

**PRACTICE PAPER (2020-21)**

**Subject: P.E. (048)**

**Class: XII**

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- 1. The question paper consists of 30 questions and all are compulsory**
  - 2. Question 1-12 carry 01 mark each and are Multiple Choice Questions**
  - 3. Questions 13-16 carry 02 marks each and shall not exceed 40-60 words**
  - 4. Questions 17-26 carry 03 marks each and shall not exceed 80 -100 words**
  - 5. Questions 27 - 30 carry 05 marks each and shall not exceed 150-200words**
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**Q1. In single league tournament, if 16 teams are taking part in a tournament, the number of total matches will be-** (1 Marks)

- (A) 99**
- (B) 120**
- (C) 146**
- (D) 110**

**Q2. Which body part is measured by Chair stand test in Senior citizen test-** (1 Marks)

- (A) To check the strength of the feet**
- (B) To check the strength of the waist**
- (C) To check the power of hands**
- (D) To check the power of shoulder**

**OR**

**Person with ----- tends to be sympathetic, trust, cooperate and modest under which big five theory?** (1 Marks)

- (A) Neuroticism**
- (B) extraversion**
- (C) conscientiousness**
- (D) Agreeableness**

**Q3. Which vitamins are easily destroyed by heat and air?** (1 Marks)

- (A) Vitamin K**
- (B) Vitamin C**
- (C) Vitamin D**
- (D) Vitamin A**

**Q4. In flat foot deformities is also known as ?**

**(1 Marks)**

- (A) Pes Planus**
- (B) Genu Valgum**
- (C) Genu Varum**
- (D) None of these**

**OR**

**Number of ventricle contraction of heart per minute is known as\_\_\_\_\_.**

**(1 Marks)**

- (A) Heart Rate**
- (B) Cardiac Output**
- (C) Minute Volume**
- (D) Tidal Volume**

**Q5. Which fracture shows no break in the skin and no wound leading down to the bone ?**

**(1 Marks)**

- (A) Simple Fracture**
- (B) Green Stick Fracture**
- (C) Communicated Fracture**
- (D) Compound Fracture**

**OR**

**What is the height of the box used by boys in Harvard step test?**

**(1 Marks)**

- (A) 16 inch**
- (B) 18 inch**
- (C) 20 inch**
- (D) 22 inch \**

**Q6. Lifting your arms sideways in the jumping jacks is an movement of -----.** (1 Marks)

- (A) Adduction**
- (B) Flexion**
- (C) Extension**
- (D) Abduction**

**OR**

A disorder related to brains trouble in receiving and responding to information can be termed as..... (1 Marks)

- (A) ODD
- (B) OCD
- (C) ADHD
- (D) SPD

Q7. Match list I and list II and select the correct option using the codes given below:-

(1 Marks)

List I	List II
I Personality	1. Endomorphic
II Sheldon	2. Night Blindness
III Vitamin A	3. Bread, Rice
IV Carbohydrates	4. Big Five Theory

Codes:	I	II	III	IV
(a)	4	1	2	3
(b)	3	2	1	4
(c)	1	2	3	4
(d)	2	1	4	3

Q8. The irregular cut over the skin caused due to severe impact of object or the sharp edge? (1 Marks)

- (A) Incision
- (B) Laceration
- (C) Abrasion
- (D) Sprain

OR

Which of the following personality types are more socially active in society? (1 Marks)

- (A) Introvert
- (B) Extrovert
- (C) Ambivert

**(D) None of these**

**Q9. Which of the following the Vajrasana plays the main role in prevention of \_\_\_\_\_ disease? (1 Marks)**

- (A) Obesity**
- (B) Back Pain**
- (C) Hyper Tension**
- (D) Diabetes**

**Q10. The resistance ability against fatigue is called : - (1 Marks)**

- (A) Strength**
- (B) Speed**
- (C) Endurance**
- (D) Flexibility**

**Q11. Assertion (A) : Hostile aggression provokes one to harm others physically.**

**Reason (R): Aggression is an internal to harm another person mentally and / or physically.**

**(1 Marks)**

- (A) (A) is true, but (R) is false.**
- (B) Both (A) and (R) are true, and (R) is the correct explanation of (A).**
- (C) Both (A) and (R) are true, but (R) is not the correct explanation of (A).**
- (D) (A) is false , but (R) is correct.**

**Q12. Ability to react quickly and effectively to a signal is called - (1 Marks)**

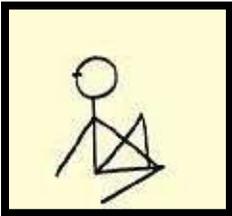
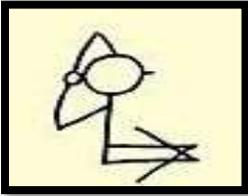
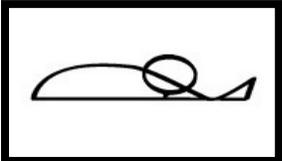
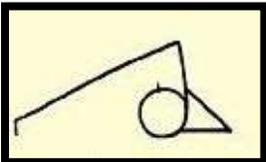
- (A) Reaction Ability**
- (B) Orientation Ability**
- (C) Coupling Ability**
- (D) Adaptation Ability**

**OR**

**Speed play is also known as :**

- (A) Strength**
- (B) Speed**
- (C) Flexibility**
- (D) Endurance**

**Q13. Identify the below given Asanas and write the name:**

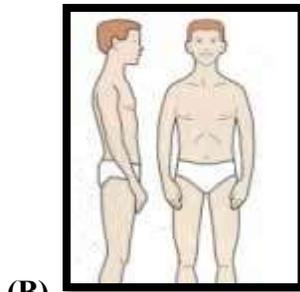
- (A) 
- (B) 
- (C) 
- (D) 

**Q14. If a person weight 80 kg, and height is 1.75 m, there B.M.I. would be. ? Which criteria will it fall under? (2 Marks)**

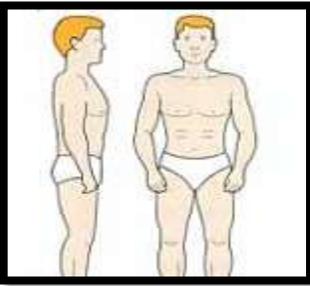
**Q15. If the total test time was 300 seconds (if completed the whole 5 minutes), and the number of heart beats between 1-1.5 minutes was 90, between 2-2.5 it was 80 and between 3-3.5 it was 70, then the long form Fitness Index score would be: (2 Marks)**

**Q16. Identify the given below and write the names of exercises: (2 Marks)**

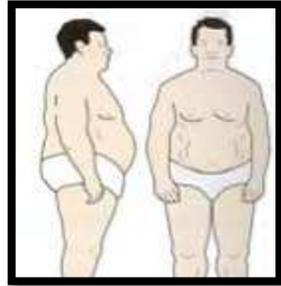
- (A) 



(B)

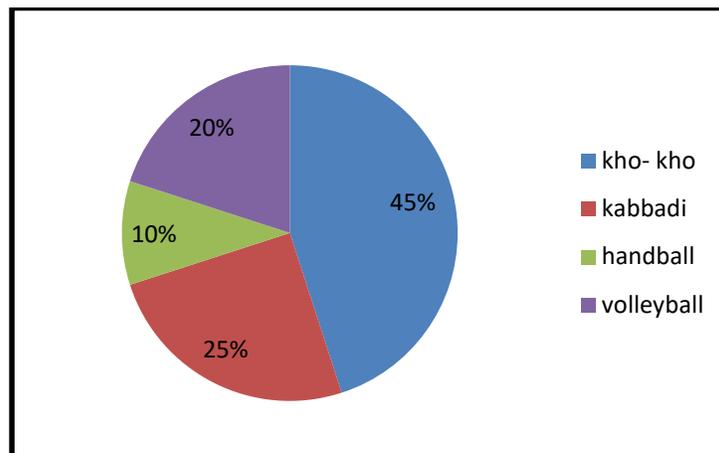


(C)



(D)

**Q17. The following pie chart shows the most popular sports and games played in Delhi schools. (3 Marks)**



**(A) Which of the following is the most popular sports and games played in Delhi schools.**

- a) Handball
- b) Kabbadi
- c) Volleyball
- d) Kho kho

(B) Which of the following are the least popular sports and games played in Delhi schools?

- a) Handball
- b) Kabbadi
- c) Volleyball
- d) Kho kho

(C) In which sports required maximum area to play?

- a) Handball
- b) Kho kho
- c) Kabbadi
- d) Volleyball

Q18. Gaurav athlete is preparing 400 m race. He is having his competition after one month.

Based on this case answer the following questions:

(3 Marks)

a) Which nutrition's is the main source of energy?

- i. Carbohydrate
- ii. Protein
- iii. Fats
- iv. Vitamins

b) A substance needed by body for growth, energy, repairs and maintenance is called

\_\_\_\_\_.

- i. Nutrients
- ii. Food
- iii. Calorie
- iv. Balanced diet

C) Acceleration runs are used to improve \_\_\_\_\_.

a) Strength

b) Endurance

c)Speed

d) Flexibility

Q19. Explain the Harvard Step test briefly. (3 Marks)

Q20. Describe the precautions and causes of Knock- kn Knee. (3 Marks)

Q21. What do you mean by balance diet and explain nutrients of balanced diet. (3 Marks)

Q22. Write the immediate effects of exercise on cardio-vascular system? (3 Marks)

Q23. Write about the deformities of spinal curvature. (3 Marks)

Q24. Explain the classification of personality given by Sheldon. (3 Marks)

Q25. Explain flexibility and one method to develop flexibility. (3 Marks)

Q26. Write short notes: (3 Marks)

- a) Hostile Aggression
- b) Sensory processing disorder
- c) Bow Leg

Q27. Define obesity. Describe procedure and benefits/contradiction of any two asanas that help reduce obesity. (5 Marks)

Q28. Define Newton's Law of Motion and explain their application in sports of your choice. (5 Marks)

Q29. Explain the Rickli and Jones : Senior citizen test in detail.

OR

Discussion of strategies to make physical activities assessable for children with special needs? (5 Marks)

Q30. Draw a fixture of 27 teams providing 2 seeding in a knock-out tournament and explain the advantages of knockout tournament.

OR

What do you mean by league tournament? Write to prepare cyclic method fixture for 5 teams. (5 Marks)