

PRACTICE PAPER – (2020-21)
Subject: Physical Education
(048) Class: XII

Maximum marks- 70

Time 3.00 Hours

GENERAL INSTRUCTIONS –

- 1) The Question Paper consists of 30 questions each and all are compulsory .
- 2) Question 1- 12, carry 01 mark each consists of 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. Which nutrient helps our body to fight against infections?

- a) Carbohydrate
- b) Protein
- c) Starch
- d) Fats

OR

Age between 13-19 years is called as–

- a) Childhood-
- b) Adolescence
- c) Adulthood-
- d) Infancy-

Q.2. Sit up is used to measure

- a) Flexibility
- b) Strength
- c) Agility
- d) Co-ordination ability

Q.3. Fatty acids are stored in?

- a) Connective tissue
- b) Adipose tissue
- c) Upper most layer of skin
- d) None of these

Q.4 Cobra pose is known as in Sanskrit----

- a) Bhujangasana
- b) Mayurasana

- c) Uajrasana
- d) All of these

OR

Psychology deals with–

- a) Function of body
- b) Activity of air
- c) Anatomy
- d) Behavior

Q .5. Post Isometric Training is used for developing-

- a) Flexibility
- b) Coordination
- c) Endurance
- d) Speed

OR

‘Speed Play’ is also know as _____ Training of method‘

- a) Strength Training
- b) Interval Training
- c) Endurance Training
- d) Fartlek Training

Q.6. For every action, there is an equal and opposite reaction the formally stated Newton’s.

- a) First Law
- b) Second law
- c) Third law
- d) None of above

Q.7.Which committee is responsible for to control the Law and Order in Tournament?

- a) Transport Committee
- b) Supervising Committee
- c) Discipline Committee
- d) Official Committee

Q.8.Which of following is an intrinsic reward of sports

- a) Certificate
- b) Trophy
- c) Prize
- d) Self-esteem

Q.9. Which organic system is related to “Asthma”?

- a) Muscular System
- b) Digestive System

- c) Respiratory System
- d) Skelton System

Q10.Number of ventricle contraction of heart per minute is known as_____.

- a) Heart Rate
- b) Cardiac Output
- c) Minute Volume
- d) Tidal Volume

Q.11. Match List -1 with List-2 and select the correct code

LIST- 1		LIST-2	
NUTRIENT		DISEASE	
1)	Iron	a)	muscles cramps
2)	Protein	b)	Osteoporosis-
3)	Calcium	c)	marasmus
4)	Sodium	d)	Anemia

CODES -

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

Q.12. Given below are the two statements labeled Assertion (A) and Reason (R).

A. Assertion (A): Introverts Personalities are focussed Themselves .

B. Reason (R): They are players of good of Chess, Snooker

- 1. Both (A) and (B) are true and (R) is correct explanation of (A).
- 2. Both (A) abd (B) are true and (R) is not correct explanation of (A).
- 3. (A) is true ,But(R) is false
- 4. (A) is False ,But(R) is True

Q13.Identify the below given Items of Tests and name them.



.....



b)

.....



c)

.....



d)

.....

Q.14. Identify the below given Asanas and name them



a)

.....



b)

.....



c)

.....



d)

.....

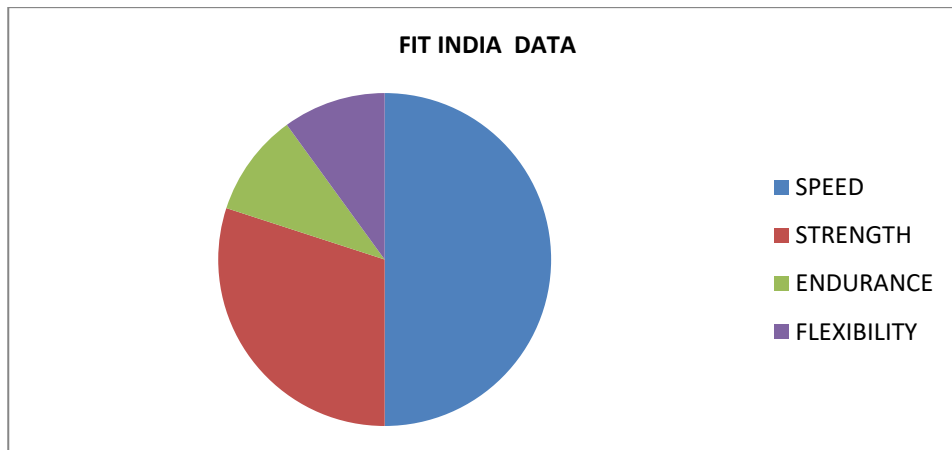
Q.15 Write any two causes of OCD ?

OR

What is Disability Etiquettes ?

Q 16 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 100, then calculate the fitness index by short-term fitness formula

Q.17. Below is the Fit India Movement Data of a Delhi Govt. school –



Answer the following questions on the basis of Data Available .?

- A) In which motor Fitness Component School needs improvement
- Endurance
 - Flexibility
 - Both a) & b)
 - Strength
- B) Which component of fitness was found the most within children
- Endurance
 - Flexibility
 - Speed
 - Strength
- C) “ Push-Ups” Measures which of the following Motor –Component
- Agility
 - Strength
 - Flexibility
 - Above all

Q.18. During the gymnastic session the trainer found eventually Mohan is suffering from not me and advised him some corrective measures and yoga asanas.

Based on this case answer the following question

1. Choose the corrective measures for knock knee
 - a. Run
 - b. Walk
 - c. Horse- riding
 - d. Walk on toe

2. Choose the asana which can be helpful in knock –knees.
 - a. Tadasan
 - b. Ardhchakrasan
 - c. Pavanmuktasan
 - d. Gomukhasan

3. Following are the corrective measures for knock knees, except
 - a) use cod liver oil
 - b) walking calipers
 - c) Padmasan
 - d) Vajrasana

Q.19. Explain the Newton's Law of motions with examples

OR

Explain Flexion and Extension movement

Q.20 Explain interval training method

Q.21. Explain the techniques of goal determination and reinforcement in motivation.

Q.22. Write the spinal postural deformities.

Q.23.Explain Sheldon's classification of personality and explain its importance in physical education and sports.

Q.24 Explain Ballistic method to develop flexibility?

Q.25. Differentiate between disability and disorder

Q.26. Briefly describe any two asanas to prevent from Diabetes

Q.27. Explain in detail the physiological factors determining endurance?

OR

Explain the meaning and importance of Bio mechanics in sports

Q.28. Explain the Rikli and Jones Test (Senior Citizen Fitness Test) in detail

Q.29. Describe ways to promote participation in women 's sports

OR

Draw a fixture for 19 teams on the basis of knock out tournament .

Q.30. Define strength and explain methods to develop strength.
