

Marking Scheme links are on each paper

Pre-Board Sample Papers

CBSE EXAM 2024 20 Sets

Class : 12th

Sub : Physical Education



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Sample Paper 1

PHYSICAL EDUCATION (048)

Class XII Session 2023-24

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 human movement below :



- | | |
|-------------------|-----------------------|
| (a) Push Ups | (b) Modified Push Ups |
| (c) Sit and Reach | (d) Partial Curl Up |
2. 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 |
3. Sprain is an injury of the _____.
- | | |
|------------|--------------|
| (a) Joint | (b) Bone |
| (c) Muscle | (d) Ligament |

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4. Newton's first law of motion is applicable in all these sports except _____.
(a) Dance (b) Baseball
(c) Softball (d) Soccer
5. The Summer Paralympics consist of _____ sports while Winter Paralympics consist of _____ sports.
(a) 20, 8 (b) 22, 6
(c) 17, 11 (d) 14, 14
6. All the following are macro nutrients, except
(a) Vitamins (b) Proteins
(c) Carbohydrates (d) Fats
7. Match the following.
- | | | | |
|----|----------|----|-----------------|
| A. | Chromium | 1. | Dental problems |
| B. | Cobalt | 2. | Anemia |
| C. | Fluorine | 3. | Skin rashes |
| D. | Zinc | 4. | Diabetes |
- (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. 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. Soft tissue injuries may be categorised as _____ and _____.
(a) Mild, acute (b) Underuse, overuse
(c) Hard, special (d) Acute, overuse
11. 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

Continue on next page.....

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12. 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

13. 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

14. Vitamin B3 is commonly known as _____.
- (a) Riboflavin (b) Niacin
(c) Pyridoxine (d) Thiamin

15. 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

16. 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
17. 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

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SOLUTIONS

18. 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

SECTION-B

- 19. List down any four benefits of self talk by athletes in sports.
- 20. What should be the basic nutrient in a weightlifter'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

- 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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SOLUTIONS

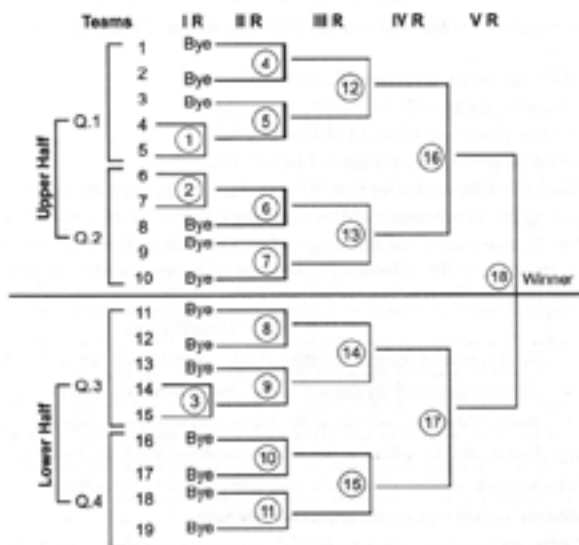
SECTION-D

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



- What is the Motto of the first organization?
- What is the mission of the first organization?
- Second picture games are conducted after every _____ years.
- Until 1965 the games in the second picture were known as _____.

32. See the following figure :



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

- The fourth round in this case can also be called as _____.
- What is the formula for calculating the number of byes?
- Total number of matches in 2nd round are _____.

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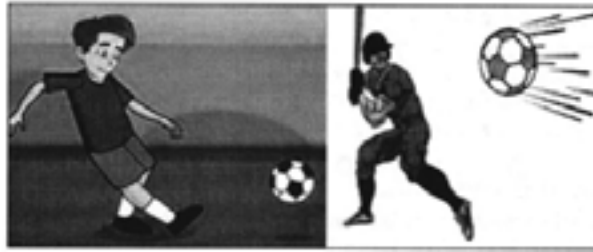
SOLUTIONS

(d) What is the formula for calculating the total number of matches?

OR

The formula for calculating number of rounds is _____.

33. 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.



- (a) Newton's second law is also known as _____.
- (b) The study of human body and various forces acting on it is _____.
- (c) 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?
- (d) Among the above given pictures, Newton's 3rd law is depicted in _____.

OR

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. This example refers to which law of motion?

SECTION-E

34. Define flexibility along with its types. Explain any two methods used to develop flexibility.
35. List down any four asanas used for prevention of asthma. Explain the procedure for administration of any one of them with help of a stick diagram.
36. Define Projectile and explain any two factors affecting projectile with help of examples from sports.
37. Make a table of test items listed under fitness test by SAI (Age group 9-18 yrs) along with the objectives of conducting them. Explain the administration of any one of them.

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Sample Paper 2

PHYSICAL EDUCATION (048)

Class XII Session 2023-24

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) Urdhva Hastasana | (b) Supta Vajrasana |
| (c) Tadasana | (d) Uttana Mandukasana |
2. 'Extroversion' is a personality type given by
- | | |
|----------------------|-----------------------|
| (a) Big Five Theory | (b) Carl Jung |
| (c) Both (a) and (b) | (d) None of the above |
3. Deficiency of which one of the following causes weakening of the muscles?
- | | |
|--------------|---------------|
| (a) Iodine | (b) Sodium |
| (c) Fluorine | (d) Potassium |

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SOLUTIONS

4. _____ in our knees connects our thigh bone with our shinbone, enabling us to walk.
(a) Ligaments (b) Bones
(c) Nerves (d) Tissues
5. 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
6. Which of the following trait is not included in the Modern-Day Types of Personality?
(a) Lazy (b) Competitive
(c) Extroverts (d) Pessimists
7. Jung classified most of the people as
(a) Classified equally (b) Ambiverts
(c) Extroverts (d) Introverts
8. 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.
9. Which of the following is not a yoga pose for treatment of diabetes?
(a) Tadasana
(b) Bhujangasana
(c) Pawanuktasana
(d) Ardha Matsyendrasana
10. The components of physical fitness related to muscle do not include _____ of the muscle.
(a) Endurance (b) Speed
(c) Size (d) Strength
11. _____ 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
12. Which of the following coordinative abilities coordinates body part movements with one another?
(a) Rhythm (b) Balance
(c) Orientation (d) Coupling

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13. Which one of the following is not a part of Newton's Second Law of Motion?

- (a) Acceleration (b) Laceration
(c) Force (d) Mass

14. The first Special Olympics were held in _____ in July, 1968.

- (a) Rome (b) London
(c) Chicago (d) Paris

15. Match the following :

A.	Arm Curl Test	1.	Aerobic endurance
B.	Chair Stand Test	2.	Agility
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
(b) A-1, B-2, C-3, D-4
(c) A-3, B-4, C-1, D-2
(d) A-2, B-1, C-4, D-3

16. Which of the following is not a micro nutrient?

- (a) Iron (b) Zinc
(c) Flavour compounds (d) Vitamins

17. 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

- (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

18. 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

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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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SOLUTIONS

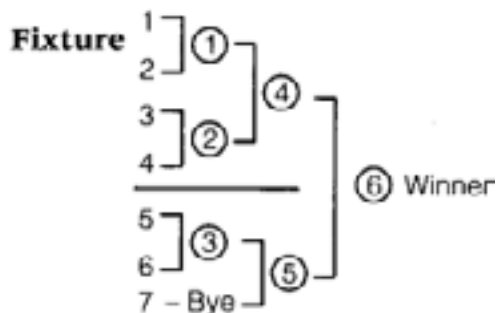
SECTION-D

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



- A machine that controls the speed of _____ within the range of motion is used.
- Which kind of machines provide these exercises?
- What type of exercise is shown in the picture given above?
- _____ exercise is similar isokinetic exercise in sports.

32. See the following figure :



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

- What type of fixture is given above?
- _____ will be total number of byes will be there?
- A _____ is a scheduled match for any competition or any tournament.
- How many matches will be played in the above fixture?

OR

A league fixture may be represented by a _____ method.

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



- (a) "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 _____".
- (b) "A change in velocity (acceleration) of an object is directly proportional to the force producing it and _____ proportional to its mass".
- (c) 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?
- (d) Every reaction has equal and opposite _____.

OR

Everything that moves is governed by laws of motion formulated by whom?

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 3

PHYSICAL EDUCATION (048)

Class XII Session 2023-24

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.
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 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. 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 Guilford
 - (c) NL Munn
 - (d) Ogburn and Nimbarkoff

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3. Sodium is needed for the proper functioning of the _____
(a) Nervous system (b) Digestive system
(c) Metabolism system (d) Thyroid function
4. Which of the following is not a cause of sports injuries?
(a) Related to poor technique
(b) Age related causes
(c) Equipment selection related
(d) None of the above
5. Which of the following is not a contraindication in Matsyasana?
(a) Pregnancy
(b) Obesity
(c) High or low blood pressure
(d) Injury in lower or middle back
6. _____ 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 (b) Bye method
(c) Staircase method (d) Fixed seeding
7. Which organ of the alimentary canal is known as 'Graveyard of Red Blood Cells'?
(a) Spleen (b) Liver
(c) Duodenum (d) Pancreas
8. The Six Minute Walk test for senior citizens measures _____.
(a) Lower Body fitness
(b) Overall physical fitness
(c) Walking fitness
(d) None of the above
9. The duration of arm curl test is
(a) 15 seconds (b) 20 seconds
(c) 25 seconds (d) 30 seconds
10. What does BMI measure?
(a) The range of weight required to remain healthy.
(b) The amount of weight to reduce to remain healthy.
(c) Body fat calculated on the basis of height and weight.
(d) None of the above

11. White-muscle fibres are better adapted to perform _____.
(a) Medium contraction (b) No contraction
(c) Slow contraction (d) Fast contraction
12. In bow-legs, there is
(a) Knees colliding with each other
(b) Wide gap between the knees
(c) Plain foot sole
(d) Both legs curving inwards

13. Match the following.

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

- (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
14. Match the following :
- | | | | |
|----|------------|----|-----------------|
| A. | Copper | 1. | Seafood |
| B. | Phosphorus | 2. | Beans |
| C. | Fluorine | 3. | Almonds |
| D. | Magnesium | 4. | Unpolished rice |
- (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
15. For a well-trained athlete, the Pulmonary Ventilation may be around _____.
(a) 80 l/min. (b) 50 l/min.
(c) 120 l/min. (d) 100 l/min.
16. A vertical velocity of _____ represents the apex of the trajectory.
(a) Value of gravity (b) Zero
(c) Hundred (d) None of these

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17. The sportsperson to be eligible to participate in Deaflympics Games must have a hearing loss of minimum _____.
- (a) 55 decibels
 - (b) 25 decibels
 - (c) 15 decibels
 - (d) 15 decibels to 45 decibels
18. Given below are the two statements labelled Assertion (A) and Reason (R).
Assertion (A) Lordosis is treatable by doing Tadasana and Bhujangasana.
Reason (R) These asanas strengthen the muscles and help in maintaining the balance of the body.
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, 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. 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.

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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:



- (a) In the diet provide about _____ of the total energy required by our body.
- (b) Name two simple sugars.
- (c) The given image is the source of _____ component of the food.
- (d) They provide quick energy to the body and are not _____ in the body for long.

OR

What is the main difference between the types of the diet component given in the figure above?

32. See the following figure :



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

- (a) The gap between ankles goes on _____ in this deformity.

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SOLUTIONS

- (b) _____ should not be forced to walk at very early age.
- (c) Which exercise should be done to cure this deformity?
- (d) What kind of treatment is required for such deformity?

OR

_____ disease process results in such deformity?

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.



- (a) The best time of the two trials to the nearest _____ of a second is taken.
- (b) For mens age 60-64 years the average score will be _____ .
- (c) The test shown in the picture is performed to assess which component?
- (d) Give one coordination and agility test for the senior citizens.

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 4

PHYSICAL EDUCATION (048)

Class XII Session 2023-24

Time: 3 Hours

Max. Marks: 70

General Instructions:

1. The question paper consists of 5 sections and 37 Questions.
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-

SECTION-A

1. Identify the bone fracture below :



- | | |
|-------------------------|-------------------------|
| (a) Stress fracture | (b) Transverse fracture |
| (c) Greenstick fracture | (d) Comminuted fracture |
2. Light and infrequent menstruation occurs when a woman has _____.
(a) Amenorrhea (b) Oligomenorrhea
(c) Fibroids (d) Abnormal Uterine Bleeding

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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

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SOLUTIONS

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 affects kidneys, nervous system and digestive systems.

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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SOLUTIONS

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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SOLUTIONS

SECTION-D

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



- (a) _____ is the scientific name for bow legs
- (b) List any two causes for the same.
- (c) Identify the deformity portrayed in the figure.
- (d) List any two corrective measures and precautions to be taken for this deformity.

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



- (a) Until 1965, the games in this organisation were known as _____
- (b) Second picture games are conducted after every _____ years
- (c) Identify the logo.
- (d) What is the motto of this organisation?

OR

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SOLUTIONS

The originator of these games is_____.

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



- (a) Identify the test shown in the picture above?
- (b) What are the required equipments for this test?
- (c) What is the purpose of this test?
- (d) The time period for this test is_____.

OR

What is the average range for men between ages 60 to 64 years in this test?

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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SOLUTIONS

Sample Paper 5
PHYSICAL EDUCATION (048)
Class XII Session 2023-24

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
(c) Gomukhasana | (b) Yoga Mudrasana
(d) Tadasana |
|------------------------------------|------------------------------------|
2. Which of the following common postural deformities caused due to bad posture?
- | | |
|-------------------------------|--------------------------------------|
| (a) Bow Legs
(c) Flat foot | (b) Scoliosis
(d) Round Shoulders |
|-------------------------------|--------------------------------------|

Continue on next page.....

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SOLUTIONS

3. Which of the following is not a form of carbohydrate?
 (a) Simple (b) Complex
 (c) Multiple (d) All of these
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 (b) A-3, B-4, C-1, D-2
 (c) A-1, B-2, C-3, D-4 (d) A-4, B-3, C-2, D-1

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SOLUTIONS

11. For a knock-out tournament, the procedure to draw fixtures is through _____.
(a) Seeding method (b) Bye method
(c) Both (a) and (b) (d) None of these
12. Continuous training was developed by _____.
(a) Gosta Holmer (b) Greshler
(c) Dr Van Aaken (d) O Astrand
13. What is said about the ideal body weight at which person leads a healthy life?
(a) Mass weight (b) Balanced weight
(c) Foody weight (d) Healthy weight
14. If a person has a BMI of 23.2, the person is _____.
(a) Overweight (b) Obese
(c) Underweight (d) Normal weight
15. Which of the following is not a type of endurance?
(a) Power (b) Strength
(c) Speed (d) Aerobic
16. _____ is the ability to perform smooth and accurate movements involving different parts of the body.
(a) Subjugation (b) Coordination
(c) Differentiation (d) Adaptation
17. In which vitamin is water soluble?
(a) Vitamin C (b) Vitamin A
(c) Vitamin K (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

Continue on next page.....

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SOLUTIONS

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.

Continue on next page.....

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SOLUTIONS

SECTION-D

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



- (a) Identify the test and state its purpose.
- (b) What are the equipments required for the test to be conducted successfully?
- (c) This test is suitable for which age-group of children?
- (d) Name any other two tests relevant for the same age group.

OR

When the given test is terminated?

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



- (a) Who developed these exercises?
- (b) This is the example of which kind of exercises?
- (c) These exercises were introduced by _____ and _____ in 1953.
- (d) How many types of isotonic exercises are there? Name them.

OR

Two types of these exercises are _____ and _____.

Continue on next page.....

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SOLUTIONS

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



- (a) Women should take _____ supplements and eat food rich in proteins and _____.
- (b) It is part of a syndrome with related conditions of amenorrhea and eating disorders. Name the syndrome.
- (c) Identify the disease and what are its causes?
- (d) Imbalance of which hormone may also cause bone loss?

SECTION-E

- 34. Explain the procedure and benefits of any one asana used to cure diabetes.
- 35. Define flexibility and explain the methods of flexibility development.
- 36. Justify the statement, “Participation in games and sports results in all-round development of personality.”
- 37. Raghav is a five-year-old child. His mother noticed that he has a wide gap between his ankles and knees overlap each other. Which deformity is Karan suffering from? Explain the deformity.

□□□□□□

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SOLUTIONS

Sample Paper 6

PHYSICAL EDUCATION (048)

Class XII Session 2023-24

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 test given below.



- | | |
|-------------------|---------------------|
| (a) Sit and Reach | (b) Partial Pull-Up |
| (c) Back Scratch | (d) Pushup |
2. A _____ is an injury that results in an irregular break in the skin, more commonly referred to as a cut.
- | | |
|----------------|----------------|
| (a) Abrasion | (b) Fracture |
| (c) Laceration | (d) Contusions |
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 |

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SOLUTIONS

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. 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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SOLUTIONS

12. 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
13. 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) $BMR = 66 + [13.7 \times wt(kg)] + (5 \times ht(cm)) - (6.8 \times age(yrs))$
14. The social qualities like character, morality, manners, etc. are developed through the process of _____
- (a) Aggression
 - (b) team work
 - (c) socialisation
 - (d) personality development
15. Pre-Menstrual Dysphonic Disorder (PMDD) includes _____ discomfort prior to menstruation.
- (a) Mental
 - (b) Physical
 - (c) Emotional
 - (d) Both (b) and (c)
16. Which of the asanas is not performed to help cure or manage asthma?
- (a) Anuloma Vilom
 - (b) Tadasana
 - (c) Yoga Mudrasana
 - (d) Urdhva
17. Which among the following minerals are essential for proper thyroid function?
- (a) Zinc
 - (b) Copper
 - (c) Calcium
 - (d) Iodine
18. 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

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SOLUTIONS

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.

Continue on next page.....

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SOLUTIONS

SECTION-D

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



- (a) The circle in the middle represents _____.
- (b) What is the motto of these games?
- (c) Identify the logo and where were they first held?
- (d) Instead of gunshots, what is used to guide athletes in these games?

OR

What do the colours used in the flag represent?

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



- (a) It is known to help which disease?
- (b) Identify the yoga asana
- (c) Another asana which can be helpful in curing the disease is _____.
- (d) It stretches the _____ muscles of the body.

OR

This asana is also known as _____.

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SOLUTIONS

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



- (a) Name the factors which determine flexibility.
- (b) Name any two other types of methods to improve flexibility.
- (c) Identify the method of improving flexibility.
- (d) How many types of flexibility are there? Name them.

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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SOLUTIONS

Sample Paper 7

PHYSICAL EDUCATION (048)

Class XII Session 2023-24

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 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 |

Continue on next page.....

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SOLUTIONS

3. _____ is the total storage of Alkali reserve in the body to fight against the effect of lactic acid.

- (a) Lactic Acid Tolerance (b) Oxygen Uptake
(c) Phosphagen Store (d) Buffer Capacity

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

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

5. Match the following.

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

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

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SOLUTIONS

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.

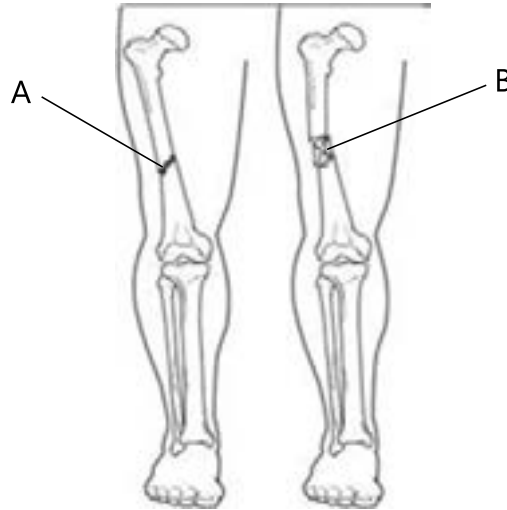
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SOLUTIONS

SECTION-D

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



- (a) A hard tissue injury is also known as _____.
- (b) What are the causes of fracture 'A'?
- (c) Identify the type of fractures.
- (d) Which of the two is more prone to angulation in the plane of the fracture?

OR

Why the fracture 'B' is challenging?

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



- (a) Identify the postural deformity in the given figure.
- (b) Mention any two causes for the same.
- (c) Yoga asanas such as _____ are useful for treating this deformity.

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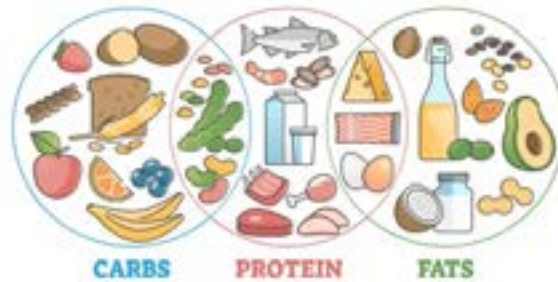
SOLUTIONS

(d) It is a _____ curvature of the spine.

OR

Mention any two precautions of this deformity.

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



- (a) _____ are the basic constituents of our cells.
- (b) Carbohydrates, Proteins and Fats together make up _____ nutrients.
- (c) Fats contain 76 per cent of _____, 12 per cent of _____, and 12 per cent of _____.
- (d) List any two sources of simple and complex carbohydrate each.

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 8
PHYSICAL EDUCATION (048)
Class XII Session 2023-24

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 |
3. Which amongst these is not a micro mineral?
- | | |
|------------|---------------|
| (a) Iron | (b) Iodine |
| (c) Copper | (d) Magnesium |

Continue on next page.....

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SOLUTIONS

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

Continue on next page.....

Click the Following Button to See the Free MS/Solutions**SOLUTIONS**

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).

Continue on next page.....

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SOLUTIONS

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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SOLUTIONS

SECTION-D

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

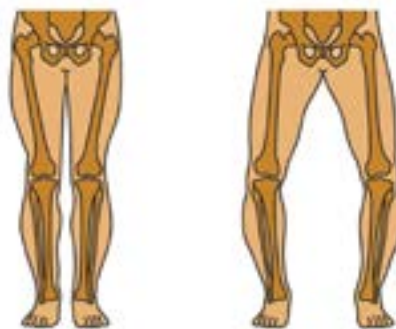


- (a) List any four games included in these games.
- (b) Identify the logo of these games.
- (c) The _____ declared 1986 as the year of 'Special Olympics.'
- (d) The pioneer of the Special Olympics was _____.

OR

The logo of these games is based on the sculpture _____.

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



- (a) Yoga asanas to cure this deformity are _____ and _____.
- (b) Other name of this deformity is _____.
- (c) Identify the deformity.
- (d) List any two causes for this deformity.

OR

Mention two precautions of this deformity.

Continue on next page.....

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SOLUTIONS

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



- (a) Identify the test conducted in the figure.
- (b) Name another test for the same category of people.
- (c) It is a part of _____ test protocol.
- (d) The test measures _____, _____, and _____, while moving.

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.

□□□□□□

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SOLUTIONS

Sample Paper 9
PHYSICAL EDUCATION (048)
Class XII Session 2023-24

Time: 3 Hours

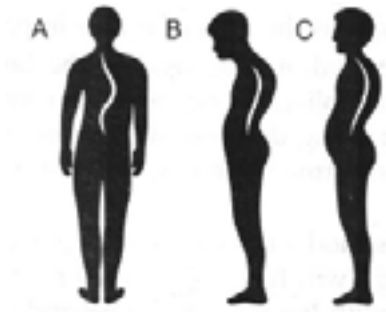
Max. Marks: 70

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.....

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SOLUTIONS

3. What is the test duration for the Arm curl test?
(a) 30 sec (b) 2 min
(c) 1 min (d) Number of repetitions
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
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

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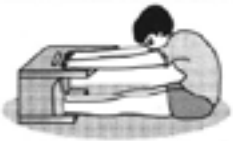



SOLUTIONS

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

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SOLUTIONS

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

- (b) 4 2 3 1
- (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.
- 28. Explain the procedure of partial curl-ups exercise.
- 29. Which benefits make the Pavanamuktasana important to reduce obesity? List two of its contraindications.

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SOLUTIONS

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.

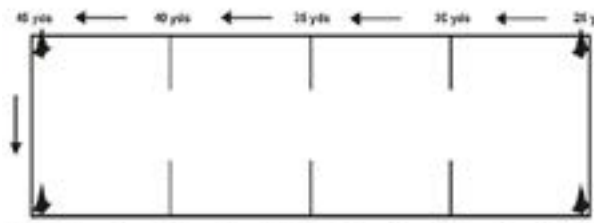


- (a) This nutrient was discovered by _____.
- (b) Its deficiency can lead to _____.
- (c) This fruit is rich source of _____.
- (d) The nutrient is also known as _____.

OR

List any two major functions of this nutrient.

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



- (a) This is a part of _____ Test Protocol.
- (b) What is the average result for men in the age group 60-64 years old?
- (c) These field measurements are particular to which test?
- (d) What is the purpose of conducting this test?

OR

Between male and female scores, the average score of _____ is almost always less than that of _____ in these tests.

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SOLUTIONS

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



- (a) This injury most commonly affects the _____ of the four fingers.
- (b) Identify the type of injury.
- (c) Name two more injuries of this type.
- (d) Mention the cause of this injury.

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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SOLUTIONS

Sample Paper 10

PHYSICAL EDUCATION (048)

Class XII Session 2023-24

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 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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SOLUTIONS

3. What is Bye?
- (a) Placing of teams according to previous performance.
 - (b) Advantage given to a team to not play in initial round.
 - (c) It's a method of drawing fixture.
 - (d) Point system for team games.
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
11. Allotment of bye is on the basis of _____.
- (a) random draws
 - (b) pre-decided sequence
 - (c) performance
 - (d) first come first serve

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SOLUTIONS

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

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SOLUTIONS

18. 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) (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. 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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SOLUTIONS

SECTION-D

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



- What are the required equipments for this test?
 - What is the purpose of this test?
 - Identify the test shown in the picture above.
 - Who described these tests?
32. On the basis of the picture given below, answer the following questions.



- The ratio between inhalation and exhalation is _____.
- Identify the yoga asana.
- What is another term used for the same asana?
- What is the purpose of this asana?

OR

_____ means produced in the reverse order.

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



- Identify the 'X'.

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SOLUTIONS

- (b) This disorder comes under the umbrella of _____.
- (c) _____ is a condition which causes low red blood cells.
- (d) _____ is condition where a person refuses to eat well and maintain normal body weight according to the height.

OR

Anaemia is caused due to the deficiency of _____ nutrient.

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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SOLUTIONS

Sample Paper 11

PHYSICAL EDUCATION (048)

Class XII Session 2023-24

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
3. The first Paralympic games were organised in which country in 1960?
- | | |
|-------------|------------|
| (a) Rome | (b) USA |
| (c) Germany | (d) France |

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SOLUTIONS

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

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SOLUTIONS

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

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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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SOLUTIONS

Section D

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

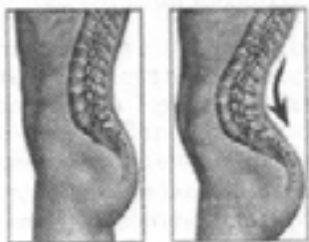


- (a) List any two benefits of the asana.
- (b) Identify the yoga pose.
- (c) It is a helpful asana to cure or manage_____.
- (d) It should be avoided by people with_____.

OR

This asana helps to improve the_____system.

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



- (a) It is an_____curvature of the spine or a deformity of spinal curvature.
- (b) Identify the spinal deformity.
- (c) Suggest any two yoga asanas to cure the problem.
- (d) List any two causes of the same.

OR

What problems does this deformity creates?

Continue on next page.....

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SOLUTIONS

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



- (a) List any two methods of reducing friction on the Basketball court.
- (b) List any two factors affecting a basketball's trajectory.
- (c) Newton's which law is applicable in this sport?
- (d) List any two other sports which apply the above law.

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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SOLUTIONS

Sample Paper 12

PHYSICAL EDUCATION (048)

Class XII Session 2023-24

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. Buffer capacity is the total storage of _____ reserve in the body to fight against the effect of lactic acid.
- | | |
|---------------------|----------------------------|
| (a) Alkali | (b) Acidic |
| (c) Phosphocreatine | (d) Adenosine Triphosphate |

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SOLUTIONS

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
13. Which of the following is not a type of menstrual dysfunction among women?
(a) Menarche
(b) Amenorrhea
(c) Fibroids
(d) Abnormal Uterine Bleeding

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SOLUTIONS

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) 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

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SOLUTIONS

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.

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SOLUTIONS

Section D

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

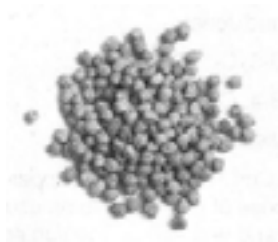


- (a) Identify the type of exercise.
- (b) How many types of isotonic exercises are there? Name them.
- (c) Isometric exercises were introduced by _____ in 1953.
- (d) This type of exercises was developed by _____ in 1968.

OR

Name any two isometric exercises which can be done without equipment.

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



- (a) This mineral is required in production of _____.
- (b) Identify the main micro mineral chick peas offers.
- (c) Name other two sources which offer this mineral.
- (d) List any two deficiencies related to the above micro mineral.

OR

Name two other micro minerals.

Continue on next page.....

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SOLUTIONS

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



- (a) It is also known as_____.
- (b) When a bone breaks at a right angle to the long axis of the bone, it is known as a_____.
- (c) Mention any one cause of this fracture.
- (d) Identify the type of 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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SOLUTIONS

Sample Paper 13

PHYSICAL EDUCATION (048)

Class XII Session 2023-24

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 |

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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. BMR can be calculated by using the _____ formula.
 (a) Harris Benedict (b) Fullerton Function
 (c) Both (a) and (b) (d) None of the above
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
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

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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?
- (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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SOLUTIONS

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.

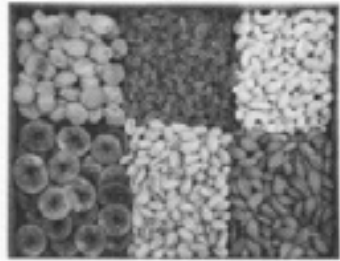
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SOLUTIONS

Section D

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



- (a) Is this a water-soluble nutrient?
- (b) Deficiency of _____ causes Pellagra.
- (c) The given sources are rich in _____
- (d) Vitamin B5 is also known as _____

OR

Deficiency of _____ causes Beri-Beri.

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



- (a) When does this type of fracture occur?
- (b) Identify the fracture in the above figure.
- (c) This fracture occurs mostly in children younger than _____ of age.
- (d) _____ is a break or splinter of the bone into more than two fragments.

OR

Mention the causes of this fracture.

Continue on next page.....

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SOLUTIONS

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



- (a) Define pace run.
- (b) Identify the method to improve flexibility.
- (c) Active flexibility can be further divided into two types, _____ and _____.
- (d) It uses the _____ of a moving body or a limb in an attempt to force it beyond its normal range of motion.

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

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