



## DELHI PUBLIC SCHOOL, BHILAI

DATE :

Sample Question Paper

Time : 3 Hrs.

CLASS : XII

SUBJECT – PHYSICAL EDUCATION (048)

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) **Section B** consists of questions **19-24** carrying **2 marks** each and are **very short answer types** and should not exceed 60-90 words. Attempt any 5 questions.
- (4) **Section C** consist of questions **25-30** carrying **3 marks** each and are **short answer types** and should not exceed 100-150 words. Attempt any 5 questions.
- (5) **Section D** consist of question **31-33** carrying **4 marks** each and are **case studies**. There is internal choice available.
- (6) **Section E** consist of question **34-37** carrying **5 marks** each and are **short answer types** and should not exceed 200-300 words. Attempt **any 3** questions.

## 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.

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

## SECTION-B

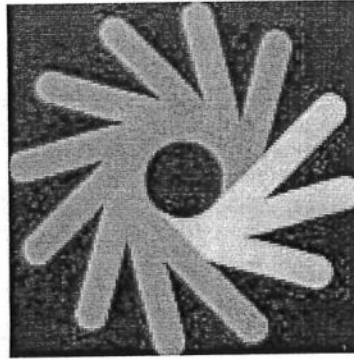
19. Differentiate between instrumental aggression and hostile aggression.
20. What do you understand by vital air capacity?
21. What is a balanced diet? Elaborate any four nutrients/elements of a balanced diet.
22. What happens in the case of absence of menstrual cycle?
23. Differentiate between extroverts 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.

## SECTION-D

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



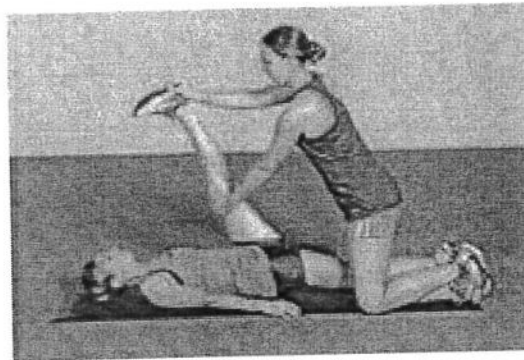
- (i) What does the circle in the middle of the Deaflympics logo represent?
- (a) The Earth
  - (b) An eye because deaf people are very visual
  - (c) A symbol of unity
  - (d) A hearing aid
- (ii) What is the motto of the Deaflympics?
- (a) Sports for All
  - (b) Equality through Sports
  - (c) Unity 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.



- (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

(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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Examination (2024-25)

Pre- Board - I

Time Allowed: 3hrs

XII-Physical Education (048)

M M: 70

General Instructions

The questions paper consists of 5 sections and 37 Questions

1. Section-A Consists of questions 1 to 18 carrying 1 marks each and are multiple choice questions. All Questions are compulsory
2. Section-B Consists of questions 19-24 carrying 2 marks each and are very Short Answer Type. Attempt any 5
3. Section-C Consists of questions 25-30 carrying 3 marks each and are very Short Answer Type. Attempt any 5
4. Section-D Consists of questions 31-33 carrying 4 marks each and are case studies.
5. Section-E Consists of questions 34-37 carrying 5 marks each and are Long Answer type. Attempt any 3

Section A

(18x1=18)

(Multiple Choice Questions Answers)

- Q1. How many matches will be played in the league tournament's first round if there are 7 teams?
- a) 3                      b) 4                      c) 5                      d) 6

- Q2. Given below are the two statements labelled Assertion (A) and Reason (R).

Assertion (A) Knockout cum league is a part of combination tournament

Reason(R): It is four type of tournament

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

- Q3. Match the following:

LIST-I		LIST-II	
I	Bow legs	1	Lumber Region
II	Lordosis	2	Genu Valgum
III	Kyphosis	3	Thoracic
IV	Knock-knee	4	Genu Varum

- 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-4, II-1, III-3, IV-2

- Q4. Sources of Proteins includes

- (a) Fish                      b) Spinach                      c) Potato                      d) Cucumber

- Q5. Identify the asana

- a) Ardha-Matsyendrasana  
b) Pawanmuktasana  
c) Ushtrasana  
d) Supta-Vajrasana



- Q6. Which asana is pose like Camel Pose

- a) Dhanurasana                      b) Matsyasana                      c) Tadasana                      d) Ushtrasana

- Q7. Paralympic Games was first organized in the year

- (a) 1960                      b) 1988                      c) 1924                      d) 1968

- Q8. Amenorrhea is defined as the

- a) Absence of menstruation for 3+ cycles                      b) Excessive menstrual bleeding  
c) Menstruation < 21 days apart                      d) Severe menstrual cramps



- Q9. Which of the following vitamins is a water-soluble vitamin?  
 a) Vitamin E                      b) Vitamin D                      c) Vitamin B3                      d) Vitamin K

Q10. Match the following:

LIST-I		LIST-II	
I	BMR	1	Upper body flexibility
II	Hardvard step test	2	Cardio- Vascular Fitness
III	Johnsen-Methney test	3	Calories you need
IV	Back scratch test	4	Neuromuscular skill

- (a) I-3, II-2, III-4, IV-1                      b) I-1, II-3, III-4, IV-2  
 (c) I-4, II-2, III-1, IV-3                      d) I-4, II-1, III-3, IV-2
- Q11. Which of the following is a physiological factor determining endurance?  
 a) Muscle fiber type                      b) Body mass index (BMI)  
 c) Bone density                      d) Joint Structure
- Q12. Which of the following conditions would most likely lead to an increase in cardiac output?  
 a) Increased parasympathetic activity                      b) Dehydration  
 c) Physical exercise                      d) Severe blood loss
- Q13. In a sprinting race, what principle of Newton's laws is demonstrated when a runner pushes off the starting blocks?  
 a) Newton's First Law                      b) Newton's Second Law  
 c) Newton's Third Law                      d) None of the above
- Q14. In track and field, athletes use different types of shoes for sprinting versus distance running. What is the primary reason for this difference in shoe design concerning friction?  
 a) To reduce air resistance                      b) To increase rolling friction  
 c) To optimize grip and traction on the track                      d) To enhance comfort
- Q15. Which of the following represents the SMART theory in goal setting?  
 a) Specific, Measurable, Anxious, Realistic, Time-consuming  
 b) Strategic, Meaningful, Achievable, Relevant, Timely  
 c) Specific, Measurable, Achievable, Realistic, Timely  
 d) Superfluous, Magnificent, Ambitious, Resourceful, Thorough
- Q16. 400m sprint event comes under  
 (a) Speed Endurance                      (b) Short Endurance  
 (c) Medium Endurance                      (d) Long Endurance
- Q17. Given below are the two statements labelled Assertion (A) and Reason (R).  
 Assertion (A): Vitamins are essential micronutrients that the body needs in small amounts.  
 Reason (R): Micronutrients provide energy for physical activities.  
 a) Both A and R are true, and R is the correct explanation for A.  
 b) Both A and R are true, but R is not the correct explanation for A.  
 c) A is true, but R is false.  
 d) A is false, but R is true.
- Q18. What is the first step of talent identification in Sports?  
 (a) Talent Detection                      (b) Talent Development  
 (c) Talent Identification                      (d) Talent Selection

### SECTION- B (Any five)

(Very short Answer Type Questions)

(5x2=10)

- Q19. Enlist the symptoms of Food Intolerance (2)  
 Q20. How we can say that carbohydrate is an essential component of diet (2)  
 Q21. Enlist the test performed on 5 to 8 year and 9-18 years (1+1=2)  
 Q22. List down the types of fracture (2)  
 Q23. Define exercise adherence. Enlist physical benefits of exercise. (1+1=2)  
 Q24. Define flexibility. Name the methods to improve Flexibility. (2)

### SECTION- C (Any five)

(Short Answer Type Questions)

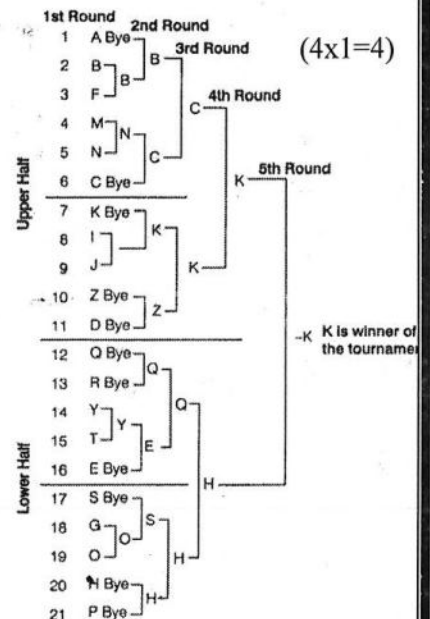
(5x3=15)

- Q25. List the specific sports programs and provide a detailed explanation of one of them. (1+2=3)  
 Q26. What are the female athlete triad. Write in brief about eating disorder? (1+2=3)  
 Q27. What are difference between Special Olympic and Paralympic? (3)  
 Q28. Discuss any two nutritive or non -nutritive components of diet. (3)  
 Q29. Define projectile. What are importance of projectile in the field of sports (3)  
 Q30. Write a short note on goal setting and self-talk (1.5 +1.5=3)

### SECTION- D

(Case Study Based Questions Answers)

- Q31. A knockout tournament is an elimination format where teams or players compete in single matches, and the loser is eliminated. Only winners advance to the next round, leading to a final match to decide the champion. This format is fast and thrilling, as a single loss ends a participant's journey.
- (i) How many matches were played in the second round of this fixture?  
 (a) 8 (b) 5 (c) 7 (d) 4
- (ii) As shown in the fixture if the winner team plays least number of matches, then which number team is the winner?  
 (a) 20 (b) 1 (c) 7 (d) 12
- (iii) What is the formula for calculating number of matches in a knockout tournament?  
 (a) N+1 (b) N-1 (c) N+1/2 (d) N-1/2
- (iv) In this fixture which team played maximum matches  
 (a) K (b) C (c) B (d) Z



- Q32. Classification and divisioning in sports ensure fair competition by grouping athletes based on skill level or impairment, promoting inclusion. This approach is key in the Paralympics, Special Olympics, and Deaflympics, each offering athletes a platform to compete on an equal footing and highlighting the importance of diversity and inclusivity in sports. (4x1=4)

- In relation to the case study answer the following questions
- (i) Which of the following is **NOT** one of the eligible impairments for Paralympic sports according to the IPC?  
 (a) Physical impairments (b) Vision impairment  
 (c) Intellectual impairment (d) Hearing impairment
- (ii) Rule used by Special Olympics to achieve the intentions of fairness is referred as:  
 (a) Maximum Effort Rule (b) Honest Effort Rule  
 (c) Best Effort Rule (d) Minimum Effort Rule

- (iii) How athletes are grouped according to their skill abilities in Special Olympics?  
 (a) Based on their favorite sports (b) Based on their height and weight  
 (c) Based on their self-assessment (d) Recorded scores and assessments
- (iv). What is the primary purpose of classification in sports?  
 a) Promote spectator interest (b) Create complex rules  
 c) Grouping athletes with similar abilities (d) Increase number of teams

Q33. Aging brings physical changes, especially in muscle mass, bone density, and skin elasticity, with potential declines in vision, hearing, and metabolism. Exercise reduces the risk of cardiovascular diseases, maintains blood pressure, and boosts stamina. By promoting a healthy heart and lungs, regular physical activity helps older adults maintain mobility, energy, and overall vitality, offsetting many of the natural effects of aging. (4x1=4)

- (i) What physical change occurs with aging related to muscle mass?  
 (a) Increase in muscle mass (b) Decline in muscle mass  
 (c) Muscle tone remains the same (d) Muscle mass stays unaffected
- (ii) The volume of air expelled by forceful exhale is \_\_\_\_\_.  
 (a) Vital capacity (b) Tidal volume (c) Stroke volume  
 (d) All of these
- (iii) What effect does regular exercise have on resting heart rate?  
 (a) Decreases (b) Remains the same (c) Increases  
 (d) Fluctuates irregularly
- (iv) Ageing process increases the  
 (a) Muscle size (b) Blood pressure (c) Heart efficiency (d) Reaction time



### SECTION- E (Any Three)

(Long Answer Type Questions)

(3x5=15)

- Q34. List down any four asanas used for prevention of Obesity. Explain the procedure benefits and contraindicate of any one of them with help of a stick diagram (1+4=5)
- Q35. Write the name of Senior Citizen fitness tests and explain procedure of any two test batteries in detail (5)
- Q36. Define term friction. Explain why friction is necessary in sports with example. (1+4=5)
- Q37. What do you mean by the fartlek training method? Draw a diagram showing fartlek training and explain briefly the importance of Fartlek training (1+2+3=5)