

PRACTICE PAPER (2020-21)  
Subject: P.E. (048) Class: XII

Maximum Marks: 70

Time: 3:00Hrs.

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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 150-200 words

Q.1. One of the is a method to improve flexibility

- A .Interval training method
- B Ballistic training method
- C. Circuit training method
- D. Isometric training method

OR

To cover a given distance in the shortest possible time is known as...

- A. Flexibility
- B . Strength
- C..Endurance
- D..Speed

Q.2. Increase in the angle of the joint is known as..

- A. Abduction
- B. Flexion
- C. Extension
- D. Adduction

Q.3. When the bone is broken into many pieces at one place or different places it is called...

- A. Impacted fracture
- B Comminuted fracture
- C. Green stick greenstick fracture
- D. Compound fracture

or

Overstretching of the ligaments near the joints is known as.

- .A. Contusion
- B. Sprain
- C. Laceration
- D. Fracture

Q.4 One of the following is an external source of motivation.....

- A Safety
- B Happiness
- C. Self satisfaction
- D Cash prize

Q.5. One of the following is not a cognitive disorder..

- A. Polio
- B Autism spectrum disorder
- C..Down syndrome
- D Dyslexia

Q. 6 . To calculate the number of matches in a League fixture one of the following formulas is used.

- A  $N + \frac{1}{2}$
- B.  $N - \frac{1}{2}$
- C.  $\frac{N(N-1)}{2}$
- D.  $\frac{N(N+1)}{2}$

Q.7 .The amount of oxygen Taken and absorbed by the muscles is known as

- A, Oxygen intake
- B. Oxygen transport
- C. Oxygen uptake
- D. Oxygen expenditure

Q. 8 One of the following is not related to coordinative ability

- A.Orientation ability
- B. Coupling ability
- C. Endurance ability
- D. Rhythmic ability

Q.9.This test is conducted to check the agility

- A.600 m run
- B. 50 m run
- C. shuttle run
- D. Modified push ups

Q.10 One of the following is not a fat soluble vitamin

- A. Vitamin B
- B. Vitamin A
- C. Vitamin D
- D. Vitamin E

Q 11. Given below are the two statements labeled Assertion (A) and Reason (R).

- A. Assertion (A): round shoulders are an unnatural posture characterized by an exaggerated curvature of the upper back
- B Reason (R): due to postural deformity the knee knocks with each other

In the context of above two statements, which one of the following is correct?

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

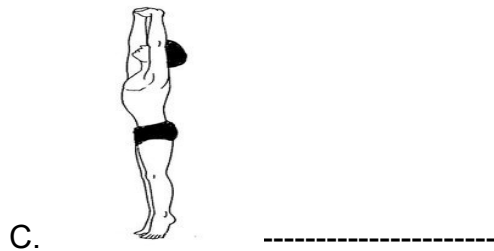
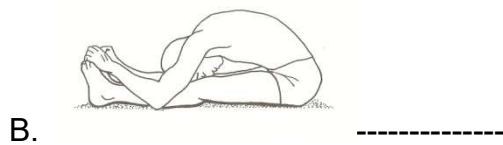
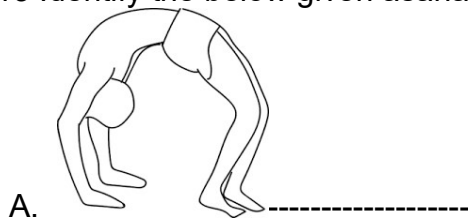
Q 12. Match List – I with List – II and select the correct answer from the code given below:

List- I			List- II	
(i)	Underweight		(1)	18.5 to24.9
(i)	Overweight		(2)	30.0 to34.9
(iii)	Normal weight		(3)	25.0 to29.9
(iv)	Obesity		(4)	<18

		Code		
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	(i)	(ii)	(iii)	(iv)
A	1	2	3	4
B	4	3	2	1
C	4	3	1	2
D	3	4	2	1

Q.13 Identify the below given asana and write the names



Q 14. Identify the below given deformities and write the names



A. \_\_\_\_\_



B. \_\_\_\_\_



C. \_\_\_\_\_



D. \_\_\_\_\_

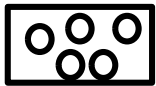
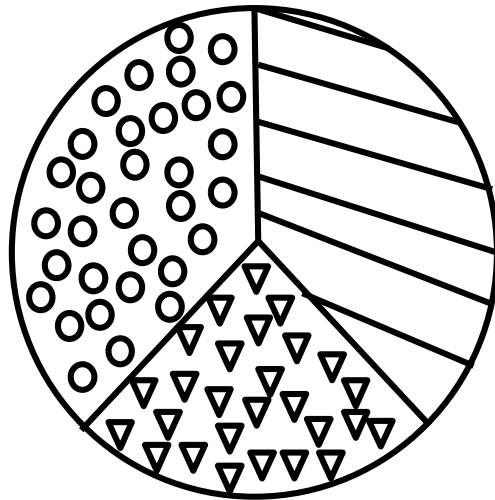
Q. 15. Differentiate between adduction and abduction.

Q.16 State any two differences between knockout tournament and League tournament

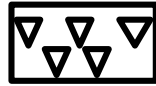
or

Discuss the functions of any two committees during the tournament.

Q.17. During a survey in a school it was found that the physical composition of the students is different from each other. It was found to affect their habits, behaviour and character. Now look at the given picture and answer the following questions.



Endomor



Mesomo



Ectomo

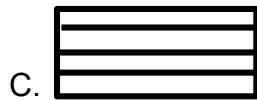
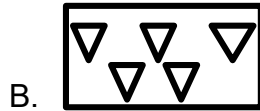
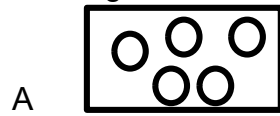
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1. Which of the following have a 'pear' shape body?

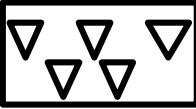
- A.
- B.
- C.

D Both A & B

2. Choose from the following who have thin and long muscles their metabolic rate is also high-



D. None of these

3.  This personality is also known as...

- A. Somatotonia
- B. Cerebrotonia
- C. Viscerotonia
- D. Hypertonia

Q.18 During a medical check up in school ,Suresh found that his blood pressure is 90 /140mmHg He was advised to perform some yoga asanas ( from the syllabus) and to make some changes in his diet also, so that his blood pressure can be controlled .

1. What is the normal rate of blood pressure?

- A 80 /120mmHg
- B 70/130mmHg
- C. 70/140mmHg
- D. 75 125mmHg

2. Yoga teacher at the school advised Suresh to perform

- A Tadasana
- B Vajrasana
- C. Shavasana
- D.All of these

3. Which food item should be controlled in cases of high blood pressure?

- A.Potato
- B. Milk
- C. Salt
- D. Black gram

Q.19. Compare any three Macronutrients on the basis of their sources and benefits.

or

Suggest some measures to maintain healthy body weight.

Q. 20.. Differentiate between 'flat foot 'and 'knock knee ', also suggest two exercises for each to correct these deformities.

Q. 21 Enlist the different tests taken to check the flexibility of senior citizens and explain about any one of them.

or

Enlist the items of motor fitness test and explain the procedure of the test taken to check the speed.

Q. 22 . Explain Newton's Law of Motion and give examples from sports.



Q.23 .What is the height of the bench for boys and girls in the Harvard step test. ? If the duration of exercise is 300 seconds and the heart rate is 95 then calculate the fitness index by short-term fitness formula.

Q.24 Explain any three factors affecting motor development.

or

Give your suggestion to improve the participation of women in sports in India.

Q.25 Draw a fixture of 13 teams on the basis of knockout tournament and show the calculations for 'Bye'.

Q. 26. What are the types of motivation? Give examples from each type.

Or

Explain in detail about the different types of aggression

Q.27 . Suggest the strategies to make the physical activities accessible for children with special needs

Q. 28 Explain in detail about the long term effects of exercise on the Muscular System .

Or

What are the long term effects of exercise on the cardiorespiratory system?

Q.29. Which are the Asanas Practiced for Preventing Diabetes? Write in detail about any two of them.

OR

Which are the Asanas practiced for preventing Asthma? Write in detail about any two of them.

Q.30 Siddharth and Lakshya want to join a stadium. Siddharth is interested in weight lifting, Lakshya is interested in Marathon.

which element of physical fitness Siddharth need to practice for weightlifting and what kind of exercises should he perform. for the preparation of Marathon which element of physical fitness should be improved and how ? Explain the procedure of any one method.