



- (a)  $N+1/2$       (b)  $N-1/2$       (c)  $N(N-1)/2$       (d)  $N(N+1)/2$

7. The amount of oxygen which can be absorbed and consumed by the working muscles from Blood is called-----

1

- (f) Oxygen intake      (b) oxygen transport  
(g) (c) oxygen uptake      (d) energy reserve

**OR**

Which one of these is a long term effect of exercise on cardiovascular system?

- (a)  $\uparrow$  Heart rate      (b)  $\uparrow$  Body temperature  
(c)  $\uparrow$  Cardiac output      (d)  $\uparrow$  BP

8. Acceleration runs are used to improve\_\_\_\_\_.

1

- (h) Strength      (b) Endurance      (c) Speed      (d) Flexibility

9. Overstretching of ligament cause:

1

- (i) Strain      (b) Sprain      (c) Contusion      (d) Bruises

10. When the angle between the two bones decreases it is termed as\_\_\_\_\_.

1

- (j) Flexion      (b) Extension      (c) Abduction      (d) Adduction

11. Which of the following is not a spinal curvature deformity?

1

- (k) Kyphosis      (b) Scoliosis      (c) Lordosis      (d) Flatfoot

**OR**

Gomukhasana and Padmasana are performed to rectify which postural deformity?

- (a) Flatfoot      (b) Scoliosis      (c) Knock-knees      (d) Bow legs

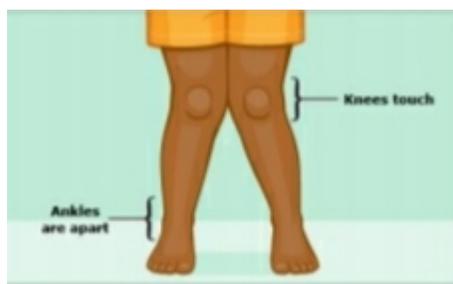
12. Which of the following asana should be performed for curing Obesity?

1

- (l) Trikonasana      (b) Bhujangasana  
(c) Pawanmuktasana      (d) Tadasana

13. Identify and explain the given postural deformities.

2



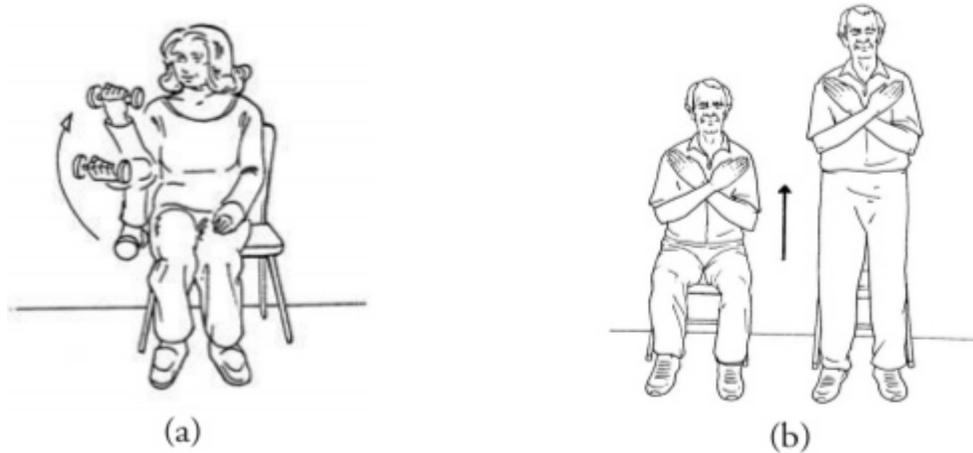
A



B

14. Identify and explain the following Rikli and Jones Senior Citizen Fitness Tests.

2



15. Explain briefly the two types of Aggression.

2

16. Write down the formula for calculating fitness Index both for short term and long term.

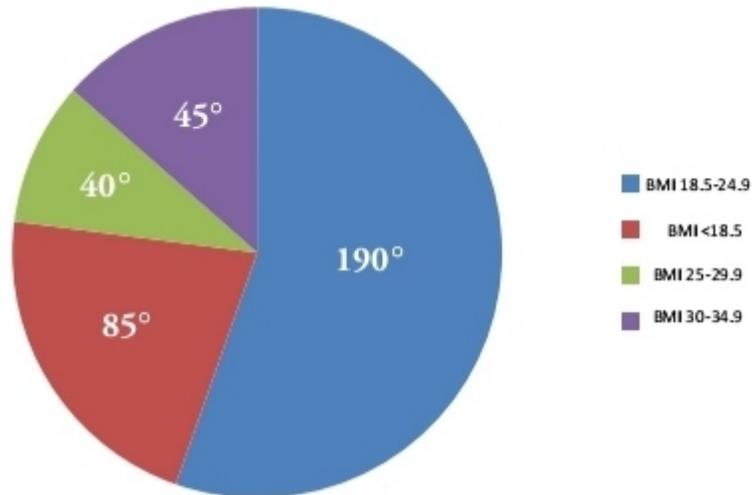
2

**OR**

What are the pitfalls of dieting?

17. Below given is the BMI data of a school's health check-up:

3



**On the basis of the above data; answer the following questions:**

17.1 What is the percentage of students of the category of obesity?

- (a) 52.77% (b) 23.61%

- (c) 12.5% (d) 11.11%

17.2 In which category does the highest number of students fall into?

- (a) Obese (b) Normal weight  
(c) Under weight (d) Over weight

17.3 Which category is related to Under weight?

- (a) ■ (b) ■ (c) ■ (d) ■

18. Explain any three types of coordinative abilities.

3

**OR**

Explain Fartlek Training method along with its advantages.

19. Explain the methods to improve flexibility with help of examples.

3

20. A 15 year old boy completed Harvard step test for a duration of 5 minutes and the no. of heartbeats between 1 to 1.5 minutes was 90, between 2 to 2.5 minutes was 80 and between 3 to 3.5 minutes was 70.

3

20.1. What is the purpose of Harvard step test?

- (a) To measure lower body strength.  
(b) To measure speed, agility and balance while moving.  
(c) To measure cardio vascular fitness.  
(d) To measure upper body flexibility.

20.2 What is the short term fitness score of the boy ?

2. (a) 62.5 (b) 60.6 (c) 22.7 (d) None of

these

20.3 Which of the following is an advantage of Harvard step test?

- (a) This test requires nominal/ minimal equipment and is self-administered.
- (b) It requires very less space and cost to administer.
- (c) Larger group can be tested.
- (d) All the above

21. Suggest various external methods of motivating a person for better performance in sports. 3

**OR**

Explain the procedure for administering any three test items of Rikli and Jones Test.

22. Describe various types of movements in joints with help of examples. 3

23. Differentiate between isometric and Isotonic exercises. 3

24. Define motor development and list down the factors affecting it. 3

25. What do you understand by 'non-nutritive components'? Elucidate any four non-nutritive components of diet. 3

**OR**

List down the nutritive components of diet and explain any one.

26. What do you understand by the term disability? Explain any four disability etiquettes. 3

27. Draw a knock-out fixture for 23 teams. 5

**OR**

Draw a Fixture for 9 teams according to league tournament (Cyclic method).

28. Describe five types of disorders with their symptoms and causes. 5

29. Describe the procedure for performing Gomukhasana along with its benefits and contradictors. 5

**OR**

Describe the procedure for performing Shalabhasana along with its benefits and contradictors.

30. Explain briefly different Bone and Joint Injuries with causes and prevention. 5



**SAMPLE PAPER (2020-21)**

**PHYSICAL EDUCATION**

**CLASS-12**

**Maximum Marks: 70**

**Time: 3:00 hrs**

- 
- 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**

**Q1. Which of the following is a two Joint muscle?**

- (A) Bicep brachii**
- (B) Deltoid**
- (C) Iliopsoas**
- (D) Sartorius**

**Or**

**Sphygmomanometer is used to measure—**

- (A) Blood Haemoglobin**
- (B) Blood Cholesterol**
- (C) Blood Pressure**
- (D) Blood Volume**

**Q2. The richest source of protein is—**

- (A) Pulses**
- (B) Groundnut**
- (C) Soya bean**
- (D) Egg**

**Q-3. Which of the following systems of the body is the focal point in movement?**

- (A) Circulatory system**
- (B) Nervous system**
- (C) Respiratory system**
- (D) Muscular system**

**Or**

**Scoliosis is a postural deformity related with—**

- (A) foot**
- (B) leg**
- (C) vertebral column**
- (D) hand**

**Q4. Which of the following are considered as the Social Inheritance of Man?**

- (A) Traditions**
- (B) Habits**
- (C) Conditional reflexes**
- (D) Religious practices**

**Q5. The Law of acceleration is also known as—**

- (A) Law of inertia**
- (B) Law of action and reaction**
- (C) Law of momentum**
- (D) Boyle's law**

**Q6. Harvard step test is a test for measuring—**

- (A) Leg strength**
- (B) Cardio vascular endurance**
- (C) Agility**

(D) Speed of movement

**Q7. In the technical terms, muscle pull is known as–**

(A) Sprain

(B) Strain

(C) Abrasion

(D) Contusion

or

**Geographical and climatic conditions should be considered when planning–**

(A) Indoor activities

(B) Outdoor activities

(C) Child activities

(D) Old people activities

**Q8. Which amongst these is not a method to improve flexibility?**

(a) Ballistic

(b) Static stretching

(c) PNF

(d) Fartlek

**Q9. A disorder related to brain trouble in receiving and responding to information can be termed as \_\_\_\_\_?**

(a) ODD

(b) OCD

(c) ADHD

(d) SPD

**Q 10. A person having both traits of introvert and extrovert is known as?**

- (a) Mesomorph**
- (b) Extroversion**
- (c) Ambiverts**
- (d) Endomorph**

**Q 11. Given below are two statements, one labelled as Assertion (A) and the other labelled as Reason (R):**

**Assertion (A): Demand profiles for different stages of training should be determined on the basis of performance capacity and performance structure.**

**Reason (R): Demand profiles are the most effective means that serve as the base for talent identification and its development.**

**In the context of the above statements, which one of the following is true?**

- (1) Both (A) and (R) are true and (R) is the correct explanation of (A).**
- (2) Both (A) and (R) are true, but (R) is not the correct explanation of (A).**
- (3) (A) is true, but (R) is false.**
- (4) (A) is false, but (R) is true.**

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

<b>List-I (Sports person)</b>	<b>List-II (Desirable Postures for High level sports performance)</b>
<b>(a) Sprinters</b>	<b>(i) Anterior Pelvic Tilt and lordosis</b>

(b) Female Gymnasts  
(c) Racquet sports  
(d) Rowing and Canoeing

(ii) Rounded back  
(iii) Anterior Pelvic Tilt and protruding buttocks  
(iv) Inverted feet

**Code:**

(a) (b) (c) (d)

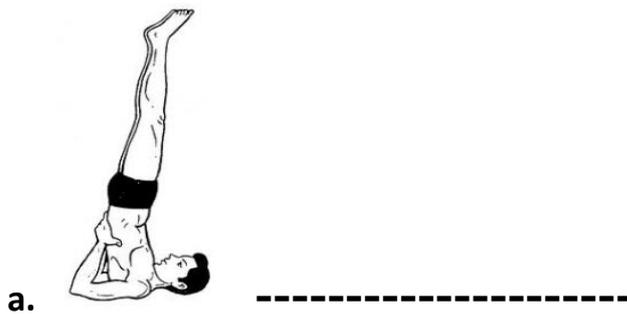
(1) (i) (iii) (iv) (ii)

(2) (iv) (iii) (ii) (i)

(3) (iii) (i) (iv) (ii)

(4) (i) (ii) (iii) (iv)

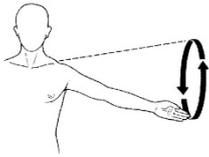
Q 13. Identify the below given Asanas and write the names



**Q 14. Identify the human movement and give their names**



a. -----



b. -----

c.



-----

d.



-----

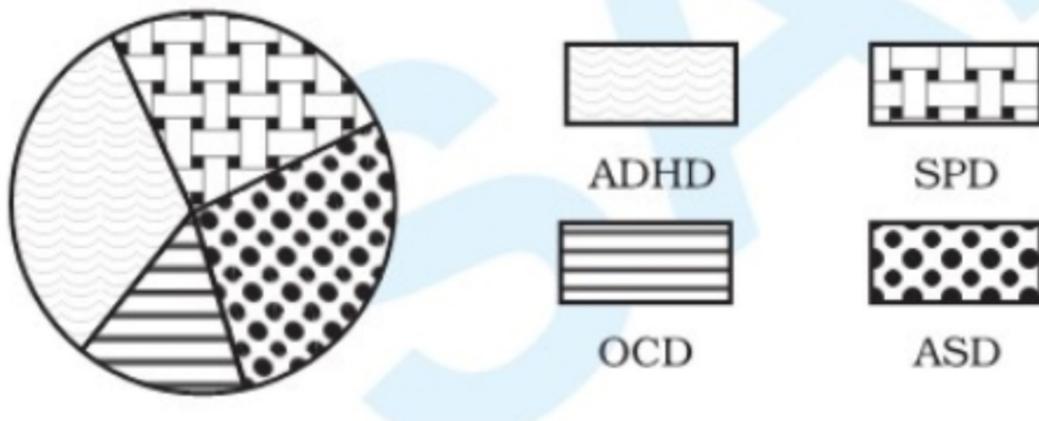
**Q 15. Write a brief note on Mesomorph.**

**Q 16. How are the terms Disability and Disorder associated with each other?**

**Or**

**Differentiate between ADHD and ODD on the basis of their symptoms.**

**Q 17. Below given is the data of types of disorders.**



On the basis of above data, answer the following questions.

A. In which disorder the student's population fall into?

- a) ADHD b) SPD c) OCD d) ASD

B. Which disorder is cause by traumatic birth injuries to the upper neck and brainstem?

- a) OCD b) SPD c) ASD d) ADHD

C. What is the full form of OCD?

- a) Oppositional Compulsive disorder  
 b) Occurrence Compulsive disorder  
 c) Operational Compulsive disorder  
 d) Obsessive Compulsive disorder

**Q 18. Olympic Games draw attention of the world towards the importance of physical education. It develops health and better citizens. The development of loyalty, brotherhood and team spirit takes place through participation in games. The various diversities due to different castes, racial differences, languages, cultures, the difference between countries widens the outlook of sports person.**

(a) What values do the Olympic Games teaches the sports persons?

(b) According to you how Olympics is helping to create global unity?

(c) What Olympic games develops?

**Q 19. Compare any three macro minerals on the basis of their sources and benefits.**

**Or**

**Compare any three etiquettes of special children on the basis of their needs.**

**Q 20. Create a flow chart of classification of sports injuries and explain the types of tissues.**

**Q 21. Elaborate the motor development during middle childhood.**

**Or**

**Write about ADHD.**

**Q 22. How heart rate is measured?**

**Q 23. Write the importance of biomechanics?**

**Q 24. What are the effects of exercise on inspiratory reserve volume and expiratory reserve volume?**

**Q 25. Draw a fixture of 27 teams by using knock out method as well as show consolation type I method.**

**Q 26. Describe acceleration runs.**

**Or**

**Explain the principles of first aid.**

**Q 27. Define strength. Explain the types of strength.**

**Q 28. Explain the classification of sports injuries.**

**Or**

**Define yoga developments. Explain its importance.**

**Q 29. Explain the corrective measures of postural deformities.**

**Or**

**Explain in detail about the myths that affect diet of a person.**

**Q 30. Akshay is working on a project to collect data for assessing cardiovascular fitness of his coathletes. Mention the name of fitness test. Explain in detail with procedure and fitness Index score.**

