

PHYSICAL EDUCATION (048)

Sample Paper

Class XII (2024-25)

TIME ALLOWED: 3 HRS

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)

- Q1. How many total matches will be played in a knock out fixture of 19 teams 1
A. 18 B. 17 C. 20 D. 16
- Q2. Given below are the two statements labeled Assertion (A) and Reason (R). Read 1
the statements and choose the appropriate option from the options given below:
Assertion: The knock out tournament is an elimination tournament
Reason: In knock out tournament, winner of each match advances in the tournament and the loser gets eliminated.
In the context of the above two 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

Q3. Match the following: 1

List I	List II
I Knock Knee	1 Increase exaggeration of backward curve
II Kyphosis	2 Wide gap between the knees when standing with feet together
III Lordosis	3 Knees touch each other in normal standing position
IV Bow legs	4 Inward curvature of the spine

- A. I-3, II-1, III-4, IV-2
- B. I-1, II-3, III-4, IV-2
- C. I-4, II-2, III-1, IV-3
- D. I-2, II-3, III-4, IV-1

Q4. For developing muscles, which nutrient should be increase in diet

- A. Vitamins
- B. Protein
- C. Minerals
- D. Carbohydrates

Q5. Identify the asana:

1



- A. Paschimottanasana
- B. Halasana
- C. Vajrasana
- D. Dhanurasana

Q6. Which asana is pose like cobra?

1

- A. Bhujangasana
- B. Dhanurasana
- C. Vajrasana
- D. Ardhamatsyendrasana

Q7. Deaflympics Games was first organized in the year.....

1

- A. 1896
- B. 1960
- C. 1924
- D. 1951

Q8. Menarche is defined as the:

1

- A. Ending of menstrual period of women
- B. Beginning of menstrual period in women
- C. Time of pregnancy
- D. Missing of menstrual cycle

Q9. Which of the following are fat soluble vitamins

1

- A. Vitamin d & k
- B. Vitamin b & c
- C. Vitamin a & e
- D. Both option a & c

Q10. Match the following: 1

I Plate Tapping Test	1. Upper body strength boys
II Push up	2. Reaction time
III Partial Curl up	3. Upper body strength girls
IV Modified pushup	4. Abdominal strength

- A. I-2, II-1, III-4, IV-3
- B. I-2, II-3, III-1, IV-4
- C. I-1, II-3, III-2, IV-4
- D. I-2, II-3, III-4, IV-1

Q11. Which of the following is a physiological factor determining flexibility? 1

- A. Bone density
- B. Joint structure
- C. Cardiac output
- D. Tidal Volume

Q12. The ability to tolerate higher concentration of Can help in improving 1
endurance performance.

- A. Lactic acid
- B. Hydrochloric acid
- C. acetic acid
- D. Sulphuric acid

Q13. If a ball is hit and it is stop by gravitational force, this is an example of which 1
law of Motion.

- A. Law of Inertia
- B. Law of acceleration
- C. Law of action and reaction
- D. Both a & b

Q14. In which of the following sport friction plays the least important role. 1

- A. Car race
- B. Football
- C. Ice skating
- D. Hockey

Q15. Instrumental aggression is related to 1

- A. Accepting defeat
- B. Achieving goal
- C. Only performance
- D. Hurting someone to gain something

Q16. Given below are the two statements labeled Assertion (A) and Reason (R). 1

Assertion: Aggression is part of human behavior and is necessary for an individual to live and struggle for higher achievements

Reason: Aggression is inevitable and inseparable in sport activities

In the context of the above two 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

Q17. Which of these is a type of endurance? 1

A. Static	C. Dynamic
B. Specific	D. Relative

Q18. Which type of coordinative ability is required in game like judo and wrestling 1

- B. Orientation ability
- C. Coupling ability
- D. Adaptation ability
- E. Differentiation ability

(SECTION B- Attempt any 5)

Q19. Enlist any two-exercise guideline by WHO for different age groups. 2

Q20. How we can say that protein is an essential component of diet? 2

Q21. Mention the test performed on 9 to 18 yrs. of age group in SAI Khelo India fitness test and explain any one? 1+1

Q22. List down the types of bone injuries 2

Q23. What do you understand by the term goal setting 2

Q24. Define Flexibility and list down its type. 1+1

(SECTION C- Attempt any 5)

Q25. Specify the purpose of specific sports programme organised for community services. 3

Q26. What are the health problem face by a woman due to female athlete triad in its sports and athletic performance. 3

Q27. Write in detail the aims and objectives of special Olympic Bharat. 3

Q28. Differentiate between nutritive and nonnutritive components of a diet on the basis of their functions. 1.5+1.5

Q29. With the help of suitable sports example explain the application of Newtons third law in sports. 3

Q30. How we can enhance the performance with the help of self-talk and self-esteem. 1.5+1.5

(SECTION D)



Q31.

- I. Choose the function of boarding committee 1
- A. To take teams to the venue of match
 - B. To provide them meals
 - C. To take care of their stay
 - D. To arrange opening ceremony
- II. What is the work of ceremony committee 1
- A. To take teams to the venue of match
 - B. To provide them meals
 - C. To take care of their stay
 - D. To arrange opening ceremony
- III. Ground and equipment committee should not perform 1
- A. To arrange teams match venues
 - B. To provide them meals
 - C. To take care of proper officiating
 - D. To make fixtures
- IV. Why committees are required?
- A. To organize the event in perfect manner
 - B. To distribute the work
 - C. To make the best use of resources
 - D. All of the above
- 1

(Questions for Visually impaired)

Ram is a secretary of state basketball association. He has given the responsibility to organize a sub-junior national tournament. He wants to organize the event at large scale and start distributing the work in various committees. He delegates the duties to different individuals with authority and responsibility.

(Answer the following questions on the basis of above paragraph)

- I. Which committee is responsible to make the event awareness: -
- A. Publicity Committee
 - B. Hospitality
 - C. Registration committee
 - D. Transports

II. is the process of identifying and grouping the work to be performed.

- A. Planning
- B. Directing
- C. Organising
- D. Controlling

III. The reception committee for the tournament is responsible for _____

- A. Welcoming the participants
- B. Arranging accommodation and meals for the participants
- C. Proper upkeep of the venues
- D. Welcoming the chief guest and spectators at the opening and closing ceremony

IV. If the responsibility of a committee is to fix venue, date and timing of the sports events, it is a _____

- A. Post meeting committee
- B. Pre meet committee
- C. During meet committee
- D. All the above



Q32.

I. The first paralympics was organise in

- A. 1960
- B. 1970
- C. 1965
- D. 1985

II. Special education is a branch of education that deals with

- A. . Educating children in special schools
- B. Instructions designing for students with special needs
- C. To provide opportunity of special education
- D. More than one of the above

III. Why is it called the Paralympics?

- A. The first competition was held in Paraguay
- B. It was originally for paramilitary soldiers injured in WW2
- C. The event runs parallel with the Olympics
- D. It's an event for paraplegics

IV. What is the motto of the Paralympic Games

- A. Spirit in motion
- B. Citius, Altius, Fortius"
- C. "Faster, Higher, Stronger
- D. Diversity, Equality, Inclusion"

(Question for Visually Impaired)

Read the paragraph and answer the following question

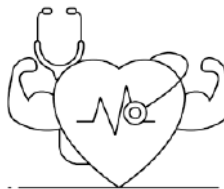
The Paralympic Games are a major international multi-sport event involving athletes with a range of physical disabilities, including impaired muscle power, impaired passive range of movement, limb deficiency, leg length difference, short stature, hypertonia, ataxia, athetosis, vision impairment, and intellectual impairment.

Dr. Ludwig Guttmann known as father of paralympic organized the first official Paralympic Games in Rome featuring 400 athletes from 23 countries.

The Paralympics have grown significantly over the years, now attracting thousands of athletes from over 100 countries. The Paralympic movement has played a vital role in challenging societal perceptions of disability and in promoting the rights and inclusion of people with disabilities worldwide

- I. What is the primary focus of the Paralympic Games?
 - A. To promote physical fitness among children
 - B. To involve athletes with a range of physical disabilities in competitive sports
 - C. To honor the history of the Olympic Games
 - D. To raise funds for sports organizations
- II. Who organized the first event that eventually led to the creation of the Paralympic Games?
 - A. Pierre de Coubertin
 - B. Dr. Ludwig Guttmann
 - C. Lord Zeus
 - D. Norabji Tata
- III. In which year were the first official Paralympic Games held?
 - A. 1948
 - B. 1952
 - C. 1960
 - D. 1964
- IV. Where were the first official Paralympic Games held?
 - A. Tokyo, Japan
 - B. London, United Kingdom
 - C. Rome, Italy
 - D. Sydney, Australia

Q33.



- I. What is the primary effect of exercise on cardio respiratory system.
 - A. Decreased heart rate
 - B. Increased stroke volume

1

- C. Decreased lung capacity
- D. Decreased blood pressure

II. What is stroke volume 1

- A. The volume of blood ejected by the heart per minute
- B. The volume of blood ejected by the heart per beat
- C. The volume of blood in the ventricles at the end of diastole
- D. The volume of blood pumped by the heart during exercise

III. Cardiac output is 1

- A. The volume of blood ejected by the heart per minute
- B. The volume of blood ejected by the heart per beat
- C. The volume of blood in the ventricles at the end of diastole
- D. The volume of blood pumped by the heart during exercise

IV. Blood pressure is 1

- A. The volume of blood ejected by the heart per minute
- B. The force exerted by blood against the walls of arteries
- C. The rate of blood flow through the veins
- D. The amount of oxygen carried by red blood cells

(Question for blind)

Ramesh is an athlete of XYZ school. He is use to do 100m event for his school. He used to do hard work throughout the year to get his best performance. One day he got injury in winter season due to improper warming-up. He has been given first -aid before sent to hospital.

I. Sprain is an injury of

- | | |
|-------------|----------|
| A. Ligament | C. Bone |
| B. Muscle | D. Joint |

II. In PRICE treatment I stands for

- | | |
|------------|---------------|
| A. Iceing | C. Incision |
| B. Incline | D. Irritation |

III. Abrasion is a

- | | |
|----------------------|-----------------------|
| A. Type of fracture | C. Soft tissue injury |
| B. Joint dislocation | D. Internal injury |

IV. Why warming up is necessary

- | | |
|---------------------------|---------------------------------|
| A. To avoid injuries | C. To increase body temperature |
| B. To increase pulse rate | D. All the above |

(SECTION E- Attempt any 3)

Q34. List down any four asanas used for prevention of Hypertension. Explain the procedure, benefits and contraindicate of any one of them with help of a stick diagram. 1+4

Q35. Discuss the purpose of Rikli & Jones fitness test and explain procedure of any two test batteries in detail. 5

Q36. Define strength and differentiate between Isometric, Iso-tonic and Iso-kinetic exercises. 1+4

Q37. What are the various types of friction? With the help of suitable example explain why friction is necessary in sports. 2+3