it is essential in games and sports. Without friction, we cannot give a better performance in the field of sports.

Examples are spikes used by athletes for running and studs used in football boots of the players. However, friction has disadvantages also. In cycling, there should not be more friction between road and the tyres of the cycle.

OR

1. **Law of acceleration:** According to this law, A change in motion is directly proportional to the force producing it and inversely proportional to its mass. If two unequal forces are applied to objects of equal mass, the object that has greater force applied will move faster. Conversely, if two equal forces are applied to objects of different masses, the lighter mass will travel at a faster speed. eg. In the hammer throw, a thrower who is stronger will throw the hammer farther than a thrower who is less strong.
2. **Law of reaction:** According to this law 'For every action there is an equal and opposite reaction.' There are so many examples in sports where this law is applied. e.g., In swimming, a swimmer pushes the water backwards (action) and the water pushes the swimmer forward (reaction) with the same force. In swimming, a swimmer pushes the water backward (action). The water pushes the swimmer forward (reaction) with the same

20. **Purpose** This test measures the aerobic fitness and endurance of senior citizens.
Procedure The walking course is laid out in a 50 yard (45. 72 mtr.) rectangular area (dimension 45×5 yards) with cones placed at regular intervals to indicate distance walked. The aim of this test is to walk as quickly as possible for six minutes to cover as much ground as possible. Subjects are to set their own pace (a preliminary trial is useful to practice pacing and are able to stop for a rest if they desire).
21.
 - i. Yes, protective gears are very important in sports as they serve an integral role in maintaining the safety of the players and in preventing injuries. In contact sports like football, handball and in sports where the prop is used like hockey sticks, players have a greater chance of injury. Therefore protective gears are important.
 - ii. An injury at the superficial layer of the skin also called abrasion is a soft tissue injury.
The RICER technique should be used as first aid in soft tissue injuries.

22. The following steps should be taken to increase women's participation in sports:-
1. Coaching Programmes - During coaching, women should be motivated and provided appropriate opportunities to undertake leadership positions within an organization. State of the art technical instruction should be provided to them. A flexible approach by the authorities is required for the participation of women in sports.
 2. Safety- This is another factor that promotes girls' participation in sports. Exercising in groups can make physical activity safer for women and girls.
 3. Facilities - Keeping in mind the hygienic needs of women and girls separate changing facilities should be arranged for them. Childcare should be provided so that women can bring their children to training or competition venues without hesitation.
 4. Affordability - Participation fees in sports should be reduced or abolished for women. Concessions for traveling and boarding should be provided to women.
23. Orientation ability- It is the ability to determine the position of the body & its parts in time & space in relation to gravity. It depends on the functional capacity of sensory organs like eyes & other sense organs. Reaction ability-It is the ability to react immediately to a signal. They are of two types as simple reaction & complex reaction.
24. Sensory Processing Disorder is a condition in which the brain has difficulty in receiving and responding to the information that comes in through the senses. It refers to the way the nervous system receives messages from the senses and then turns them into the proper motor and behavioural responses. Sensory Processing Disorder may affect one senses such as touch, sight, taste or movement. In fact, the person may scream when touched or may vomit or dive under the table after hearing the sound of a leaf blower outside the window. Sensory Processing Disorder is a condition in which the brain has difficulty in receiving and responding to the information that comes in through the senses. It refers to the way the nervous system receives messages from the senses and then turns them into the proper motor and behavioural responses. Sensory Processing Disorder may affect one senses such as touch, sight, taste or movement. It may also affect multiple senses. In fact, the person may scream when touched or may vomit or dive under the table after hearing the sound of a leaf blower outside the window.

25. ENDURANCE DEVELOPMENT:-

a) Continuous method:-

- i) Slow continuous method
- ii) Fast continuous method.

b) Interval training method:-

- i) Speed of work
- ii) Duration of work

c) Fartlek training method:-

- i) it is flexible in nature
- ii) no equipment

26. There are various food myths especially prevailing in Indian when to eat what how much and where to eat etc, things like that often confuse individuals, they are believed by people and now have scientific knowledge which says not to believe them.

- 1. Potatoes make you fat
- 2. Fat-free products will help you in losing weight
- 3. Eggs increase cholesterol levels so avoid them
- 4. Drinking while eating makes you fat
- 5. Don't take milk immediately after eating fish
- 6. Starve yourself if you want to loose weight

OR

Macronutrients mainly include carbohydrates, proteins and fats and also water which are required in large quantities and their main function being the release of energy in body. Whereas, micronutrients mainly comprise vitamins and minerals which are required in minute quantities. However, both macronutrients as well as micronutrients are essential. Macronutrients include Carbon, Oxygen, Hydrogen, and Nitrogen. Micronutrients are chlorine, iron, manganese, zinc, boron, sodium, copper, molybdenum and nickel.

27. Personality is the dynamic organization within the individual of those psychophysical systems which determine his unique adjustment to his environment. Personality is not a static but a dynamic concept. It is continuously changing and growing. Children may have identical environment. They may have similar experiences but they react to the same environment in different way.

Types of Personality Introverts:- Introverts are shy, self-conscious, quite retiring, interested in their own thoughts and feelings, inclined to worry and easily upset.

Extroverts:- Extroverts are social, open, frank, outgoing, eager to do things adaptable, not easily worried or embarrassed and willing to work with others.

Ambiverts:- In ambiverts both the characteristics of introverts and extroverts are found. In every person mostly both the characteristics are found, though one of them may be predominant. Sports play a very important role in personality development. They improve the following qualities.

(a) Self-concept

(b) Mental toughness

(c) Emotional stability

(d) Quick Decision

(e) Planning (Points to be explained) Sports and games play an important role in the development of human personality. They are no less important than food and fresh water. Games and sports help to combat anxiety, depression and stress. Sports train sportsmen to accept defeat gracefully and to move on.

28. The main aims of sports medicine are as follows:

- a. To provide information to athletes about injuries.
- b. To provide knowledge about the causes of injuries.
- c. To provide means or treatment for sports injuries and for the rehabilitation of injuries.
- d. To provide knowledge about the preventive measures of sports injuries.

To provide information to athletes about injuries: It is the foremost aim of sports medicine, Generally, the sportsperson do not have complete information & knowledge about injuries which usually occur during training or competition. A coach is expected to provide such knowledge to the sportsperson.

To provide knowledge about the causes of injuries: sports medicine provides knowledge about the causes of injuries. There may be various causes of injuries such as improper conditioning, faulty techniques, improper fitness etc.

To provide means or treatment for sports injuries and for the rehabilitation of injuries: it is another significant aim that after providing first aid to the injured sportsperson, the specialist of sports medicine must be informed of providing treatment to the injured athlete. For rehabilitation, various methods such as hydrotherapy, electrotherapy, physiotherapy are used.

To provide knowledge about the preventive measures of sports injuries: Athletes should be provided knowledge in advance regarding the preventive measures so that there will be rare chances for him to get injured.

OR

Dislocation: It is an injury of the joint in which, the adjoining bones are displaced from their original position. Dislocations mainly occurs in contact sports, such as football, hockey, and in sports that may involve falls, such as downhill skiing, gymnastics, volleyball and also during motor vehicle accidents.

Dislocation takes place in different location of the joints like:

1. Dislocation of the shoulder joint.
2. Dislocation of the lower jaw.
3. Dislocation of the hip joint.

Fracture: Bone injuries occur in the bone due to some impact or minimal trauma injury as a result of certain medical conditions that weaken the bone. There are many types of bone injuries which are as follows:

1. Simple fracture
2. Compound fracture
3. Greenstick fracture

29. **Knock-out or Elimination Tournaments (also called an Olympic System Tournament)** is a type of elimination tournament where the loser of each bracket is immediately eliminated from the tournament.

Upper half

Lower half

1 Bye

2 Bye

3 Bye

4

5

6

7

8 Bye

9 Bye

10 Bye

11 Bye

12 Bye

13 Bye

14

15

16 Bye

17 Bye

18 Bye

19 Bye

20 Bye

21 Bye

22 Bye

23 Bye

24 Bye

25 Bye

26 Bye

27 Bye

28 Bye

29 Bye

30 Bye

31 Bye

32 Bye

33 Bye

34 Bye

35 Bye

36 Bye

37 Bye

38 Bye

39 Bye

40 Bye

41 Bye

42 Bye

43 Bye

44 Bye

45 Bye

46 Bye

47 Bye

48 Bye

49 Bye

50 Bye

51 Bye

52 Bye

53 Bye

54 Bye

55 Bye

56 Bye

57 Bye

58 Bye

59 Bye

60 Bye

61 Bye

62 Bye

63 Bye

64 Bye

65 Bye

66 Bye

67 Bye

68 Bye

69 Bye

70 Bye

71 Bye

72 Bye

73 Bye

74 Bye

75 Bye

76 Bye

77 Bye

78 Bye

79 Bye

80 Bye

81 Bye

82 Bye

83 Bye

84 Bye

85 Bye

86 Bye

87 Bye

88 Bye

89 Bye

90 Bye

91 Bye

92 Bye

93 Bye

94 Bye

95 Bye

96 Bye

97 Bye

98 Bye

99 Bye

100 Bye

101 Bye

102 Bye

103 Bye

104 Bye

105 Bye

106 Bye

107 Bye

108 Bye

109 Bye

110 Bye

111 Bye

112 Bye

113 Bye

114 Bye

115 Bye

116 Bye

117 Bye

118 Bye

119 Bye

120 Bye

121 Bye

122 Bye

123 Bye

124 Bye

125 Bye

126 Bye

127 Bye

128 Bye

129 Bye

130 Bye

131 Bye

132 Bye

133 Bye

134 Bye

135 Bye

136 Bye

137 Bye

138 Bye

139 Bye

140 Bye

141 Bye

142 Bye

143 Bye

144 Bye

145 Bye

146 Bye

147 Bye

148 Bye

149 Bye

150 Bye

151 Bye

152 Bye

153 Bye

154 Bye

155 Bye

156 Bye

157 Bye

158 Bye

159 Bye

160 Bye

161 Bye

162 Bye

163 Bye

164 Bye

165 Bye

166 Bye

167 Bye

168 Bye

169 Bye

170 Bye

171 Bye

172 Bye

173 Bye

174 Bye

175 Bye

176 Bye

177 Bye

178 Bye

179 Bye

180 Bye

181 Bye

182 Bye

183 Bye

184 Bye

185 Bye

186 Bye

187 Bye

188 Bye

189 Bye

190 Bye

191 Bye

192 Bye

193 Bye

194 Bye

195 Bye

196 Bye

197 Bye

198 Bye

199 Bye

200 Bye

201 Bye

202 Bye

203 Bye

204 Bye

205 Bye

206 Bye

207 Bye

208 Bye

209 Bye

210 Bye

211 Bye

212 Bye

213 Bye

214 Bye

215 Bye

216 Bye

217 Bye

218 Bye

219 Bye

220 Bye

221 Bye

222 Bye

223 Bye

224 Bye

225 Bye

226 Bye

227 Bye

228 Bye

229 Bye

230 Bye

231 Bye

232 Bye

233 Bye

234 Bye

235 Bye

236 Bye

237 Bye

238 Bye

239 Bye

240 Bye

241 Bye

242 Bye

243 Bye

244 Bye

245 Bye

246 Bye

247 Bye

248 Bye

249 Bye

250 Bye

251 Bye

252 Bye

253 Bye

254 Bye

255 Bye

256 Bye

257 Bye

258 Bye

259 Bye

260 Bye

261 Bye

262 Bye

263 Bye

264 Bye

265 Bye

266 Bye

267 Bye

268 Bye

269 Bye

270 Bye

271 Bye

272 Bye

273 Bye

274 Bye

275 Bye

276 Bye

277 Bye

278 Bye

279 Bye

280 Bye

281 Bye

282 Bye

283 Bye

284 Bye

285 Bye

286 Bye

287 Bye

288 Bye

289 Bye

290 Bye

291 Bye

292 Bye

293 Bye

294 Bye

295 Bye

296 Bye

297 Bye

298 Bye

299 Bye

300 Bye

301 Bye

302 Bye

303 Bye

304 Bye

305 Bye

306 Bye

307 Bye

308 Bye

309 Bye

310 Bye

311 Bye

312 Bye

313 Bye

314 Bye

315 Bye

316 Bye

317 Bye

318 Bye

319 Bye

320 Bye

321 Bye

322 Bye

323 Bye

324 Bye

325 Bye

326 Bye

327 Bye

328 Bye

329 Bye

330 Bye

331 Bye

332 Bye

333 Bye

334 Bye

335 Bye

336 Bye

337 Bye

338 Bye

339 Bye

340 Bye

341 Bye

342 Bye

343 Bye

344 Bye

345 Bye

346 Bye

347 Bye

348 Bye

349 Bye

350 Bye

351 Bye

352 Bye

353 Bye

354 Bye

355 Bye

356 Bye

357 Bye

358 Bye

359 Bye

360 Bye

361 Bye

362 Bye

363 Bye

364 Bye

365 Bye

366 Bye

367 Bye

368 Bye

369 Bye

370 Bye

371 Bye

372 Bye

373 Bye

374 Bye

375 Bye

376 Bye

377 Bye

378 Bye

379 Bye

380 Bye

381 Bye

382 Bye

383 Bye

384 Bye

385 Bye

386 Bye

387 Bye

388 Bye

389 Bye

390 Bye

391 Bye

392 Bye

393 Bye

394 Bye

395 Bye

396 Bye

397 Bye

398 Bye

399 Bye

400 Bye

401 Bye

402 Bye

403 Bye

404 Bye

405 Bye

406 Bye

407 Bye

408 Bye

409 Bye

410 Bye

411 Bye

412 Bye

413 Bye

414 Bye

415 Bye

416 Bye

417 Bye

418 Bye

419 Bye

420 Bye

421 Bye

422 Bye

423 Bye

424 Bye

425 Bye

426 Bye

427 Bye

428 Bye

429 Bye

430 Bye

431 Bye

432 Bye

433 Bye

434 Bye

435 Bye

436 Bye

437 Bye

438 Bye

439 Bye

440 Bye

441 Bye

442 Bye

443 Bye

444 Bye

445 Bye

446 Bye

447 Bye

448 Bye

449 Bye

450 Bye

451 Bye

452 Bye

453 Bye

454 Bye

455 Bye

456 Bye

457 Bye

458 Bye

459 Bye

460 Bye

461 Bye

462 Bye

463 Bye

464 Bye

465 Bye

466 Bye

Seeding: Seeding is a process by which good teams are fitted in fixtures in such a way that stronger teams do not meet each other in earlier rounds. This seeding method is only possible if the standard of the teams is known beforehand. This method is

applied to keep up the interest of spectators alive till the last match. On account of their previous performances, these teams or players are kept in separate halves. Further, it is well known in advance that some of the top-ranking players or teams are generally drawn in the fixture in such a way that they have fitted straight away into the quarter-finals. This is known as the special seeding method. Though this arbitrary method of drawing fixture may be felt as unfair but it is desirable to keep the interest sustained in the tournament.

Example: Fixture

Seeding:

Number of teams = 11

Bye = $16 - 11 = 5$ byes

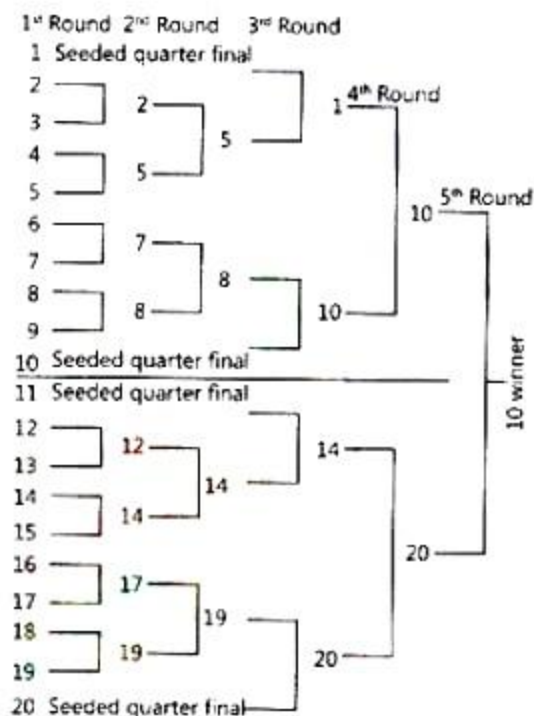
So, 4 seeded teams shall be given byes and 5th bye would go to any other team.

Special Seeding:

Number of teams = 20

Teams in each quarter = $\frac{20}{4} = 5$ teams

(last year semi-finalists are given special seeding or 4 top rankings.)



This is special seeding method

30. The test used to measure the fitness of senior citizens is Rikili and Jones Senior citizen fitness test.

The Senior Fitness Test was developed as part of the Life Span Wellness Program of Fullerton University by Dr. Roberta Rikli and Dr. Jessie Jones. It is a simple easy-to-use battery of test items that assess the functional fitness of older adults. The test describes easy to understand and effective tests to measure aerobic fitness, strength and flexibility using minimal and inexpensive equipment. The Individual fitness test items involve common activities such as getting from a chair, walking, lifting, bending and stretching. The tests were developed to be safe and enjoyable for older adults while still meeting scientific standards for reliability and validity. Here is a list of the tests, with links to more details for each.

1. Chair Stand Test – testing lower body strength
2. Arm Curl Test – testing upper body strength.
3. Chair sit and Reach Test – lower body flexibility test
4. Back Scratch Test – upper body flexibility test
5. 8-Foot Up and Go Test – agility test
6. Walk Test (6 minutes)

OR

Step in Place Test (2 minutes) - The walk test is used to assess aerobic fitness unless the person uses orthopedic devices when walking or has difficulty balancing in which case they do the step in place test.