

MODEL EXAMINATION

Physical Education Class XII

Time : 3hrs

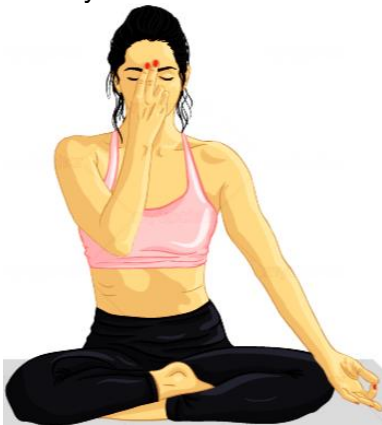
Marks : 70

General Instructions:

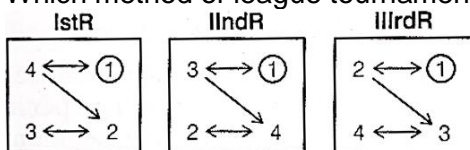
1. The question paper consists of 5 sections and 37 Questions.
2. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
3. Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 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 asana:



- a) Shavasana
 - b) Vakrasana
 - c) Nadi-shodhan pranayam
 - d) Sitlipranayam
2. Which method of league tournament is shown below?



- a) Cyclic method
 - b) Staircase method
 - c) None of these
 - d) Rand Robin method
3. Anorexia Nervosa is related to _____.
 - a) Eye Disease
 - b) Mental disorder
 - c) Eating disorder
 - d) Physical disorder
 4. Deaf Lympics started in:
 - a) 2001
 - b) 1960
 - c) 1924
 - d) 1947
 5. **Assertion (A):** In a knockout tournament there is a possibility that strong teams will meet in the first round and any one of them will be eliminated.
Reason (R): All the things are in organizers' hands they can put the teams at any place in the fixture.
 - 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.
6. **Assertion (A):** Neuroticism is one of the factors of the Big Five Theory of personality.
Reason (R): These types of people are unable to adjust with others.
 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.
7. Which of the following is not a part of female athlete triad?
 a) Osteoporosis b) Amenorrhoea c) Menarche d) Anaemia
8. What is the full form KIFA?
 a) Khelo India Fitness Assessor b) Khelo India Fit Assessor
 c) Khelo India Fit Assessment d) Khelo India Fitness Assessment
9. **Assertion (A):** In ancient times Indian women had faced the negative attitude of society towards sports participation.
Reason (R): We had a male dominating society.
 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.
10. Exercise does not lead to:
 a) Increased muscle speed b) Minute volume Decreases
 c) Increase in size of muscles d) Better reaction time
11. Movement possible in Ball and Socket joint are:
 a) Rotation b) Extension c) Flexion d) All of these
12. A thin, long, depressed personality trait is known as _____.
 a) Mesomorphic b) Ectomorphic c) Ambivert d) Endomorphic
13. Ability help to make harmony among the different body parts & than related movements.
 a) Reaction Ability b) Adaptation ability
 c) Balance ability d) Differentiation ability
14. Choose the asana which helps to control Asthama:
 a) Trikonasana b) Chakrasana c) Hastasana d) Pavanmuktasana
15. To calculate the total no of teams in the upper half for knock out tournaments, when total no of teams is odd, which formula is used?
 a) $N+12$ b) $N2+12$ c) $(N+1)22$ d) $N - 1$
16. Match the following

(a) Target	(i) Distribute
(b) Success	(ii) timely
(c) Duration	(iii) decide
(d) work	(iv) improve

- a) (a) - (ii), (b) - (iii), (c) - (iv), (d) - (i)
 b) (a) - (ii), (b) - (iv), (c) - (iii), (d) - (i)
 c) (a) - (ii), (b) - (iv), (c) - (i), (d) - (iii)
 d) (a) - (iv), (b) - (ii), (c) - (iii), (d) - (i)
17. Match the following:

(a) Chair stand test	(i) agility
(b) Arm curl test	(ii) Lower body strength
(c) Back scratch test	(iii) Upper body strength
(d) Eight foot up	(iv) Upper body flexibility

- a) (a) - (iii), (b) - (iii), (c) - (iv), (d) - (i)
 b) (a) - (ii), (b) - (iii), (c) - (i), (d) - (iv)
 c) (a) - (ii), (b) - (iii), (c) - (iv), (d) - (i)
 d) (a) - (ii), (b) - (iv), (c) - (iii), (d) - (i)

18. What is the function of the protein as a nutrient?
- a) Does not carry oxygen and haemoglobin to all parts of the body
 - b) Growth of organs and development of new Tissues
 - c) Required for metabolism
 - d) Prevents skin from being rough

Section B

19. Mention any two disability etiquettes.
20. What is menstrual dysfunction?
21. What is the purpose of conducting chair stand test?
22. What is sports nutrition?
23. Write any one advantage of physical activity.
24. What is hypertension?

Section C

25. What are joint injuries? Explain the first aid for joint injuries.
26. Draw a league fixture of 5 teams in cyclic method.
27. How does angle of projection help as a factor athletes in games and sports?
28. What is strength? What are the different types of strength?
29. Describe the role of regular exercise on ageing process.
30. Explain the strategy of inclusive classrooms. Why is it gaining popularity?

Section D

31. **Read the text carefully and answer the questions:**

Jatin is a weightlifter in the 96 kg category. He has to participate in a weightlifting competition next week so he takes care of his health a lot. For this, he includes all the essential nutrients in his diet.



- i. What do you think would be the most important component of Jatin's diet?
- ii. What do you think Jatin requires the most?
- iii. _____ is known as body-building food.
- iv. Low levels of _____ will lead to Anemia.

OR

Amino acids and protein are the _____ of life.

32. **Read the text carefully and answer the questions:**

The teachers as well as coaches always make their best efforts to improve the performance of their students in various competitive games and sports. They can help to

improve the performance of students if they have adequate knowledge of biomechanics.



- i. The more force one exerts on the downward bounce, the higher the ball bounces into the air. Which law is this statement being referred to?
- ii. Among the given pictures, Newton's 3rd law is depicted in _____.
- iii. The acceleration of an object depends directly upon the net force acting upon the object and inversely upon the object's _____.
- iv. A high jumper can jump higher off a solid surface because it opposes his or her body with as much force as he or she is able to generate. To which law this example refers to?

OR

Our hamstrings are made up of _____ muscles.

33. Read the text carefully and answer the questions:

Posture plays a very significant role in our daily activities. Correct posture means the balancing of body in accurate and proper manner. Various types of postural deformities can be identified in individuals.



- i. From the above-given picture, the deformities seen on the left most is caused due to deficiency of which nutrients?
- ii. Walking on the inner edge of the feet can be a remedy for _____.
- iii. The person in the middle is suffering from _____.
- iv. Horse-riding is the best exercise for clearing which deformity?

Section E

34. Elucidate the benefits and contraindication of Vakrasana and Vajrasana.
35. What does Sit and Reach measure? How is it performed?
36. Differentiate between isometric, isotonic and isokinetic exercises.
37. What is the difference between Endomorph and Mesomorph types of personalities?