

Sample Paper 01

PHYSICAL EDUCATION (048)

Class XII Session 2024-25

Time: 3 Hours

Max. Marks: 70

General Instructions:

1. The question paper consists of 5 sections and 37 Questions.
 2. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
 3. Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
 4. Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
 5. Sections D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
 6. Section E consists of Question 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.
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SECTION-A

1. Identify the asana:



- (a) Halasana
(b) Paschimottanasana
(c) Dhanurasana
(d) Vajrasana
2. Select the incorrect option that does not describe strength.
- (a) Knock-out strength
(b) Explosive strength
(c) Strength endurance
(d) Maximum strength]

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3. **Assertion (A)** : Buffer capacity is essential for maintaining the pH balance of the body during intense physical activity.

Reason (R) : It helps neutralize the effects of lactic acid by utilizing the body's alkali reserves.

Options:

- (a) Both Assertion (A) and Reason (R) are true, and Reason (R) is the correct explanation of Assertion (A).
- (b) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).
- (c) Assertion (A) is true, but Reason (R) is false.
- (d) Assertion (A) is false, but Reason (R) is true.

4. Which asana is also known as 'Mountain Pose'?

- (a) Tadasana
- (b) Trikonasana
- (c) Gomukhasana
- (d) Vajrasana

5. Match the following and choose the correct option.

A.	Energy yielding	1.	Carbohydrate
B.	Body building	2.	Vitamin
C.	Protective	3.	Cellulose
D.	Fiber	4.	Protein

- (a) A-3, B-2, C-4, D-1
- (b) A-2, B-3, C-1, D-4
- (c) A-1, B-4, C-2, D-3
- (d) A-4, B-1, C-3, D-2

6. Which of the following abilities of the athlete is tested by the Modified Push-ups Test?

- (a) Upper body strength
- (b) Endurance
- (c) speed and agility
- (d) Power

7. Which of the following is a personality trait included in the 'Big Five'?

- (a) Motivator
- (b) Openness
- (c) Extroverts
- (d) Introverts

8. What are the parameters in which women are different from men?

- (a) Lean body shape
- (b) Shorter in height
- (c) Lesser in body mass and low fat
- (d) All of the Above

9. Gomukhasana should be avoided by those suffering from.

- (a) Pregnancy
- (b) Shoulder pain
- (c) Knee or back pain
- (d) All of the above

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10. Which test is suitable for senior citizens to assess their upper body flexibility?
 (a) Sit and Reach (b) Partial Curl Up
 (c) Push Ups (d) Back Scratch Test
11. _____ is a form of road running or cross-country running in which the runner usually changes the pace significantly during the run.
 (a) Interval training (b) Fartlek training
 (c) Continuous training (d) None of the above
12. Match the following.
- | | | | |
|----|-----------------|----|------------------|
| A. | Knock-knee | 1. | Halasana |
| B. | Bow Legs | 2. | Chakrasana |
| C. | Lordosis | 3. | Padmasana |
| D. | Round shoulders | 4. | Ardha Chakrasana |
- (a) A-1, B-3, C-2, D-4 (b) A-3, B-4, C-1, D-2
 (c) A-2, B-1, C-4, D-3 (d) A-4, B-2, C-1, D-3
13. How much blood is pumped by heart in one beat?
 (a) 70 ml (b) 90 ml
 (c) 50 ml (d) 60 ml
14. _____ is also known as channelled aggression.
 (a) Assertive Aggression (b) Instrumental Aggression
 (c) Hostile Aggression (d) None of the above
15. Where were the first Special Olympics games held in 1968?
 (a) Chicago (b) New Haven
 (c) Shanghai (d) Los Angeles
16. The objectives of specific sports programmes include _____.
 (a) Raising funds for charitable organisations (b) Improving the standard of sports
 (c) Broadening the base of sports (d) All of the above
17. Who formulated the personality types on the basis of physical attributes?
 (a) William Herbert Sheldon (b) Ogburn and Nimkoff
 (c) Carl Jung (d) Maciionis

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- 18. Assertion (A) :** Everyone should do yoga daily.
Reason (R) : Yoga helps in avoiding various lifestyle diseases such as diabetes, obesity, and cardiovascular disease.
In the context of the above two statements, which one of the following is correct?
Codes
- (a) A is true, but R is false
 - (b) A is false, but R is true
 - (c) Both A and R are true, but R is not the correct explanation of A
 - (d) Both A and R are true, and R is the correct explanation of A

SECTION-B

- 19. What are the various phases in a macro cycle?
- 20. Describe an incision wound with examples.
- 21. What do you understand by goal setting?
- 22. What is the purpose of a 600 m run/walk?
- 23. What are fat soluble vitamins? List the four types?
- 24. Design an exercises program for curing knock knees.

SECTION-C

- 25. Why do players show hostile aggression on the field? Enlist its types.
- 26. Discuss the functions and sources of fats.
- 27. Briefly explain any three common soft tissue injuries.
- 28. Briefly explain interval training method. State its advantages and disadvantages.
- 29. Explain the redistribution of blood flow in our body during exercise and rest.
- 30. What is the usefulness of Back Scratch Test for Senior Citizens? Describe how it is quantitatively measured? Give two more example of senior citizen tests.

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32. On the basis of picture given below, answer the following questions.



- (i) Identify the postural deformity in the given figure.
- (a) Lordosis (b) Scoliosis
(c) Kyphosis (d) Flat foot
- (ii) Mention any two causes of scoliosis.
- (a) Birth defects and heredity defects (b) Poor posture and lack of exercise
(c) Trauma and aging (d) Muscle overuse and vitamin deficiency
- (iii) Yoga asanas such as _____ are useful for treating scoliosis.
- (a) Bhujangasana (b) Trikonasana
(c) Chakrasana (d) Padmasana
- (iv) Scoliosis is a _____ curvature of the spine.
- (a) Forward (b) Backward
(c) Sideways (d) Rotational

33. On the basis of the picture given below, answer the following questions.



- (i) _____ are the basic constituents of our cells.

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- (a) Fats (b) Proteins
(c) Vitamins (d) Carbohydrates
- (ii) Carbohydrates, Proteins, and Fats together make up _____ nutrients.
(a) Micro (b) Macro
(c) Essential (d) Secondary
- (iii) Fats contain 76 per cent of _____, 12 per cent of _____, and 12 per cent of _____.
(a) Carbon, Oxygen, and Hydrogen (b) Carbon, Hydrogen, and Oxygen
(c) Oxygen, Carbon, and Hydrogen (d) Hydrogen, Oxygen, and Carbon
- (iv) List any two sources of simple and complex carbohydrates each.
(a) Simple: Fruits and refined honey; Complex: Cereals and vegetables
(b) Simple: Vegetables and honey; Complex: Milk and cereals
(c) Simple: Fruits and milk; Complex: Vegetables and nuts
(d) Simple: Refined honey and milk; Complex: Nuts and fruits

SECTION-E

34. Rajesh wants to assess the physical fitness of all the elderly people of his family. Suggest which test should be conducted by him? Explain the test.
35. Explain any five different types of coordinative abilities.
36. Define and explain personality. Discuss the role of sports in personality development.
37. Suggest the formation of various committees for systematic and smooth conduct of the Annual Sports Day in your school.

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Sample Paper 02

PHYSICAL EDUCATION (048)

Class XII Session 2024-25

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-

SECTION-A

1. Identify the test given below.



- (a) Sit and Reach
 - (b) Partial Pull-Up
 - (c) Back Scratch
 - (d) Pushup
2. **Assertion (A)** : A laceration is an injury that results in an irregular break in the skin, commonly referred to as a cut.
Reason (R) : A laceration is caused by trauma and differs from other injuries like abrasion, fracture, or contusion.
 - (a) Both A and R are true, and R is the correct explanation of A.
 - (b) Both A and R are true, but R is not the correct explanation of A.
 - (c) A is true, but R is false.
 - (d) A is false, but R is true.

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3. For Deaflympics gun shots are replaced by _____ as signals for athletes.
 (a) Flags (b) Visual signals
 (c) Both (a) and (b) (d) None of the above
4. The _____ test is also known as Fullerton Functional Test for senior citizens.
 (a) 50 mt. Speed (b) Rikli and Jones
 (c) Sit and Reach Flexibility (d) Abdominal Partial Curl Up
5. Second Newton's Law of Motion deals with _____.
 (a) Acceleration (b) Extension
 (c) Law of Inertia (d) Opposite reaction
6. Jung classified most of the people as _____.
 (a) Ambiverts (b) Introverts
 (c) Extroverts (d) None of these
7. Which among the following is not water-soluble vitamins?
 (a) Vitamin A (b) Vitamin C
 (c) Vitamin B (d) Vitamin B12
8. _____ is the ability to perform smooth and accurate movements involving different parts of the body.
 (a) Subjugation (b) Adaptation
 (c) Differentiation (d) Coordination
9. Which of the following procedure is not used for drawing up fixtures for a knock-out tournament?
 (a) Seeding (b) Bye
 (c) Staircase (d) Special Seeding
10. Match the following.
- | | | | |
|----|------------|----|---------------|
| A. | Sprain | 1. | Muscle injury |
| B. | Greenstick | 2. | Skin damage |
| C. | Contusion | 3. | Fracture |
| D. | Abrasion | 4. | Ligament tear |
- (a) A-3, B-2, C-4, D-1 (b) A-1, B-2, C-3, D-4
 (c) A-4, B-3, C-1, D-2 (d) A-2, B-1, C-4, D-3
11. What is the beneficial effect of physiotherapy?
 (a) Preventing further damage to the injured area.
 (b) Relieving pain caused by the injury.
 (c) Returning the normal function to the injured area.



(d) All of the above

12. Which one of the following is the Harris Benedict formula for Women?

- (a) $BMR = 66 + [9.6 \times wt(kg) + (1.8 \times ht(cm)) - (6.8 \times age(yrs))]$
- (b) $BMR = 655 + [13.7 \times wt(kg) + (5 \times ht(cm)) - (4.7 \times age(yrs))]$
- (c) $BMR = 655 + [9.6 \times wt(kg) + (1.8 \times ht(cm)) - (4.7 \times age(yrs))]$
- (d) $BMR = 66 + [13.7 \times wt(kg) + (5 \times ht(cm)) - (6.8 \times age(yrs))]$

13. The social qualities like character, morality, manners, etc. are developed through the process of _____

- (a) Aggression
- (b) team work
- (c) socialisation
- (d) personality development

14. Pre-Menstrual Dysphonic Disorder (PMDD) includes _____ discomfort prior to menstruation.

- (a) Mental
- (b) Physical
- (c) Emotional
- (d) Both (b) and (c)

15. Which of the asanas is not performed to help cure or manage asthma?

- (a) Anuloma Vilom
- (b) Tadasana
- (c) Yoga Mudrasana
- (d) Urdhva

16. Which among the following minerals are essential for proper thyroid function?

- (a) Zinc
- (b) Copper
- (c) Calcium
- (d) Iodine

17. **Assertion (A)** : People who fall in underweight category have BMI less than 18.5.

Reason (R) : If the BMI is 30 or greater, the person is considered to be obese.

In the context of the above two statements, which one of the following is correct?

- (a) A is true, but R is false
- (b) A is false, but R is true
- (c) Both A and R are true but R is not the correct explanation of A
- (d) Both A and R are true and R is the correct explanation of A

18. Match the following.

A.	Continuous Training	1.	Perrine
B.	Isotonic Exercises	2.	O Astrand
C.	Isokinetic Exercises	3.	Van Aaken
D.	Fartlek	4.	De Loone

- (a) A-2, B-1, C-4, D-3
- (b) A-4, B-2, C-1, D-3
- (c) A-1, B-3, C-2, D-4
- (d) A-3, B-4, C-1, D-2

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SECTION-B

19. Differentiate between instrumental aggression and hostile aggression.
20. What do you understand by vital air capacity?
21. What is a balanced diet? Elaborate any four nutrients/elements of a balanced diet.
22. What happens in the case of absence of menstrual cycle?
23. Differentiate between extroverts and introverts.
24. List any two uses of proteins in our diet. What are the deficiencies children can develop if they do not have proper protein intake?

SECTION-C

25. 'Doing asana is a healthy way of life.' Justify the statement by giving any three importance of it.
26. Compare the basis on which different types of sports injuries are classified.
27. How can Newton's Third Law of Motion be applied in swimming sport?
28. Define strain and its types in brief.
29. List any three pre-meet responsibilities taken by sports committees.
30. What are nutritive and non-nutritive components of a diet? List down the types of nutritive and non-nutritive components and their benefits.

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SECTION-D

31. On the basis of the picture given below, answer the following questions.



- (i) What does the circle in the middle of the Deaflympics logo represent?
- (a) The Earth
 - (b) An eye because deaf people are very visual
 - (c) A symbol of unity
 - (d) A hearing aid
- (ii) What is the motto of the Deaflympics?
- (a) Sports for All
 - (b) Equality through Sports
 - (c) Unity through Sports
 - (d) Strength in Diversity
- (iii) Where were the Deaflympics first held?
- (a) London, 1948
 - (b) Paris, 1924
 - (c) Athens, 1896
 - (d) Tokyo, 1964
- (iv) What is used instead of gunshots to guide athletes in the Deaflympics?
- (a) Whistles and bells
 - (b) Alarms and sirens
 - (c) Flags and lights
 - (d) Drums and vibrations

32. On the basis of the picture given below, answer the following questions.



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(i) Which disease is the Ushtrasana (Camel Pose) known to help cure?

- (a) Diabetes (b) sthma
(c) Obesity (d) Arthritis

(ii) What is another name for Ushtrasana?

- (a) Bow Pose (b) Mountain Pose
(c) Camel Pose (d) Cobra Pose

(iii) Which yoga asana, other than Ushtrasana, can help cure obesity?

- (a) Dhanurasana (b) Tadasana
(c) Vrikshasana (d) Bhujangasana

(iv) Which muscles of the body are stretched during Ushtrasana?

- (a) Posterior muscles (b) Lateral muscles
(c) Anterior muscles (d) Abdominal muscles

33. On the basis of the picture given below, answer the following questions.



(i) Which of the following is not a factor determining flexibility?

- (a) Joint structure (b) Age and gender
(c) Weather conditions (d) Muscle strength

(ii) Name two other methods to improve flexibility.

- (a) Ballistic stretching and static passive stretching
(b) Dynamic stretching and weightlifting
(c) Resistance training and yoga
(d) Cardio exercises and static stretching

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- (iii) Which method is represented in the figure above to improve flexibility?
- (a) Static stretching
 - (b) Dynamic stretching
 - (c) Proprioceptive Neuromuscular Facilitation (PNF)
 - (d) Ballistic stretching
- (iv) How many types of flexibility are there?
- (a) One
 - (b) Two
 - (c) Three
 - (d) Four

SECTION-E

34. Write any five effects of exercise on the muscular system.
35. What is a fixture? What are the different methods of to draw fixtures for tournaments? Draw a single knock-out fixture of 17 teams?
36. Describe the types of joint injuries.
37. Describe what do you understand by Rikli and Jones Senior Citizen Fitness. Enlist the types of tests and their purposes.

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Sample Paper 03
PHYSICAL EDUCATION (048)
Class XII Session 2024-25

Time: 3 Hours

Max. Marks: 70

General Instructions:

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-

SECTION-A

1. Identify the asana in the figure given below.



- | | |
|-----------------------|---------------|
| (a) Urdhva Hastasana | (b) Vakrasana |
| (c) Paschimottanasana | (d) Halasana |
2. Rikli Jones test is conducted on _____.
- | | |
|----------------|---------------------|
| (a) Adolescent | (b) Senior Citizens |
| (c) Children | (d) Adults |

Continue on next page.....

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3. Given below are the two statements labelled Assertion (A) and Reason (R).
Assertion (A) : A bye is given to a team in a knockout tournament to automatically advance to the next round without playing in the current round.
Reason (R) : A bye is typically provided to balance the number of teams in the next round of the tournament.
- (a) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
(b) Both (A) and (R) are true and (R) is the correct explanation of (A).
(c) (A) is true, but (R) is false.
(d) (A) is false, but (R) is true.
4. Partial curl up is to test:
- (a) agility and speed (b) abdominal strength and endurance
(c) upper body strength and endurance (d) leg strength and endurance
5. _____ Vitamin is a group of 8 water soluble vitamins which are important for cellular metabolism.
- (a) C (b) D
(c) E (d) B Complex
6. _____ represents the smooth running of the event.
- (a) Organizing (b) Planning
(c) Managing (d) Feedback
7. A tournament where every team plays with every other team once and the number of matches is determined with the help of $N(N-1)$ is called as:
- (a) Knock-out tournament (b) Single league tournament
(c) Double league tournament (d) None of these
8. A _____ diet contains all the essential food constituents necessary for growth and maintenance of our body.
- (a) Prescribed (b) consistent
(c) Strict (d) balanced
9. _____ methods helps best in maintaining a healthy body weight?
- (a) Eating snacks frequently but no meals
(b) Reducing calories drastically in food eaten
(c) Leading an active lifestyle
(d) Missing at least one meal every day
10. Vitamin E deficiency causes:
- (a) Weakness in heart and muscle (b) Anaemia
(c) Both (a) and (b) (d) None of these

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11. Allotment of bye is on the basis of _____.
- (a) random draws (b) pre-decided sequence
(c) performance (d) first come first serve
12. _____ is the last function during an event organisation.
- (a) Managing (b) Organizing
(c) Feedback (d) Planning
13. Which of the following food helps in sustaining prolonged routine of exercise?
- (a) Vitamins (b) Carbohydrates
(c) Fats (d) Proteins
14. Match the following :

	LIST-I		LIST-II
1.	Abrasion	A.	Joint Injuries
2.	Green stick fractures	B.	Soft tissue injuries
3.	Shoulder Dislocation	C.	Cause of sport injuries
4.	Lack of fitness	D.	Bone injuries

Choose the correct option from the following :

- (a) 1 – B, 2 – A, 3 – C, 4 – D (b) 1 – D, 2 – A, 3 – C, 4 – B
(c) 1 – A, 2 – D, 3 – B, 4 – C (d) 1 – B, 2 – D, 3 – A, 4 – C
15. Schedules fixed for the matches to be played their time, place, date and court, etc. known as _____.
- (a) advantage (b) bye
(c) seeding (d) fixture
16. Match the following:
- | | List -I | | List -II |
|----|---------------------|----|-------------------------------------|
| 1. | Technical committee | A. | to provide shifting facility |
| 2. | Finance committee | B. | to resolve dispute |
| 3. | Transport committee | C. | to deals with money and expenditure |
| 4. | First and committee | D. | to provide medical facility |
- (a) 1 – B, 2 – C, 3 – D, 4 – A (b) 1 – C, 2 – B, 3 – A, 4 – D
(c) 1 – D, 2 – C, 3 – A, 4 – B (d) 1 – B, 2 – C, 3 – A, 4 – D
17. Vitamin E contributes to the production of _____, making our _____ system strong.
- (a) Antibodies, immunity (b) Strength, digestive
(c) Both (a) and (b) (d) Hormones, muscular

Continue on next page.....

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18. Given below are the two statements labelled Assertion (A) and Reason (R).
Assertion (A) : “A change in the acceleration of an object is directly proportional to the force producing it and inversely proportional to its mass”.
Reason (R) : lighter mass will travel at a faster speed.
- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
 - (b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
 - (c) (A) is false, but (R) is true.
 - (d) (A) is true, but (R) is false.

SECTION-B

19. Discuss the responsibilities of Award Committee and Press and Media Committee.
20. 10-year-old Swati eats lots of candies and dislikes eating vegetables. Swati is likely to suffer from which deficiency? Give two sources to avoid said deficiency.
21. Write the details about the benefits of Katichakrasana.
22. Explain the method of doing isokinetic exercises.
23. Explain flat foot and also suggest corrective measures for this postural deformity.
24. What are fat soluble vitamins? Explain any two of them.

SECTION-C

25. What do you understand by Female Athlete Triad? List any four symptoms.
26. Compare two methods of speed development.
27. Explain the stair case method of a league tournament of 17 teams.
28. What do you understand by BMI? How is it calculated?
29. Explain the rules of competition for Paralympic Games.
30. Enlist the benefits and contraindications of Ardha Matsyendrasana.

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SECTION-D

31. On the basis of the picture given below, answer the following questions.



- (i) What are the required equipment for this test?
- (a) Measuring tape and stopwatch (b) Sit and Reach box or flexo-measure
(c) Ruler and weight scale (d) Mat and cones
- (ii) What is the purpose of this test?
- (a) To measure lower back and hamstring flexibility
(b) To evaluate core strength
(c) To assess upper body endurance
(d) To test agility and speed
- (iii) Identify the test shown in the picture above.
- (a) Sit and Reach Flexibility Test (b) Beep Test
(c) Vertical Jump Test (d) Back Scratch Test
- (iv) Who described these tests?
- (a) Cooper and Wells (b) Wells and Dillon
(c) Dillon and Jackson (d) Jackson and Wells

32. On the basis of the picture given below, answer the following questions.



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- (i) The ratio between inhalation and exhalation is _____.
- (a) 1:2 (b) 1:1
(c) 2:1 (d) 3:2
- (ii) Identify the yoga asana.
- (a) Bhujangasana (b) Anuloma Viloma
(c) Trikonasana (d) Kapalbhati
- (iii) What is another term used for the same asana?
- (a) Nadishodhana Pranayama (b) Surya Namaskar
(c) Bhastrika (d) Ujjayi Pranayama
- (iv) What is the purpose of this asana?
- (a) Strengthens muscles
(b) Balances the left and right hemisphere, improves focus, and promotes clear thinking
(c) Improves digestion
(d) Enhances flexibility

33. On the basis of the picture given below, answer the following questions.



- (i) This disorder comes under the umbrella of _____.
- (a) Nutritional Deficiencies (b) Metabolic Disorders
(c) Eating Disorders (d) Lifestyle Disorders
- (ii) _____ is a condition which causes low red blood cells.
- (a) Obesity (b) Anaemia
(c) Malnutrition (d) Dyspepsia

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- (iii) _____ is a condition where a person refuses to eat well and maintain normal body weight according to the height.
- (a) Bulimia Nervosa (b) Anorexia Nervosa
(c) Malnutrition (d) Depression
- (iv) Anaemia is caused due to the deficiency of _____ nutrient.
- (a) Vitamin C (b) Iron
(c) Calcium (d) Protein

SECTION-E

34. State any five minerals in brief.
35. Akhil is a hockey coach. He stresses on the need to develop coordinative abilities to his students specially needed in hockey. Do you agree with it? Also explain five types of coordinative abilities.
36. Explain the purpose of Arm Curl Test for senior citizens. Describe its procedure.
37. Explain the role of exercise or physical activities in improving the quality of life.

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Sample Paper 04

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 4. Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
 5. Sections D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
 6. Section E consists of Question 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.
-

SECTION-A

1. All the following are macro nutrients, except
(a) Vitamins (b) Proteins
(c) Carbohydrates (d) Fats
2. Given below are two statements labeled as Assertion (A) and Reason (R).
Assertion (A) : Newton's first law of motion is not directly applicable in baseball during specific scenarios.
Reason (R) : In baseball, controlled throws or hits are governed by deliberate external forces rather than inertia.
In the context of the above statements, choose the correct option:
(a) Both A and R are true, and R is the correct explanation of A
(b) Both A and R are true, but R is not the correct explanation of A
(c) A is true, but R is false
(d) A is false, but R is true
3. Match the following :

A.	Chromium	1.	Dental problems
B.	Cobalt	2.	Anemia
C.	Fluorine	3.	Skin rashes
D.	Zinc	4.	Diabetes

CLICK HERE TO SEE ANSWERS



- (a) A-4, B-2, C-1, D-3
- (b) A-1, B-3, C-2, D-4
- (c) A-3, B-4, C-1, D-2
- (d) A-2, B-1, C-4, D-3

4. The meso cycle represents a specific block of training that is typically made up of _____ micro cycles.
- (a) 1 (b) 6-9
 - (c) 3-4 (d) more than 5

5. Identify the human movement below :



- (a) Push Ups
- (b) Modified Push Ups
- (c) Sit and Reach
- (d) Partial Curl Up

6. Sprain is an injury of the _____.

- (a) Joint
- (b) Bone
- (c) Muscle
- (d) Ligament

7. The Summer Paralympics consist of _____ sports while Winter Paralympics consist of _____ sports.

- (a) 20, 8
- (b) 22, 6
- (c) 17, 11
- (d) 14, 14

8. Being cautious, reserved in nature and suppressing own emotions are features of which personality type?

- (a) Type C
- (b) Type D
- (c) Type B
- (d) Type A

9. Unintentional physical harm is known as _____.

- (a) Instrumental aggression
- (b) Negative aggression
- (c) Hostile aggression
- (d) None of the above

10. Match the following.

A.	Short term endurance	1.	Marathon
B.	Speed Endurance	2.	400 m Sprint race
C.	Medium-term endurance	3.	800 m race



D.	Long-term endurance	4.	1500 m race
----	---------------------	----	-------------

- (a) A-4, B-2, C-1, D-3 (b) A-1, B-3, C-2, D-4
(c) A-3, B-2, C-4, D-1 (d) A-2, B-1, C-4, D-3

11. Soft tissue injuries may be categorised as _____ and _____.
(a) Mile, acute (b) Underuse, overuse
(c) Hard, special (d) Acute, overuse
12. If 17 teams are participating then how many byes are needed to be given in a single knockout tournament?
(a) 14 (b) 17
(c) 16 (d) 15
13. Fast twitch fibers are known as _____ fibers and slow twitch fibers are known as _____ fibers.
(a) White, red (b) Red, yellow
(c) Yellow, white (d) None of the above
14. Which of the following is not a cause of flat foot deformity?
(a) Faulty posture (b) Body heaviness
(c) Standing for a long time (d) Lack of Vitamin D and calcium
15. Vitamin B3 is commonly known as _____.
(a) Riboflavin (b) Niacin
(c) Pyridoxine (d) Thiamin
16. Given below are the two statements labelled Assertion (A) and Reason (R).
Assertion (A) : Push ups help in building muscular strength.
Reason (R) : Push ups are isokinetic muscular movements that provide strength to the joints.
In context of above two statements, which one of the following is correct?
(a) A is true, but R is false
(b) A is false, but R is true
(c) Both A and R are true and R is the correct explanation of A
(d) Both A and R are true, but R is not the correct explanation of A
17. Important features of aggression are
(a) Unsportsman like behaviour.
(b) Use of abusive words.
(c) Physical attacking another participant due to anger.
(d) All of the above

Continue on next page.....

[CLICK HERE TO SEE ANSWERS](#)

18. The method which uses the momentum of a moving body or a limb in an attempt to force it beyond its normal range of motion is known as _____.
- (a) Dynamic stretching method (b) Static active stretching method
(c) Ballistic stretching method (d) PNF stretching method

SECTION-B

(Attempt any 5 questions)

19. List down any four benefits of self talk by athletes in sports.
20. What should be the basic nutrient in a weight-lifter's diet and why?
21. Explain any two types of soft tissue injuries with help of examples.
22. List down any four effects of exercise on the muscular system.
23. Why are children most prone to greenstick fracture? Which are the most common sites of this fracture?
24. List down any four advantages of fartlek training method.

SECTION-C

(Attempt any 5 questions)

25. Make a table explaining any three personalities from Big five theory and their characteristics.
26. Create a mind map including any six advantages of physical activities for children with special needs.
27. Explain any three physiological factors determining strength.
28. What are carbohydrates? Differentiate between its types.
29. What is the meaning of female athletes Triad? Explain any two in brief.
30. Define bye. Explain the rules of giving bye with help of an example.

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SECTION-D

31. In relation to the pictures, answer the following questions.



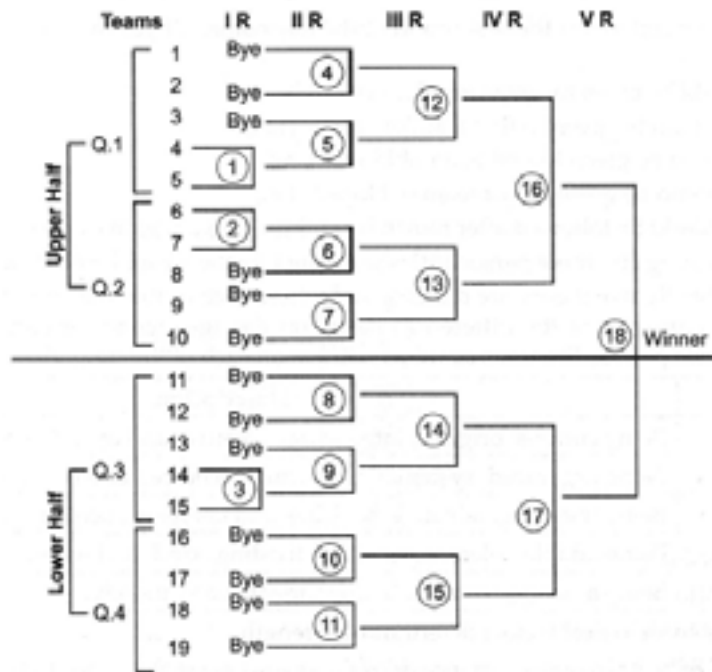
- (i) What is the Motto of the first organization?
- (a) “Let us compete bravely and win”
 - (b) “Let me win. But if I cannot win, let me be brave in the attempt.”
 - (c) “Bravery in sports is key to success”
 - (d) “Winning is everything”
- (ii) What is the mission of the first organization?
- (a) To promote global sports events.
 - (b) To train and compete with people of all abilities.
 - (c) To provide sports training and competitions for children and adults with intellectual disabilities.
 - (d) To encourage only competitive sports for professionals.
- (iii) Second picture games are conducted after every _____ years.
- (a) Two
 - (b) Three
 - (c) Four
 - (d) Five
- (iv) Until 1965, the games in the second picture were known as _____.
- (a) International Sports for the Disabled
 - (b) Deaflympics
 - (c) International Silent Games
 - (d) Global Sports for the Hearing Impaired

Continue on next page.....

[CLICK HERE TO SEE ANSWERS](#)



32. See the following figure :



On the basis of above given fixture answer the following questions:

- (i) The fourth round in this case can also be called as _____.
 - (a) Semifinals
 - (b) Finals
 - (c) Quarterfinals
 - (d) Pre-quarterfinals
- (ii) What is the formula for calculating the number of byes?
 - (a) $N-1$
 - (b) 2^n-N
 - (c) 2^N-1
 - (d) $N+2$
- (iii) Total number of matches in 2nd round are _____.
 - (a) 4
 - (b) 8
 - (c) 16
 - (d) 2
- (iv) What is the formula for calculating the total number of matches?
 - (a) $N-1$
 - (b) 2^N-1
 - (c) $N+1$
 - (d) 2^n-N

Continue on next page.....



Sample Paper 05

PHYSICAL EDUCATION (048)

Class XII Session 2024-25

Time: 3 Hours

Max. Marks: 70

General Instructions:

1. The question paper consists of 5 sections and 37 Questions.
 2. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
 3. Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
 4. Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
 5. Sections D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
 6. Section E consists of Question 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.
-

SECTION-A

1. Identify the yoga asana below.



- | | |
|--------------------|---------------------|
| (a) Tadasana | (b) Halasana |
| (c) Katichakrasana | (d) Pavanamuktasana |
-
2. Which of the following Laws of Motion given by Sir Issac Newton is also known as 'Law of Inertia'?

(a) Third Law	(b) Second Law
(c) First Law	(d) None of these

CLICK HERE TO SEE ANSWERS



3. A person who is characterised by sociability, assertiveness and high amount of emotional expressiveness is said to have _____ personality traits.
- (a) Agreeableness (b) Conscientiousness
(c) Openness (d) Extroversion

4. **Assertion (A)** : The Harris-Benedict formula is widely used to calculate Basal Metabolic Rate (BMR).
Reason (R) : It considers factors like age, gender, weight, and height to estimate daily calorie needs.
- (a) A is true, but R is false.
(b) A is false, but R is true.
(c) Both A and R are true, and R is the correct explanation of A.
(d) Both A and R are true, but R is not the correct explanation of A.

Ans : (c) Both A and R are true, and R is the correct explanation of A.

The Harris-Benedict formula calculates BMR, which estimates energy expenditure at rest. It uses variables like age, gender, weight, and height to determine daily calorie requirements. This makes it a reliable tool for managing energy balance.

5. Which of the following is defined as the ability of a muscle or muscle group to rests fatigue?
- (a) Muscular endurance (b) Muscular strength
(c) Agility (d) Flexibility
6. Which of the following equipments is not required for six-minute walk test?
- (a) Chair (b) Ruler
(c) Measuring tape (d) Stopwatch

7. Match the following :

A.	Vitamin A	1.	Weakness in muscles
B.	Vitamin D	2.	Anemia
C.	Vitamin E	3.	Night blindness
D.	Vitamin K	4.	Rickets

- (a) A-4, B-2, C-1, D-3 (b) A-1, B-3, C-2, D-4
(c) A-3, B-4, C-1, D-2 (d) A-2, B-1, C-4, D-3
8. What is the movement of blood pumped into one ventricle beat?
- (a) 70 to 90 ml/beat (b) 50 to 60 ml/beat
(c) 60 to 90 ml/beat (d) 80 to 90 ml/beat
9. In all carbohydrates, the ratio of hydrogen atoms to oxygen atoms is _____.
- (a) 3:2 (b) 1:1
(c) 2:1 (d) 3:1

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CLICK HERE TO INSTALL NODIA APP



10. Match the following:

A.	explosive strength	1.	Cycling
B.	Strength endurance	2.	Weightlifting
C.	maximum strength	3.	Long jump
D.	static strength	4.	Cymnastics

(a) A-4, B-2, C-1, D-3

(b) A-2, B-4, C-3, D-1

(c) A-1, B-3, C-2, D-4

(d) A-3, B-1, C-4, D-2

11. What is coupling ability in relation to coordinative abilities?

(a) Sports movement

(b) Different sports

(c) Movement of body parts

(d) Aggression response

12. _____ is the ability of the body to release maximum muscle contraction in the shortest possible time.

(a) Agility

(b) Flexibility

(c) Speed

(d) Power

13. Which of the following is not the reason for obesity?

(a) Extra exercise

(b) Familiar tendency

(c) Poor eating habits

(d) Psychological factors

14. A large lateral curve is known as _____.

(a) Polishing

(b) Scoliosis

(c) Hydroline

(d) Friction

15. 50 M run/walk aims to measure an athlete's _____.

(a) Power

(b) Endurance

(c) Speed

(d) Abdominal strength

16. The United Nations declared _____ as the year of special Olympics.

(a) 1984

(b) 1987

(c) 1986

(d) 1988

17. The Continuous training method was developed by whom?

(a) Gosta Holmer

(b) Dr. Van Aaken

(c) Woldemar

(d) Greshler

18. Given below are the statements labelled

Assertion (A) and Reason (R).

Assertion (A) : Explosive strength refers to the ability to apply strength along with high speed.

Reason (R) : This is why it is used in swimming and pole vault.

In context of above statements, which one of the following is correct?

CLICK HERE TO SEE ANSWERS



- (a) A is false, but R is true
- (b) A is true, but R is false
- (c) Both A and R are true and R is the correct explanation of A
- (d) Both A and R are true, but R is not the correct explanation of A

SECTION B

- 19. How can mental imagery be useful for athletes?
- 20. Aarav is a student of class 4 and is suffering from knock knee. He was advised to practice yoga and participate in sports activities as cure. Suggest two yoga asanas he can perform? Which lifestyle habits can cause development of knock knee?
- 21. List any two advantages and disadvantages of interval training.
- 22. Write briefly about proteins as an essential component of the diet.
- 23. Differentiate between pre-meet and post-meet responsibilities of committees.
- 24. Create a mind map of any four strategies to make physical activities accessible for children with special needs.

SECTION C

- 25. Name three different groups of fats. Also, mention the different sources of fats.
- 26. Create a flow chart for the procedure of Tadasana.
- 27. Define the term strength. Discuss any two types of strength.
- 28. State any three ways which help to prevent sports injuries during training and competition.
- 29. What are the different causes of diabetes? Enlist the symptoms.
- 30. What is the purpose of conducting the Standing Broad Jump Test? Write the procedure for conducting this test.

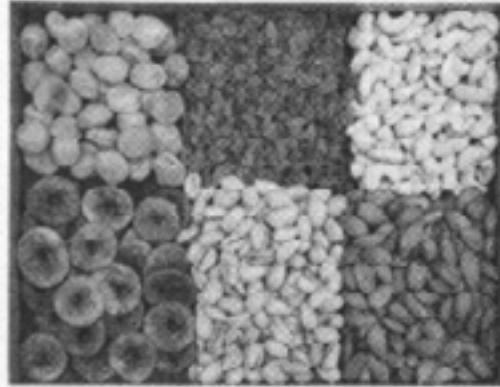
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SECTION D

31. On the basis of the picture given below, answer the following questions.



(i) Deficiency of _____ causes Pellagra.

- (a) Vitamin B1
- (c) Vitamin B3

- (b) Vitamin B2
- (d) Vitamin B5

(ii) The given sources are rich in _____.

- (a) Vitamin B3
- (c) Vitamin C

- (b) Vitamin B2
- (d) Vitamin B5

(iii) Vitamin B5 is also known as _____.

- (a) Riboflavin
- (c) Niacin

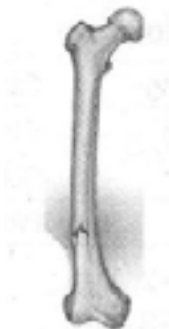
- (b) Pantothenic Acid
- (d) Thiamine

(iv) Deficiency of _____ causes Beri-Beri.

- (a) Vitamin B1
- (c) Vitamin B3

- (b) Vitamin B2
- (d) Vitamin B5

32. On the basis of the picture given below, answer the following questions.



[CLICK HERE TO SEE ANSWERS](#)



- (i) When does this type of fracture occur?
- (a) When a bone bends and cracks instead of breaking completely
 - (b) When a bone breaks completely into two pieces
 - (c) When a bone is twisted
 - (d) When a bone is crushed
- (ii) Identify the fracture in the above figure.
- (a) Spiral Fracture
 - (b) Comminuted Fracture
 - (c) Greenstick Fracture
 - (d) Compound Fracture
- (iii) This fracture occurs mostly in children younger than _____ of age.
- (a) 5 years
 - (b) 10 years
 - (c) 15 years
 - (d) 18 years
- (iv) _____ is a break or splinter of the bone into more than two fragments.
- (a) Comminuted Fracture
 - (b) Greenstick Fracture
 - (c) Spiral Fracture
 - (d) Compound Fracture

33. On the basis of the picture given below, answer the following questions.



- (i) Define pace run.
- (a) Running at a sprinting speed throughout the race
 - (b) Running the whole distance of a race at a constant or uniform speed
 - (c) Running with alternate fast and slow intervals
 - (d) Running in short bursts of speed
- (ii) Identify the method to improve flexibility.
- (a) Strength training
 - (b) Ballistic flexibility
 - (c) Interval training
 - (d) Aerobic exercises

Continue on next page.....

CLICK HERE TO INSTALL NODIA APP



- (iii) Active flexibility can be further divided into two types, _____ and _____.
- (a) Static and dynamic
(b) Passive and ballistic
(c) Isotonic and isometric
(d) Functional and structural
- (iv) It uses the _____ of a moving body or a limb in an attempt to force it beyond its normal range of motion.
- (a) Strength
(b) Speed
(c) Momentum
(d) Flexibility

SECTION E

34. Amit noticed that his grandfather is facing difficulty in putting on overhead garments. He decided to conduct a Back Scratch Test for senior citizens. What is the purpose of this test? Explain its procedure.
35. Aerobic capacity is influenced by Oxygen O_2 – its intake, transport, uptake, and energy reserves' Justify.
36. Explain the method of deciding the winner in a league tournament.
37. Briefly explain the Newton's First and Second Law of Motion

□□□□□□



Sample Paper 06

PHYSICAL EDUCATION (048)

Class XII Session 2024-25

Time: 3 Hours

Max. Marks: 70

General Instructions:

1. The question paper consists of 5 sections and 37 Questions.
 2. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
 3. Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
 4. Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
 5. Sections D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
 6. Section E consists of Question 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.
-

SECTION-A

1. Identify the yoga asana below.



- (a) Yoga Mudrasana
 - (b) Supta Vajrasana
 - (c) Mandukasana
 - (d) Uttana Mandukasana
2. Cardiac output can be calculated with the help of which of the following formulas?
 - (a) Heart rate/Stroke volume
 - (b) Stroke volume/Heart rate
 - (c) Heart rate x Stroke volume
 - (d) (Stroke volume - Heart rate)/Heart rate

Continue on next page.....

[CLICK HERE TO SEE ANSWERS](#)



3. Given below are the two statements labelled Assertion (A) and Reason (R).
Assertion (A) : The first Paralympic Games were organized in Rome, Italy, in 1960.
Reason (R) : The event marked the beginning of the Paralympic movement, providing athletes with disabilities an opportunity to compete at an international level.
- (a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
 - (b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
 - (c) (A) is true, but (R) is false.
 - (d) (A) is false, but (R) is true.
4. Which is not a training method to develop endurance?
- (a) Post Isometric Stretch method
 - (b) Fartlek method
 - (c) Continuous method
 - (d) Interval method
5. Which test is conducted to measure speed and coordination of limb movement?
- (a) 50 mt Speed test
 - (b) Flamingo Balance test
 - (c) Sit and Reach Flexibility test
 - (d) Plate Tapping test
6. Newton's Second Law of motion finds its application in all the given games except.
- (a) Football
 - (b) Sprints
 - (c) Softball
 - (d) Baseball
7. _____ is the fracture which occurs when a bone bends and cracks, instead of breaking completely into separate pieces.
- (a) Impacted
 - (b) Transverse
 - (c) Greenstick
 - (d) Comminuted
8. Six Minute Walk Test is designed for senior citizens to test their _____ .
- (a) Mental Fitness
 - (b) Functional Fitness
 - (c) Both (a) and (b)
 - (d) None of the above
9. Consolation tournaments are a part of which type of fixtures?
- (a) Combination
 - (b) Knock-out
 - (c) League
 - (d) None of these
10. _____ is the procedure by which good teams are placed in fixtures in such a way that stringer teams do not meet each other at the very start of the tournament.
- (a) Bye method
 - (b) Staircase method
 - (c) Cyclic method
 - (d) Seeding method
11. Which of the following is the objective of forming sports committee?
- (a) Defining tasks
 - (b) Execution of plans
 - (c) Establish goals
 - (d) All of the above



12. Thrust against the water in swimming is an example of Newton's _____ law of Motion.
 (a) Third (b) Second
 (c) Inertia (d) First
13. The deficiency of which of the following nutrient is known as Pellagra?
 (a) Vitamin B9 (b) Vitamin B1
 (c) Vitamin B12 (d) Vitamin B2
14. A person who likes to learn new things, new concepts and new experiences are categorised as _____.
 (a) Conscientiousness (b) Openness
 (c) Agreeableness (d) Extroversion
15. Retarded growth, rickets and osteoporosis are caused by the deficiency of _____ while deficiency of _____ weakens body muscles.
 (a) Calcium, Copper (b) Calcium, Potassium
 (c) Potassium, Copper (d) Vitamin A, Vitamin B12

16. Match the following

A.	Law of Inertia	1.	Baseball
B.	Law of Acceleration	2.	High Jump
C.	Dynamic Equilibrium	3.	Equestrian
D.	Action and Reaction force	4.	Gymnastics

- (a) A-4, B-3, C-2, D-1 (b) A-3, B-1, C-4, D-2
 (c) A-1, B-4, C-3, D-2 (d) A-2, B-1, C-4, D-3
17. Match the following

A.	$(Nb-1)/2$	1.	Number of teams in upper half (Seeding Method)
B.	$(N-1)/2$	2.	Number of byes in upper half (Bye Method)
C.	$(Nb+1)/2$	3.	Number of teams in lower half (Seeding Method)
D.	$(N+1)/2$	4.	Number of byes in lower half (Bye Method)

- (a) A-2, B-1, C-4, D-3 (b) A-3, B-2, C-1, D-4
 (c) A-4, B-3, C-2, D-1 (d) A-1, B-4, C-3, D-2
18. Given below are the two statements, labelled Assertion (A) and Reason (R)
Assertion (A) : The deficiency of Vitamin C causes Scurvy
Reason (R) : Unlike most plants and animals, humans cannot produce their own Vitamin C.
 In the context of the above two statements, which one of the following is correct?
 (a) A is false, but R is true
 (b) A is true, but R is false
 (c) Both A and R are true and R is the correct explanation of A
 (d) Both A and R are true, but R is not the correct explanation of A



SECTION B

19. What do you understand by Reaction Speed?
20. What do you understand by controlling?
21. Differentiate between lung volume and tidal volume.
22. Ameebh is a student of class X and is suffering from back pain. What other posture deformity he might experience? Suggest a yoga asana for the back pain.
23. Differentiate between fast twitch and low twitch fibers.
24. What is the effect of exercise on muscles? List any four. Discuss why does involvement in regular exercise delay the onset of fatigue.

SECTION C

25. State the importance and sources of sodium, iodine and fluorine.
26. Compare the different kinds of strain that take place after an injury.
27. Give examples of non-nutritive compounds. Describe food additives and plant compounds in detail and state its effects.
28. Explain about the procedure and advantages of Bhujangasana in the context of diabetes.
29. What is kyphosis and its causes? List any three precautions.
30. Describe in brief the methods of deciding winners in cyclic method.

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SECTION D

31. On the basis of the picture below, answer the following questions.



(i) List any two benefits of the asana.

- | | |
|---|--|
| (a) Improves digestion and enhances flexibility | (b) Helps in cervical pain and slip disc |
| (c) Boosts immunity and reduces stress | (d) Improves strength and endurance |

(ii) Identify the yoga pose.

- | | |
|-----------------------|------------------|
| (a) Sarala Matsyasana | (b) Bhujangasana |
| (c) Trikonasana | (d) Shavasana |

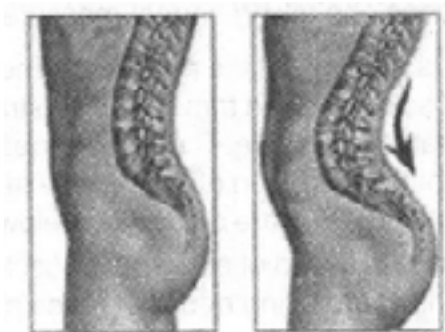
(iii) It is a helpful asana to cure or manage _____.

- | | |
|----------------------------------|--------------|
| (a) Hypertension | (b) Diabetes |
| (c) Hypertension and spondylitis | (d) Obesity |

(iv) It should be avoided by people with _____.

- | | |
|----------------------------|---|
| (a) Hypertension | (b) Cervical spondylitis or frozen shoulder |
| (c) Back pain or knee pain | (d) Migraines or vertigo |

32. On the basis of the pictures given below, answer the following questions.



[CLICK HERE TO SEE ANSWERS](#)



- (i) It is an _____ curvature of the spine or a deformity of spinal curvature.
- | | |
|--------------|----------------|
| (a) Outward | (b) Inward |
| (c) Sideways | (d) Rotational |
- (ii) Identify the spinal deformity.
- | | |
|--------------|---------------|
| (a) Kyphosis | (b) Scoliosis |
| (c) Lordosis | (d) Flat back |
- (iii) Suggest any two yoga asanas to cure the problem.
- | | |
|------------------------------------|----------------------------------|
| (a) Halasana and Paschimottanasana | (b) Trikonasana and Bhujangasana |
| (c) Chakrasana and Padmasana | (d) Ustrasana and Shavasana |
- (iv) List any two causes of the same.
- | |
|--|
| (a) Habitual overeating and diseases affecting vertebrae |
| (b) Poor posture and lack of exercise |
| (c) Nutritional deficiency and muscle weakness |
| (d) Trauma and obesity |

33. On the basis of the picture below, answer the following questions.



- (i) List any two methods of reducing friction on the basketball court.
- | |
|---|
| (a) Using rough surfaces and heavier balls |
| (b) Polishing the surface and using shoes with spikes |
| (c) Increasing court temperature and wearing flat shoes |
| (d) Sprinkling sand and using lightweight balls |

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- (ii) List any two factors affecting a basketball's trajectory.
- | | |
|--|---|
| (a) Air resistance and court temperature | (b) Angle of projection and projection velocity |
| (c) Spin and color of the ball | (d) Height of the basket and ball weight |
- (iii) Newton's which law is applicable in this sport?
- | | |
|---------------|-------------------|
| (a) First Law | (b) Second Law |
| (c) Third Law | (d) Universal Law |
- (iv) List any two other sports which apply the above law.
- | | |
|---------------------------|---------------------------|
| (a) Soccer and dance | (b) Cricket and swimming |
| (c) Tennis and volleyball | (d) Cycling and wrestling |

SECTION E

34. Describe the benefits of performing Gomukhasana (cow face pose) and its contraindications.
35. Draw a knock-out fixture of 21 teams mentioning all the steps involved.
36. Discuss the short-term effects of exercise on muscles.
37. Differentiate between Aerobic and Anaerobic endurance. Also, identify the types of training methods for endurance. Discuss any one in detail.

□□□□□□

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Sample Paper 07

PHYSICAL EDUCATION (048)

Class XII Session 2024-25

Time: 3 Hours

Max. Marks: 70

General Instructions:

1. The question paper consists of 5 sections and 37 Questions.
 2. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
 3. Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
 4. Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
 5. Sections D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
 6. Section E consists of Question 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.
-

SECTION-A

1. 'Extroversion' is a personality type given by
(a) Big Five Theory (b) Carl Jung
(c) Both (a) and (b) (d) None of the above
2. Given below are two statements labeled Assertion (A) and Reason (R):
Assertion (A): Deficiency of potassium causes weakening of the muscles.
Reason (R): Potassium is essential for muscle contractions, nerve function, and maintaining fluid balance in the body.
In the context of the above statements, which one of the following is correct?
(a) Both A and R are true, and R is the correct explanation of A
(b) Both A and R are true, but R is not the correct explanation of A
(c) A is true, but R is false
(d) A is false, but R is true
3. Match the following :

A.	Static friction	1.	Ice Skating
B.	Rolling friction	2.	Swimming
C.	Sliding friction	3.	Tennis ball
D.	Fluid friction	4.	Basketball

Continue on next page.....

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- (a) A-4, B-2, C-1, D-3
(b) A-3, B-4, C-1, D-2
(c) A-1, B-3, C-2, D-4
(d) A-2, B-1, C-4, D-3

4. _____ in our knees connects our thigh bone with our shinbone, enabling us to walk.

- (a) Ligaments
(b) Bones
(c) Nerves
(d) Tissues

5. Identify the yoga asana below:



- (a) Urdhva Hastasana
(b) Supta Vajrasana
(c) Tadasana
(d) Uttana Mandukasana

6. Seeding is a procedure by which good teams are placed in fixtures in such a way that stronger teams do not meet each other at the _____ of a tournament.

- (a) middle
(b) end
(c) start
(d) None of the above

7. Which of the following trait is not included in the Modern-Day Types of Personality?

- (a) Lazy
(b) Competitive
(c) Extroverts
(d) Pessimists

8. Jung classified most of the people as

- (a) Classified equally
(b) Ambiverts
(c) Extroverts
(d) Introverts

9. The disadvantage of Fartlek training is _____.

- (a) it requires specialised equipment
(b) it can lead to heart disease
(c) it keeps the body rigid
(d) it is difficult to judge the amount of effort made by the athlete.

10. Match the following :

A.	Arm Curl Test	1.	Aerobic endurance
B.	Chair Stand Test	2.	Agility

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C.	Eight Foot Up and Go Test	3.	Lower body strength
D.	Six-minutes Walk Test	4.	Upper body strength

- (a) A-4, B-3, C-2, D-1
(c) A-3, B-4, C-1, D-2
- (b) A-1, B-2, C-3, D-4
(d) A-2, B-1, C-4, D-3

11. Which of the following is not a yoga pose for treatment of diabetes?
(a) Tadasana (b) Bhujangasana
(c) Pavan Muktasana (d) Ardha Matsyendrasana
12. The components of physical fitness related to muscle do not include _____ of the muscle.
(a) Endurance (b) Speed
(c) Size (d) Strength
13. _____ is a leadership quality and includes letting staff know what needs to be done and also by when.
(a) Directing (b) Controlling
(c) Organising (d) Staffing
14. Which of the following coordinative abilities coordinates body part movements with one another?
(a) Rhythm (b) Balance
(c) Orientation (d) Coupling
15. Which one of the following is not a part of Newton's Second Law of Motion?
(a) Acceleration (b) Laceration
(c) Force (d) Mass
16. Given below are the two statements labelled Assertion (A) and Reason (R).
Assertion (A) : Friction is a necessary evil in sports.
Reason (R) : Friction brings in efficiency in any sport whether cycling or playing football.
In context of above two statements, which one of the following is correct?
(a) A is true, but R is false
(b) A is false, but R is true
(c) Both A and R are true and R is the correct explanation of A
(d) Both A and R are true, but R is not the correct explanation of A
17. The first Special Olympics were held in _____ in July, 1968.
(a) Rome (b) London
(c) Chicago (d) Paris
18. Which of the following is not a micro nutrient?
(a) Iron (b) Zinc
(c) Flavour compounds (d) Vitamins

Continue on next page.....

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SECTION-B

19. What do you understand by Bulimia?
20. Explain any four benefits of Ardha Matsyendrasana.
21. List down any three strategies to make physical activities accessible for CWSN.
22. Create a flowchart to explain classification of sports injuries.
23. Define explosive strength with the help of an example.
24. Write the steps of Treatment of laceration ?

SECTION-C

25. List any four changes happening in the muscular system due to exercising.
26. List down any two asanas used for preventing Asthma and write the method, benefits and contraindications of any one of them.
27. What are the salient features of the Fartlek training method?
28. Write any three objectives of planning in Sports.
29. What is Posture? Give its importance.
30. Give the sources and functions of important minerals in our body.

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SECTION-D

31. In relation to the picture, answer the following questions:



(i) A machine that controls the speed of _____ within the range of motion is used.

- (a) Contraction
- (b) Relaxation
- (c) Movement
- (d) Resistance

(ii) Which kind of machines provide these exercises?

- (a) Isotonic machines
- (b) Isokinetic machines
- (c) Aerobic machines
- (d) Static machines

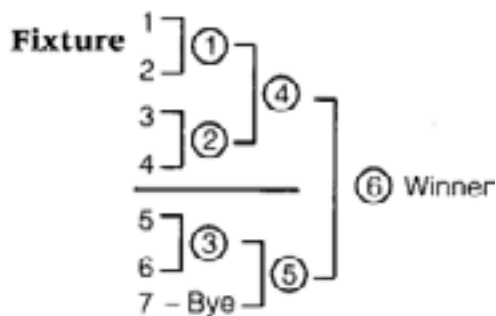
(iii) What type of exercise is shown in the picture given above?

- (a) Isotonic
- (b) Isometric
- (c) Isokinetic
- (d) Static

(iv) _____ exercise is similar isokinetic exercise in sports.

- (a) Resistance
- (b) Flexibility
- (c) Strength
- (d) Dynamic

32. See the following figure :



On the basis of above given fixture answer the following questions:

- (i) What type of fixture is given above?
- (a) Knockout (b) Round Robin
(c) League (d) Mixed
- (ii) _____ will be total number of byes will be there?
- (a) Equal to the number of teams
(b) Nearest power of 2 minus the number of teams
(c) Double the number of teams
(d) None of these
- (iii) A _____ is a scheduled match for any competition or any tournament.
- (a) Bye (b) Fixture
(c) Round (d) Match
- (iv) How many matches will be played in the above fixture?
- (a) Total teams - 1 (b) Total teams + 1
(c) Total byes + total teams (d) None of these

33. Physical education teacher of ABC school was teaching the students about Newton's Laws of Motion.



- (i) "A body at rest will remain in rest and a body in motion will remain in motion at the same speed and in the same direction unless acted on by some _____."
- (a) Mass (b) Force
(c) Velocity (d) Energy
- (ii) "A change in velocity (acceleration) of an object is directly proportional to the force producing it and _____ proportional to its mass."
- (a) Inversely (b) Equally
(c) Directly (d) Not

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- (iii) While explaining, he showed the students this picture and tried to explain how there is a difference in the speed of an object due to their weight. Can you name the Law?
- (a) Newton's First Law (b) Newton's Second Law
(c) Newton's Third Law (d) Law of Gravitation
- (iv) Every reaction has equal and opposite _____.
- (a) Energy (b) Force
(c) Reaction (d) Momentum

SECTION-E

34. Explain the purpose, procedure, advantages and disadvantages of the Continuous method of training.
35. Briefly explain the administration of Pawanmuktasana along with its contraindications and draw stick diagram.
36. Define ectomorphs and give their basic traits.
37. "Involvement in physical activities for longer period of time with moderate intensity can improve the quality of life." Justify your answer.

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Sample Paper 08

PHYSICAL EDUCATION (048)

Class XII Session 2024-25

Time: 3 Hours

Max. Marks: 70

General Instructions:

1. The question paper consists of 5 sections and 37 Questions.
 2. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
 3. Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
 4. Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
 5. Sections D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
 6. Section E consists of Question 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.
-

SECTION-A

1. Identify the yoga asana given below.



- | | |
|-----------------|--------------------|
| (a) Mandukasana | (b) Yoga Mudrasana |
| (c) Gomukhasana | (d) Tadasana |
2. Which of the following common postural deformities caused due to bad posture?

(a) Bow Legs	(b) Scoliosis
(c) Flat foot	(d) Round Shoulders

Continue on next page.....

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3. Assertion (A) : Carbohydrates are classified into simple and complex forms.
Reason (R) : The term “multiple” is not a recognized category for carbohydrates.
(a) A is true, but R is false.
(b) A is false, but R is true.
(c) Both A and R are true, and R is the correct explanation of A.
(d) Both A and R are true, but R is not the correct explanation of A.
4. Which of the following are two forms of isotonic exercises?
(a) Continuous and With Intervals (b) Concentric and Eccentric
(c) Static and Dynamic (d) Speed and Strength
5. Which of the following is a fat-soluble vitamin?
(a) Vitamin D (b) Vitamin K
(c) Vitamin A (d) All of these
6. Which of the following is a personality trait not included in the ‘Big Five Theory’?
(a) Agreeableness (b) Neuroticism
(c) Introversion (d) Conscientiousness
7. Hadavi and Burns defined _____ as a means of harnessing sporting talents to bring about future success in international arena.
(a) Playing tournaments (b) Talent identification
(c) Training (d) None of the above

8. Match the following :

A.	Energy yielding	1.	Carbohydrate
B.	Body-building	2.	Vitamin
C.	Protective	3.	Cellulose
D.	Fiber	4.	Protein

- (a) A-4, B-1, C-3, D-2 (b) A-3, B-2, C-1, D-4
(c) A-2, B-3, C-4, D-1 (d) A-1, B-4, C-2, D-3
9. What is the height of the chair’s seat above the ground in the Senior Citizen Chair Stand Test?
(a) 44 cm (b) 17 cm
(c) Not specified (d) None of these

10. Match the following :

A.	Polishing	1.	Makes surface slippery
B.	Lubrication	2.	Makes surface smooth
C.	Shoes and spikes	3.	Replaces sliding friction with rolling friction
D.	Use of ball bearings	4.	Designed to increase friction such that better speed is generated



- (a) A-2, B-1, C-4, D-3
(c) A-1, B-2, C-3, D-4
- (b) A-3, B-4, C-1, D-2
(d) A-4, B-3, C-2, D-1
11. For a knock-out tournament, the procedure to draw fixtures is through _____.
- (a) Seeding method
(c) Both (a) and (b)
- (b) Bye method
(d) None of these
12. Continuous training was developed by _____.
- (a) Gosta Holmer
(c) Dr Van Aaken
- (b) Greshler
(d) O Astrand
13. What is said about the ideal body weight at which person leads a healthy life?
- (a) Mass weight
(c) Foody weight
- (b) Balanced weight
(d) Healthy weight
14. If a person has a BMI of 23.2, the person is _____.
- (a) Overweight
(c) Underweight
- (b) Obese
(d) Normal weight
15. Which of the following is not a type of endurance?
- (a) Power
(c) Speed
- (b) Strength
(d) Aerobic
16. _____ is the ability to perform smooth and accurate movements involving different parts of the body.
- (a) Subjugation
(c) Differentiation
- (b) Coordination
(d) Adaptation
17. In which vitamin is water soluble?
- (a) Vitamin C
(c) Vitamin K
- (b) Vitamin A
(d) Vitamin B
18. Given below are the two statements labelled Assertion (A) and Reason (R).
Assertion (A) : Micro nutrients constitute the majority of individual's diet.
Reason (R) : Minerals and vitamins are included in micro nutrients.
In the context of the above two statements, which one of the following is correct?
- (a) A is false, but R is true
(b) A is true, but R is false
(c) Both A and R are true and R is the correct explanation of A
(d) Both A and R are true but R is not the correct explanation of A

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SECTION-B

19. Differentiate between fat soluble and water soluble vitamins.
20. What is the purpose of the abdominal partial curl up?
21. Suggest physical exercise or corrective measures for kyphosis.
22. Differentiate between micro and macro nutrients.
23. Explain the causes, and precautions for bow legs.
24. List down any two strategies to make physical activities accessible for CWSN.

SECTION-C

25. Is obesity a disease or not? Explain in brief.
26. Compare the injuries caused by abrasion and incision.
27. Write corrective measures for any three types of postural deformity.
28. What are the three personality types as formulated by Carl Jung? Describe each type in brief.
29. Define Friction. Draw a flow chart listing different types of friction. Discuss sliding rolling friction in detail.
30. Explain the term 'Balanced Diet' by giving the roles played by its components.

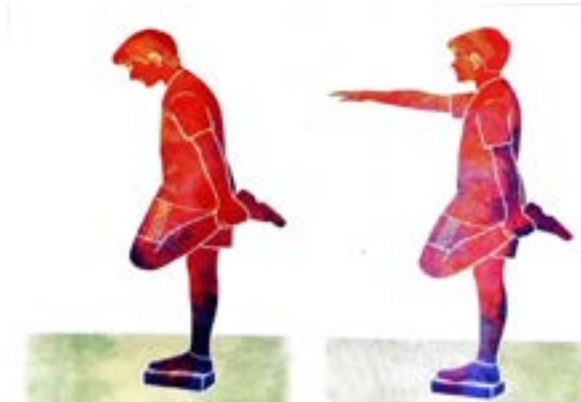
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SECTION-D

31. On the basis of the pictures given below, answer the following questions.



- (i) Identify the test and state its purpose.
- (a) Sit and Reach Test; measures flexibility.
 - (b) Eight Foot Up and Go Test; measures agility.
 - (c) Flamingo Balance Test; measures ability to balance on one leg.
 - (d) Plate Tapping Test; measures coordination skills.
- (ii) What are the equipments required for the test to be conducted successfully?
- (a) Chair and stopwatch
 - (b) Beam and stopwatch
 - (c) Non-slippery surface and a scale
 - (d) Yoga mat and weights
- (iii) This test is suitable for which age-group of children?
- (a) 5 to 8 years
 - (b) 9 to 12 years
 - (c) 13 to 16 years
 - (d) 3 to 5 years
- (iv) Name any other two tests relevant for the same age group.
- (a) Sit and Reach Test and Body Mass Index calculation
 - (b) Plate Tapping Test and Flexed Arm Hang Test
 - (c) Body Mass Index calculation and Plate Tapping Test
 - (d) Vertical Jump Test and 600-meter Run

Continue on next page.....

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32. On the basis of the picture given below, answer the following questions.



- (i) Who developed these exercises?
- (a) De Loone (b) Hettinger
(c) Muller (d) Both b and c
- (ii) This is the example of which kind of exercises?
- (a) Isometric exercises (b) Isotonic exercises
(c) Aerobic exercises (d) Plyometric exercises
- (iii) These exercises were introduced by _____ and _____ in 1953.
- (a) De Loone and Hettinger (b) Hettinger and Muller
(c) Perrine and Muller (d) Astrand and Muller
- (iv) How many types of isotonic exercises are there? Name them.
- (a) One; Static
(b) Two; Concentric and Eccentric
(c) Three; Aerobic, Anaerobic, and Static
(d) Two; Static and Dynamic

33. On the basis of the pictures given below, answer the following questions.



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Sample Paper 09

PHYSICAL EDUCATION (048)

Class XII Session 2024-25

Time: 3 Hours

Max. Marks: 70

General Instructions:

1. The question paper consists of 5 sections and 37 Questions.
 2. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
 3. Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
 4. Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
 5. Sections D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
 6. Section E consists of Question 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.
-

SECTION-A

1. According to whom "Personality is the quality which permits a prediction of what a person will do in a given situation".
(a) RB Cattell (b) JP Guildford
(c) NL Munn (d) Ogburn and Nimkoff
2. Given below are the two statements labelled Assertion (A) and Reason (R).
Assertion (A) : The Six-Minute Walk Test is used to evaluate the aerobic capacity and endurance of senior citizens.
Reason (R) : This test measures walking fitness, which reflects cardiovascular and respiratory fitness levels.
(a) A is true, but R is false.
(b) A is false, but R is true.
(c) Both A and R are true, and R is the correct explanation of A.
(d) Both A and R are true, but R is not the correct explanation of A.
3. Match the following.

A.	Diabetes	1.	Sarala Matsyasana
B.	Asthma	2.	Halasana
C.	Hypertension	3.	Supta Vajrasana
D.	Obesity	4.	Uttana Mandukasana

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- (a) A-2, B-1, C-4, D-3
(c) A-1, B-3, C-2, D-4
- (b) A-4, B-2, C-1, D-3
(d) A-3, B-4, C-1, D-2

4. Sodium is needed for the proper functioning of the _____
(a) Nervous system
(c) Metabolism system
- (b) Digestive system
(d) Thyroid function
5. Identify the yoga asana given below.



- (a) Mandukasana
(c) Gomukhasana
- (b) Yoga Mudrasana
(d) Tadasana
6. Which of the following is not a cause of sports injuries?
(a) Related to poor technique
(c) Equipment selection related
- (b) Age related causes
(d) None of the above
7. Which of the following is not a contraindication in Matsyasana?
(a) Pregnancy
(c) High or low blood pressure
- (b) Obesity
(d) Injury in lower or middle back
8. _____ is a method in which the players or teams directly participate in the quarter final or semi-final matches thus avoiding their participation in the initial rounds.
(a) Special seeding
(c) Staircase method
- (b) Bye method
(d) Fixed seeding
9. Which organ of the alimentary canal is known as 'Graveyard of Red Blood Cells'?
(a) Spleen
(c) Duodenum
- (b) Liver
(d) Pancreas
10. Match the following :

A.	Copper	1.	Seafood
B.	Phosphorus	2.	Beans

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SECTION-B

19. Give the four main causes of the Knock knees.
20. What do you mean by soft tissue injuries?
21. What is the main physiological cause of Asthma?
22. What kind of sports injury can be termed as “Abrasion”?
23. How physical activities can be made accessible for the CWSN? Write any three strategies ?
24. What is the role of spectators in creating a positive sports environment? Explain.

SECTION-C

25. Explain how Mental Imagery can be used in Sports.
26. Discuss the preventive measure of sports injuries.
27. Explain the method, benefits and contraindications of the Gomukhasana.
28. Explain any three principles of training in brief.
29. What is the role of Yoga in preventing lifestyle diseases?
30. Give the sources of proteins and fats in our diet in brief.

SECTION-D

31. In relation to the picture, answer the following questions:



- (i) In the diet, they provide about _____ of the total energy required by our body.
 - (a) 20%
 - (b) 35%
 - (c) 50%
 - (d) 70%

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- (ii) Name two simple sugars.
- (a) glucose and fructose (b) sucrose and maltose
(c) cellulose and starch (d) glycogen and lactose
- (iii) The given image is the source of _____ component of the food.
- (a) proteins (b) carbohydrates
(c) fats (d) vitamins
- (iv) They provide quick energy to the body and are not _____ in the body for long.
- (a) converted (b) stored
(c) absorbed (d) digested

32. See the following figure :



On the basis of above given image answer the following questions:

- (i) The gap between ankles goes on _____ in this deformity.
- (a) decreasing (b) increasing
(c) remaining constant (d) fluctuating
- (ii) _____ should not be forced to walk at a very early age.
- (a) Toddlers (b) Infants
(c) Adolescents (d) Adults
- (iii) Which exercise should be done to cure this deformity?
- (a) Running
(b) Cycling
(c) Stretching and strengthening exercises
(d) Weightlifting
- (iv) What kind of treatment is required for such deformity?
- (a) Surgery (b) Physiotherapy
(c) Medication (d) Rest

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33. Mr. RK Sharma, aged 65 years worked as a civil engineer in a construction company. He had to walk and climb a lot as part of his job. After retirement, he settled with his son and spent time with his grandchildren. Nowadays he is experiencing difficulty in doing certain chores which involve physical movement.



- (i) The best time of the two trials to the nearest _____ of a second is taken.
- (a) tenth (b) hundredth
(c) thousandth (d) second
- (ii) For mens age 60-64 years the average score will be _____ .
- (a) 4 seconds (b) 7 seconds
(c) 9 seconds (d) 12 seconds
- (iii) The test shown in the picture is performed to assess which component?
- (a) Strength (b) Coordination and agility
(c) Endurance (d) Flexibility
- (iv) Give one coordination and agility test for the senior citizens.
- (a) Sit-and-reach test (b) Timed up and go test
(c) Push-up test (d) Step test

SECTION-E

34. What is flexibility? Explain its types in brief.
35. What are the responsibilities of the finance committee in the sports events?
36. Explain the steps involved in the talent identification?
37. Explain the general principles for the prevention of disability.

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Sample Paper 10

PHYSICAL EDUCATION (048)

Class XII Session 2024-25

Time: 3 Hours

Max. Marks: 70

General Instructions:

1. The question paper consists of 5 sections and 37 Questions.
 2. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
 3. Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
 4. Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
 5. Sections D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
 6. Section E consists of Question 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.
-

SECTION-A

1. Identify the yoga asana below.



- | | |
|-----------------------------|------------------|
| (a) Surya Bhedana Pranayama | (b) Shalabhasana |
| (c) Supta Vajrasana | (d) Gomukhasana |
2. Who of the following described personality as “Personality is the entire organisation of a human being at any stage of development?”
(a) Warren
(b) JP Guildford
(c) NL Munn
(d) RB Cattell
 3. Given below are the two statements labelled Assertion (A) and Reason (R).
Assertion (A) : Buffer capacity refers to the total storage of alkali reserves in the body to neutralize the effects of lactic acid.
Reason (R) : Alkali reserves help maintain pH balance during intense physical activity by neutralizing the lactic acid produced.

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- (a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
(c) (A) is true, but (R) is false.
(d) (A) is false, but (R) is true.
4. Thrust against the water in swimming is an example of the Newton's _____ Law of Motion.
(a) Third (b) First
(c) Inertia (d) Second
5. Which mineral is required for the developing strong bones and teeth?
(a) Phosphorus (b) Copper
(c) Potassium (d) Sodium
6. Which one of the following is not a component of physical fitness?
(a) Flexibility (b) Muscle Composition
(c) Agility (d) Anaerobic capacity
7. _____ is essential for proper thyroid function and its deficiency causes goitre.
(a) Iodine (b) Phosphorus
(c) Calcium (d) Minerals
8. On the basis of duration of activity, which of the following is not a type of endurance?
(a) Short-term endurance (b) Long-term
(c) Specific endurance (d) Speed endurance
9. In which year, women started participating in Modern Olympics?
(a) 1914 (b) 1928
(c) 1900 (d) 1896
10. How many rounds will be played if the number of teams are 29 in the knock out fixture?
(a) 7 (b) 3
(c) 5 (d) 6
11. The torch that is carried to and lit at Special Olympic Games is called as the _____.
(a) Joy and Happiness of the world (b) Flame of Hope
(c) Hope of the World (d) Eternal Flame of Hope
12. The balance and stability of an individual depends upon the _____.
(a) Dynamic Equilibrium (b) Law of Inertia
(c) Centre of Gravity (d) Static Equilibrium

Continue on next page.....

CLICK HERE TO INSTALL NODIA APP

13. Which of the following is not a type of menstrual dysfunction among women?
 (a) Menarche (b) Amenorrhea
 (c) Fibroids (d) Abnormal Uterine Bleeding
14. A sportsperson can become more stable by _____ his/her centre of gravity.
 (a) increasing (b) neglecting
 (c) lowering (d) None of these

15. Match the following :

A.	Tadasana	1.	helps in functioning of liver and kidneys
B.	Ardh Matsyendrasana	2.	increase insulin
C.	Dhanurasana	3.	helps alleviate sciatica
D.	Mandukasana	4.	expands thoracic region of the chest

- (a) A-3, B-1, C-4, D-2 (b) A-4, B-2, C-1, D-3
 (c) A-1, B-3, C-2, D-4 (d) A-2, B-4, C-3, D-1
16. Match the following :

A.	Vitamin B2	1.	Thiamin
B.	Vitamin B1	2.	Pyridoxine
C.	Vitamin B6	3.	Cobalamin
D.	Vitamin B12	4.	Riboflavin

- (a) A-2, B-4, C-3, D-1 (b) A-1, B-3, C-4, D-2
 (c) A-3, B-2, C-1, D-4 (d) A-4, B-1, C-2, D-3
17. Which of the following methods is used to improve hand-foot-eye synchronisation?
 (a) Target Exercises (b) Jump Roe
 (c) Ball Toss (d) Balance Exercises
18. Given below are the two statements labelled Assertion (A) and Reason (R).
Assertion (A) : Katichakrasana is also called as fish pose.
Reason (R) : Katichakrasana is always done in standing position with feet together.
 In the context above two statements, which one of the following is correct?
 (a) Both A and R are true, but R is not the correct explanation of A
 (b) Both A and R are true and R is the correct explanation of A
 (c) A is true, but R is false
 (d) A is false, but R is true



SECTION B

19. Mahesh is a student of class VII and is suffering from Asthama. She is advised to perform Yoga asana. Name two asanas would you suggest. Mention their contraindications as well.
20. What is the seeding method? Why is it done?
21. What are the essential features of a balanced diet?
22. Explain what do you understand by 'dynamic friction'.
23. Explain the Arm Curl Test for upper body strength for senior citizens.
24. Differentiate between Gomukhasana and Bhujangasana.

SECTION C

25. What is the purpose of the Push-ups test? Describe procedure of the push-up for boys.
26. Compare the features of hostile and instrumental aggression.
27. There are various symptoms of diabetes through which a person can identify whether he has diabetes or not. State the symptoms and prevention of diabetes.
28. With the help of suitable examples, discuss the applications of Newton's Laws of Motion in sports.
29. Explain briefly the physiological differences between male and female athlete in muscle performance.
30. Elucidate the effects of exercise on the circulatory system.

SECTION D

31. On the basis of the figure given below, answer the following questions.



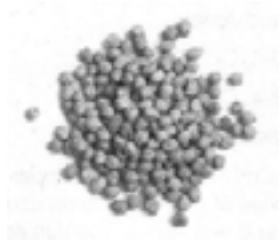
- (i) Identify the type of exercise.
 - (a) Isometric exercise
 - (b) Isokinetic exercise
 - (c) Aerobic exercise
 - (d) Flexibility exercise

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- (ii) How many types of isotonic exercises are there? Name them.
- (a) One - Static
 - (b) Two - Concentric and Eccentric
 - (c) Three - Concentric, Eccentric, and Isometric
 - (d) Four - Static, Dynamic, Concentric, and Eccentric
- (iii) Isometric exercises were introduced by _____ in 1953.
- (a) Perrine
 - (b) Hettinger and Muller
 - (c) Cooper and Kennedy
 - (d) Muller and Perrine
- (iv) This type of exercise was developed by _____ in 1968.
- (a) Perrine
 - (b) Muller
 - (c) Kennedy
 - (d) Hettinger

32. On the basis of the picture given below, answer the following questions.



- (i) This mineral is required in the production of _____.
- (a) Hemoglobin
 - (b) Insulin
 - (c) Collagen
 - (d) Vitamin D
- (ii) Identify the main micro mineral chickpeas offer.
- (a) Iron
 - (b) Zinc
 - (c) Calcium
 - (d) Magnesium
- (iii) Name other two sources which offer this mineral.
- (a) Pumpkin seeds and sesame seeds
 - (b) Spinach and almonds
 - (c) Milk and bananas
 - (d) Lentils and carrots
- (iv) List any two deficiencies related to the above micro mineral.
- (a) Anemia and weak bones
 - (b) Skin rashes and impaired growth and development
 - (c) Poor vision and tooth decay
 - (d) Fatigue and joint pain

33. On the basis of the picture given below, answer the following questions.

[CLICK HERE TO SEE ANSWERS](#)





- (i) It is also known as _____.
- | | |
|-----------------------|---------------------|
| (a) Stress fracture | (b) Buckle fracture |
| (c) Compound fracture | (d) Spiral fracture |
- (ii) When a bone breaks at a right angle to the long axis of the bone, it is known as a _____.
- | | |
|-------------------------|-------------------------|
| (a) Transverse fracture | (b) Oblique fracture |
| (c) Spiral fracture | (d) Greenstick fracture |
- (iii) Mention any one cause of this fracture.
- | | |
|------------------------|------------------------|
| (a) Lifting overweight | (b) Twisting force |
| (c) Poor nutrition | (d) Overuse of muscles |
- (iv) Identify the type of fracture.
- | | |
|-------------------------|-----------------------|
| (a) Greenstick fracture | (b) Stress fracture |
| (c) Impacted fracture | (d) Compound fracture |

SECTION E

34. Briefly explain the various dimensions of personality.
35. What are the methods of drawing up fixtures in league tournaments? Draw a fixture of 9 items in a single league using staircase method.
36. Anubhav takes yoga classes. Mrs. Sharma with a BMI of 33.2 asked to show him yogic asanas to reduce obesity. Is Mrs. Sharma obese? What are the reasons for obesity? Which asanas help in reducing obesity? Explain the procedure of any one of the asanas.
37. Briefly explain any three physiological factors which determine speed.

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Sample Paper 11
PHYSICAL EDUCATION (048)
Class XII Session 2024-25

Time: 3 Hours

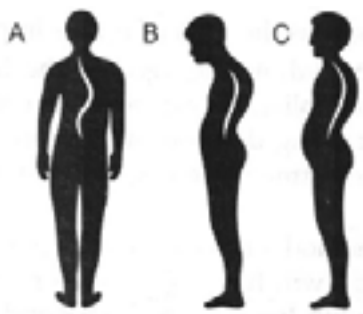
Max. Marks: 70

General Instructions:

1. The question paper consists of 5 sections and 37 Questions.
 2. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
 3. Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
 4. Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
 5. Sections D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
 6. Section E consists of Question 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.
-

SECTION-A

1. Which of the following is an example of Lordosis?



- (a) B (b) C
(c) A (d) None of these
2. Which postural deformity has Convexities right or left?
(a) Kyphosis (b) Scoliosis
(c) Knock knees (d) Flat foot

Continue on next page.....

CLICK HERE TO SEE ANSWERS



3. **Assertion (A) :** The Arm Curl Test is conducted for a duration of 30 seconds.
Reason (R) : The test measures upper body strength by counting the number of arm curls performed within the given time frame.
- (a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
(c) (A) is true, but (R) is false.
(d) (A) is false, but (R) is true.
4. _____ discovered Vitamin A?
- (a) Dr. Harvard (b) Dr. J.B.Nash
(c) Dr. Mc Collum (d) Dr. Coubertin
5. _____ test is developed to test fitness in senior citizens.
- (a) AAHPER (b) Harvard step
(c) Rockport (d) Rikli and Jones
6. Formula for determining the number of bye in the lower half of a knockout fixture when number of byes are odd?
- (a) $nb/2$ (b) $nb + 1$
(c) $(nb + 1)/2$ (d) $nb - 1/2$
7. Gliding movement occurs at _____ joint.
- (a) Wrist (b) Elbow
(c) Hip (d) Knee
8. Which motor skill is involved in Smashing volleyball?
- (a) Fine motor skills (b) Open skills
(c) Gross motor skills (d) Cross motor skills
9. _____ is the other name for Vitamin B₂.
- (a) Folic Acid (b) Riboflavin
(c) Niacin (d) Thiamin
10. _____ is the formula to divide an odd number of teams in the upper half for a knockout fixture.
- (a) $N(N-1)/2$ (b) $N(N+1)/2$
(c) $(N+1)/2$ (d) $N-1/2$
11. Harvard step is performed to check _____ kind of fitness.
- (a) Explosive strength (b) Reaction ability
(c) Cardiovascular (d) Muscular strength

Continue on next page.....

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12. Which test is used to test the functional ability amongst senior citizens?
 (a) Rockport one mile test (b) Rikli and Jones test
 (c) Fitness Index score (d) Harvard step test
13. Consolation tournaments are a part of _____ type of fixture.
 (a) League (b) Combination
 (c) Knockout (d) None of these
14. _____ amongst these is not a macro mineral.
 (a) Phosphorus (b) Iodine
 (c) Calcium (d) Potassium
15. What is the name of the postural deformity caused due to increase in the curve at the lumbar region?
 (a) Knock knees (b) Bow legs
 (c) Kyphosis (d) Lordosis




16. Match the following:

1.	Vitamin B12	A.	Thiamin
2.	Vitamin B3	B.	Biotin
3.	Vitamin B7	C.	Cobalamin
4.	Vitamin B1	D.	Niacin


Choose the correct option from the following:

- (a) 1 2 3 4 (b) 3 4 2 1
 (c) 4 3 1 2 (d) 2 3 4 1

17. Match the following :

1.		A.	lower body strength
2.		B.	lower body flexibility
3.		C.	upper body strength



4.		D.	abdominal strength
----	---	----	--------------------

(a) 3 2 4 1

(b) 4 2 3 1

(c) 3 1 4 2

(d) 4 1 3 2

18. **Assertion (A)** : UNICEF says that water is not included in macro nutrients but USDA includes it as part of macronutrients.

Reason (R) : Water must be taken in large quantities therefore it can be considered a macronutrient.

(a) (A) is true, but (R) is false.

(b) (A) is false, but (R) is true

(c) Both (A) and (R) are true and (R) is the correct explanation of (A).

(d) Both (A) and (R) are true, but (R) is not the correct explanation of (A).

SECTION-B

19. List any four applications of mental imagery.

20. What is the purpose of Plate Tapping Test? What are the equipments needed?

21. In Equestrian sport, when the horse comes to rest, then the rider bends forward to avoid falling. Rider's bending forward can be related to which Law of Newton? State the law.

22. Explain any two essential elements of diet.

23. Differentiate between Ardha Matsyendrasana and Matsyasana.

24. What is stroke volume?

SECTION-C

25. What are the characteristics of introvert personality group?

26. Draw a comparison between 'passive flexibility' and 'active flexibility'.

27. State the effects of exercise on the respiratory system.

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28. Explain the procedure of partial curl-ups exercise.
29. Which benefits make the Pavanamuktasana important to reduce obesity? List two of its contraindications.
30. Draw a fixture of 11 football teams participating in a tournament using knock-out.

SECTION-D

31. On the basis of the picture given below, answer the following questions.



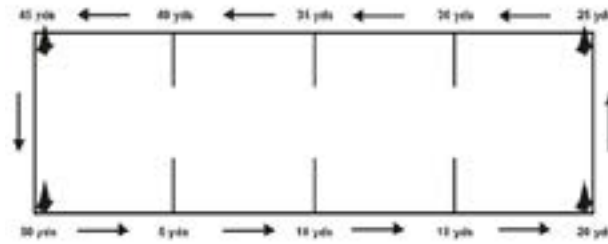
- (i) This nutrient was discovered by _____.
- | | |
|--------------------|-----------------------|
| (a) Elmer McCollum | (b) Frederick Banting |
| (c) Linus Pauling | (d) Alexander Fleming |
- (ii) Its deficiency can lead to _____.
- | | |
|--------------|---------------------|
| (a) Rickets | (b) Night blindness |
| (c) Beriberi | (d) Scurvy |
- (iii) This fruit is a rich source of _____.
- | | |
|---------------|---------------|
| (a) Vitamin C | (b) Vitamin A |
| (c) Vitamin D | (d) Vitamin E |
- (iv) The nutrient is also known as _____.
- | | |
|----------------|--------------|
| (a) Tocopherol | (b) Thiamine |
| (c) Retinol | (d) Niacin |

Continue on next page.....

CLICK HERE TO SEE ANSWERS



32. On the basis of the figure below, answer the following questions.



- (i) This is a part of _____ Test Protocol.
- (a) Cooper Test Protocol (b) Senior Fitness Test Protocol
 (c) Fitness Gram Test Protocol (d) Physical Activity Readiness Protocol
- (ii) What is the average result for men in the age group 60-64 years old?
- (a) 500 to 600 meters (b) 610 to 735 meters
 (c) 700 to 800 meters (d) 800 to 900 meters
- (iii) These field measurements are particular to which test?
- (a) Six-Minute Walk Test (b) Beep Test
 (c) Rockport Walking Test (d) 12-Minute Run Test
- (iv) What is the purpose of conducting this test?
- (a) To measure flexibility
 (b) To assess strength and agility
 (c) To measure aerobic fitness or endurance
 (d) To evaluate coordination

33. On the basis of the pictures below, answer the following questions.



- (i) This injury most commonly affects the _____ of the four fingers.
- (a) Thumb knuckle (b) Middle knuckle
(c) Ring knuckle (d) Index knuckle
- (ii) Identify the type of injury.
- (a) Sprain (b) Dislocated finger
(c) Fractured finger (d) Ligament tear
- (iii) Name two more injuries of this type.
- (a) Ligament tear and muscle strain
(b) Ankle dislocation and elbow dislocation
(c) Wrist sprain and shoulder fracture
(d) Knee sprain and hip dislocation
- (iv) Mention the cause of this injury.
- (a) Sudden twisting motion
(b) Over-bending the finger backwards or catching it during fast movement
(c) Continuous overuse
(d) Lack of joint lubrication

SECTION-E

34. A trainer can improve cardiorespiratory system with the help of exercise. Justify.
35. What do you understand by eating disorders? Discuss three disorders caused due to this.
36. What do you understand by Chair Sit and Reach Test? Explain the equipment required and procedure for conducting it.
37. Eric is having a spinal deformity. There is an increased a forward curve in his lumbar region. Identify the postural deformity. What are its causes and corrective measures?

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Sample Paper 12
PHYSICAL EDUCATION (048)
Class XII Session 2024-25

Time: 3 Hours

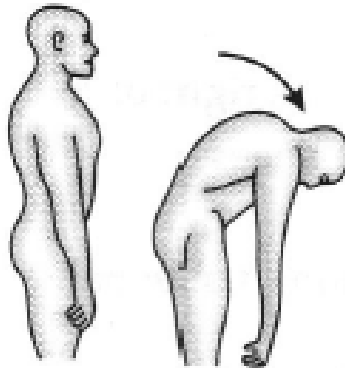
Max. Marks: 70

General Instructions:

1. The question paper consists of 5 sections and 37 Questions.
 2. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
 3. Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
 4. Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
 5. Sections D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
 6. Section E consists of Question 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.
-

SECTION-A

1. Identify the type of movement:



- | | |
|---------------|---------------|
| (a) Adduction | (b) Abduction |
| (c) Extension | (d) Flexion |
2. Slow twitch fibres are _____ in colour.
- | | |
|-----------------|-----------|
| (a) Transparent | (b) Brown |
| (c) White | (d) Red |

Continue on next page.....

CLICK HERE TO SEE ANSWERS



3. **Assertion (A)** : Magnesium is not classified as a micro mineral.
Reason (R) : Magnesium is a macromineral, required by the body in larger quantities compared to micro minerals like iron, iodine, and copper.
 (a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
 (b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
 (c) (A) is true, but (R) is false.
 (d) (A) is false, but (R) is true.
4. The amount of oxygen which can be absorbed and consumed by the working muscles from the blood is called _____
 (a) Oxygen Intake (b) Vital capacity
 (c) Oxygen Uptake (d) Oxygen Transport
5. Watching others play and enjoy which in turn motivates the Child with special need to participate is a part of which kind of strategy?
 (a) Psychological (b) Social
 (c) Mental (d) Physical
6. Jumping on the spot is an example of _____.
 (a) Iso-kinetic (b) Iso-metric
 (c) Iso-kinesthetic (d) Iso-tonic
7. Select the carbohydrates which are soluble in water and crystalline in structure.
 (a) Compound (b) Simple
 (c) Complicated (d) Complex
8. Match the following:
- | | | | |
|------|-----------------------|----|------------------------|
| I. | Chair stand test. | 1. | Lower Body strength |
| II | Arm curl test. | 2. | Aerobic Endurance |
| III. | Back scratch test. | 3. | Upper body strength |
| IV. | Six minute walk test. | 4. | Upper body flexibility |
- (a) I-2, II-3, III-1, IV-4 (b) I-2, II-3, III-4, IV-1
 (c) I-1, II-3, III-4, IV-2 (d) I-1, II-3, III-2, IV-4
9. In Law of Acceleration, acceleration of an object is inversely proportionate to its _____.
 (a) Speed (b) Force
 (c) Size (d) Mass
10. Cartwheel in gymnastics is an example of _____.
 (a) Dynamic Equilibrium (b) Passive Equilibrium
 (c) Static Equilibrium (d) Active Equilibrium



11. Which asana is helpful in increasing height?
 (a) Bhujangasana (b) Vajrasana
 (c) Sukhasana (d) Tadasana
12. Take-off in Long jump is an example of _____ strength.
 (a) Maximum strength (b) Static strength
 (c) Explosive strength (d) Strength endurance
13. How many byes will be given if there are 17 teams?
 (a) 15 (b) 1
 (c) 12 (d) 8
14. A person who likes to learn new things, new concepts and new experiences are categorized as _____.
 (a) Extroversion (b) Openness
 (c) Agreeableness (d) Conscientiousness
15. How many matches will be played in the knockout tournaments first round if there are 15 teams?
 (a) 5 (b) 6
 (c) 7 (d) 8
16. Match the following:
- | | | | |
|------|-------------|----|----------------|
| I. | Garudasana | 1. | Round shoulder |
| II. | Gomukhasana | 2. | Lordosis |
| III. | Chakrasana | 3. | Bow legs |
| IV. | Naukasana | 4. | Knock knees |
- (a) I-1, II-3, III-4, IV-2 (b) I-2, II-3, III-4, IV-1
 (c) I-3, II-4, III-1, IV-2 (d) I-4, II-2, III-1, IV-3
17. Weakening of bones due to loss of bone density and improper bone formation is known as: _____.
 (a) Anorexia Nervosa (b) Lordosis
 (c) Amenorrhea (d) Osteoporosis
18. **Assertion (A)** : Intrinsic motivation has long term benefits.
Reason (R) : As factors behind it are naturally pursuing actions that provide fun, pleasure, fulfillment or challenge
 In the context of the above two statements, which one of the following is correct?
 (a) (A) is false, but (R) is true.
 (b) (A) is true, but (R) is false.
 (c) Both (A) and (R) are true and (R) is the correct explanation of (A).
 (d) Both (A) and (R) are true, but (R) is not the correct explanation of (A).



SECTION-B

19. Why are children most prone to greenstick fracture? Which are the most common sites of this fracture?
20. Briefly explain the importance of roughage in our diet.
21. What do you understand by Bulimia?
22. “Practicing yoga-asanas regularly can prevent many diseases.” Mention the asanas.
23. Discuss the functions and sources of fats.
24. Explain the purpose and procedure of 50 m Speed Test.

SECTION-C

25. Briefly discuss the importance and function of International Paralympic Committee.
26. To prevent the deformity of scoliosis, what precautions should be taken?
27. Compare the responsibility of Announcement Committee and Publicity Committee?
28. Isometric exercises are a very popular method for developing physical fitness. Describe what do you understand about them.
29. State the Third Law of Motion given by Sir Issac Newton.
30. What do you understand by hypertension? Describe the procedure for performing any one yogic asana which reduces hypertension.

Continue on next page.....

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SECTION-D

31. On the basis of the picture given below, answer the following questions.



(i) List any four games included in the Special Olympics.

- (a) Skiing, Handball, Swimming, Judo
- (c) Cricket, Archery, Football, Gymnastics

- (b) Basketball, Tennis, Golf, Rugby
- (d) Badminton, Hockey, Table Tennis, Fencing

(ii) Identify the logo of these games.

- (a) Olympic Rings
- (c) Paralympics Logo

- (b) Special Olympics Logo
- (d) Commonwealth Games Logo

(iii) The _____ declared 1986 as the year of 'Special Olympics.'

- (a) International Olympic Committee
- (c) World Health Organization

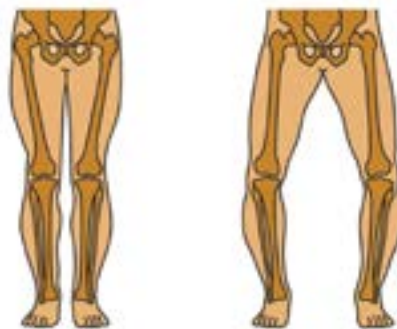
- (b) United Nations
- (d) UNESCO

(iv) The pioneer of the Special Olympics was _____.

- (a) Pierre de Coubertin
- (c) Jesse Owens

- (b) Eunice Mary Kennedy Shriver
- (d) Ludwig Guttmann

32. On the basis of the pictures given below, answer the following questions.

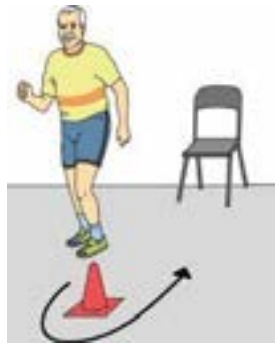


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- (i) Yoga asanas to cure this deformity are ____ and ____.
- (a) Garudasana and Bhujangasana
(b) Garudasana and Ardha Chakrasana
(c) Trikonasana and Ardha Chakrasana
(d) Bhujangasana and Trikonasana
- (ii) Another name for this deformity is ____.
- (a) Genu Varum
(b) Genu Velum
(c) Genu Recurvatum
(d) Flat Foot
- (iii) Identify the deformity.
- (a) Flat Foot
(b) Bowlegs
(c) Knock-knees
(d) Scoliosis
- (iv) List any two causes of this deformity.
- (a) Lack of Vitamin D and putting extra weight on leg muscles
(b) Improper posture and excess calcium
(c) Lack of exercise and heredity
(d) Trauma and excess walking

33. On the basis of the picture given below, answer the following questions.



- (i) Identify the test conducted in the figure.
- (a) Chair Stand Test
(b) Eight Foot Up and Go Test
(c) Back Scratch Test
(d) Sit and Reach Test
- (ii) Name another test for the same category of people.
- (a) Back Scratch Test
(b) Beep Test
(c) Harvard Step Test
(d) 12-Minute Run Test
- (iii) The Eight Foot Up and Go Test is a part of _____ test protocol.
- (a) Fitness Gram
(b) Cooper Test
(c) Senior Fitness Test
(d) Physical Activity Readiness Test

CLICK HERE TO INSTALL NODIA APP



(iv) The test measures _____, _____, and _____, while moving.

(a) Speed, flexibility, and endurance

(b) Agility, balance, and strength

(c) Speed, agility, and balance

(d) Flexibility, strength, and coordination

SECTION-E

34. What do you understand by centre of gravity? Discuss its application in sports?
35. Name the methods used for drawing up fixtures in league tournaments. Draw a fixture of 9 teams with 4 teams being selected.
36. What do you understand by non-nutritive component? Elucidate any four non-nutritive components of diet?
37. Define endurance. Explain the uses of endurance and its types.

□□□□□□

[CLICK HERE TO SEE ANSWERS](#)



- (a) A is true, but R is false.
(b) A is false, but R is true.
(c) Both A and R are true, and R is the correct explanation of A.
(d) Both A and R are true, but R is not the correct explanation of A.
3. If a male senior citizen of 65 years completes two trials in the Eight Foot Up and Go Test in 5.3 and 4.2 seconds respectively, his agility will be classified as _____.
- (a) Above average (b) Extremely poor
(c) Below average (d) Average
4. The source of phosphorus is _____.
- (a) Meat (b) Eggs
(c) Fish (d) All of these
5. Which of the following is a cause of kyphosis?
- (a) Hearing light and shapeless clothes (b) Disease effecting vertebrae
(c) Habitual overeating (d) None of the above
6. In a single tournament, a total of how many matches are to be played if 11 teams participate?
- (a) 5 (b) 11
(c) 12 (d) 10
7. _____ training method was given by Woldemar and Greshler in 1939.
- (a) Interval (b) Fartlek
(c) Continuous (d) All of these
8. In case of diabetes, which organ experiences inability to function properly?
- (a) Kidneys (b) Pancreas
(c) Liver (d) Intestines
9. Which of the following statements is correct about fats?
- (a) Fats improve external organs. (b) Fats increases blood pressure.
(c) Fats provides cooked material. (d) Fats improve the proper functioning of glands.
10. What is the normal adult heart rate?
- (a) 75 beats/min (b) 92 beats/min
(c) 82 beats/min (d) None of these
11. _____ is helpful in the clotting of blood, prevention of haemorrhage and excessive bleeding in wounds.
- (a) Vitamin E (b) Vitamin A
(c) Vitamin C (d) Vitamin K



12. According to _____, personality is the totality of sentiments, attitudes, ideas, habits, skills and behaviors of an individual.
- (a) RB Cattell (b) Warren
(c) NL Munn (d) Ogburn and Nimkoff

13. Match the following :

A.	Plate Tapping Test	1.	Flexibility
B.	Eight foot up and go	2.	Single leg balance
C.	Flamingo Balance	3.	Limb movements
D.	Sit and Reach Test	4.	Agility

- (a) A-4, B-3, C-1, D-2 (b) A-1, B-2, C-3, D-4
(c) A-2, B-1, C-4, D-3 (d) A-3, B-4, C-2, D-1

14. Which asana is also known as Cobra Pose?

- (a) Bhujangasana (b) Chakrasana
(c) Gomukhasana (d) Paschimottasana

15. In a single knock-out tournament, how many byes need to be given if 17 teams are participating?

- (a) 15 (b) 14
(c) 17 (d) 16

16. Match the following :

A.	Oblique	1.	Ends of cracked bones are driven into each other.
B.	Comminuted	2.	Curved or diagonal angle break to the bone.
C.	Greenstick	3.	Break or splinter into more than two fragments.
D.	Impacted Fracture	4.	Bone bends and cracks.

- (a) A-3, B-1, C-2, D-4 (b) A-4, B-2, C-1, D-3
(c) A-2, B-3, C-4, D-1 (d) A-1, B-4, C-3, D-2

17. Isokinetic exercises have been developed by _____ in 1968.

- (a) Hettinger (b) Muller
(c) Perrine (d) De Loone

18. Given below are the two statements labelled Assertion (A) and Reason (R).

Assertion (A) : Vitamins are compounds of carbon which are essential for the normal growth and working of the body.

Reason (R) : Vitamin D is essential for normal growth of the body. Deficiency of Vitamin A leads to night blindness and also effects kidneys, nervous system and digestive systems.

In the context of the above two statements, which one of the following is correct?

Continue on next page.....

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- (a) A is false, but R is true.
- (b) A is true, but R is false.
- (c) Both A and R are true and R is the correct explanation of A.
- (d) Both A and R are true, but R is not the correct explanation of A.

SECTION-B

- 19. List down any four benefits of self-talk by athletes in sports.
- 20. Enlist the four methods of reducing friction.
- 21. Your grandmother feels she has reduced her upper body flexibility and therefore she wants to test herself. Which test would you suggest her?
- 22. Suggest exercises as a corrective measure for curing Lordosis.
- 23. List any four advantages of physical activities of CWSN.
- 24. What do you understand by Goal setting? Enlist its types.

SECTION-C

- 25. Explain briefly important types of dynamic friction.
- 26. State any two laws by Newton which are applied in sports?
- 27. Explain the physiological factors determining speed.
- 28. Write a short note on postural deformities.
- 29. Name any three important minerals. Also explain why these are important for proper growth and functioning of human body?
- 30. Draw a fixture of 6 teams for a league tournament by cyclic method.

OR

Fixture of 6 Teams.

Continue on next page.....

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Here is the multiple-choice version of the questions with answers and explanations:

- (i) Identify the test shown in the picture above.
- (a) Eight Foot Up and Go Test (b) Chair Stand Test
(c) Sit and Reach Test (d) Flamingo Balance Test
- (ii) What are the required equipments for this test?
- (a) A balance beam and a stopwatch (b) A chair and a stopwatch
(c) A treadmill and resistance bands (d) A yoga mat and a timer
- (iii) What is the purpose of this test?
- (a) To measure agility
(b) To assess flexibility
(c) To measure lower body strength and endurance
(d) To evaluate coordination
- (iv) The time period for this test is _____.
- (a) 60 seconds (b) 20 seconds
(c) 30 seconds (d) 10 seconds

SECTION-E

34. Describe the type of personalities.
35. Briefly explain any five types of coordinative abilities.
36. Manav works in a warehouse. He lifts heavy loads on his back and shoulders for many hours every day. Due to this he has developed an increase of his backward curve in his spine. Identify his postural deformity write the causes and corrective measures.
37. What are the different types of vitamins B complex? Discuss any five of these.

□□□□□□

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