

QUESTION BANK

PHYSICAL EDUCATION

CLASS- 12

1. Which of the following is not an objective of planning?

- (a) Efficiently supervise all activities (b) Make room for innovation
(c) Strengthening sports culture (d) Get the best performance out of the participants

2. Which of the following are salient aspects of a tournament?

- (a) Nurturing social skills (b) Means of recreation
(c) Promoting national and international integration (d) All of these

3. What are the types of league tournaments?

- (a) Single and Double league tournament (b) Single and Mixed double league tournament
(c) Double and Combination league tournament (d) Simple and Complex league tournament

4. Which of the following is not a kind of a tournament?

- (a) Knockout (b) Round Robin (c) League (d) Mixtures

5. What is the value placed for female in VO₂ MAX formula?

- (a) 1 (b) 0 (c) 0.85 (d) 0.72

6. What are the symptoms of Asthma?

- (a) Extra production of mucus (b) Excessive coughing (c) Wheezing and shortness of breath
(d) All of these

7. Given below are the two statements labelled Assertion (A) and Reason (R).

Assertion (A): Seeding is a procedure of shuffling the position of good teams to avoid best matches in starting of a tournament.

Reason (R): It is done to keep the interest of spectators alive till finals of a tournament. 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.

8. Assertion-Reason Type Questions:

Given below are the two statements labelled Assertion (A) and Reason (R).

A: Even what is considered nutritious, such as carbohydrates, should be consumed in appropriate amounts.

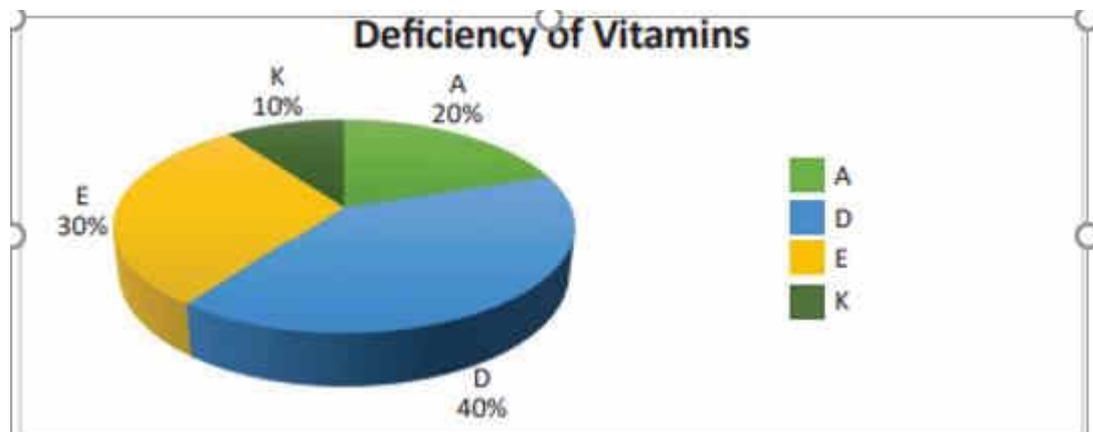
R: A balanced diet therefore has a standard structure.

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

- a) (b) Both (A) and (R) are true but (R) is not the correct explanation of (A).
- b) Both (A) and (R) are true and (R) is the correct explanation of (A).
- c) (c) (A) is true, but (R) is false.
- (d) (A) is false, but (R) is true.

9. Data-Based Questions:

Given below is the data which depicts the percentage of school students suffering from the deficiency of various vitamins:



On the basis of the pie-chart given above, answer the following questions:

1. Which of the deficiency can be reduced by adding a morning outdoor-play-period in the timetable?
 - (a) Vitamin A
 - (b) Vitamin D
 - (c) Vitamin
 - (d) Vitamin E

2. If a student has deficiency of Vitamin A, what is he likely to suffer from?
 - (a) Anaemia
 - (b) Paralysis
 - (c) Scurvy
 - (d) Night blindness

3. What is common about the vitamins given above in the pie-chart?

- (a) They are all water soluble.
- (c) They are all fat insoluble.

- (b) They are all fat soluble.
- (d) They all affect the immune system.

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

S.No.	LIST – I Vitamin	LIST – II Source
i.	Vitamin A	1. Morning sunlight
ii.	Vitamin C	2. Egg yolk
iii.	Vitamin D	3. Dark green leafy vegetables
iv.	Vitamin E	4. Orange

	Code			
	i	ii	iii	iv
(a)	2	4	3	1
(b)	1	2	4	3
(c)	4	3	1	2
(d)	2	4	1	3

12. Identify the asanas given below and write the names.

(a)

(b)

(c)

(d)

13. Which of the following motor fitness test items is meant exclusively for girls?

(a) Modified push ups (b) Standing broad jump (c) Sit and reach (d) Partial curl up

14. Barrow three item test for motor ability includes -----

(a) Standing broad jump, zigzag run and medicine ball put.

(b) Standing broad jump, push ups and shuttle run.

(c) Partial curl up, sit and reach test and medicine ball put.

(d) Zigzag run, shuttle run and 50 m dash.

15. Boys use a _____ ball in medicine ball put.

(a) 5 kg (b) 2 kg (c) 1 kg (d) 3 kg

16. How many tests are there in Senior Fitness test?

(a) Five (b) Seven (c) Six (d) Three

17. What is Fullerton Functional Fitness Test meant for checking?

(a) Lower and upper body strength (b) Agility (c) Aerobic endurance (d) All of these

18. Which of the following are counted amongst the commonly known postural deformities?

(a) Spinal curvature (b) Flat foot (c) Bow legs (d) All of these

19. Which yogic poses help in correcting round shoulders?

(a) Bhujangasana and Ustrasana

(b) Gomukhasana and Padmasana

(c) Ardh Matsyendrasana and Garudasana

(d) Chakrasana and Dhanurasana

20. Match the following:

Match list – I with list – II and select the correct answer from the code given below:

List I – Postural Deformities

List II – Causes

(a) Scoliosis

(1) Long distance running

(b) Lordosis

(2) Lack of phosphorus

(c) Flat foot

(3) Obesity

(d) Knock knee

(4) Uncomfortable shoes

Select the correct set of options:

Code				
	(i)	(ii)	(iii)	(iv)
(a)	3	2	1	4
(b)	4	4	3	3
(c)	2	1	4	2
(d)	1	3	2	1

21. Justify Reason and Assertion

Assertion: (A) League tournament is a better way to judge the best team of the tournament.

Reason: (R) The rank of the team is judge by maximum number of matches won by the team

- (a) (A) is false and (R) is true
- (b) Both (A) and (R) is false
- (c) (A) is true, but (R) is not correct explanation
- (d)(A) is true and (R) is correct explanation

22. Who developed Harvard Step Test and in which year?

- (a) Mullar 1987 (b) Jackson 1965 (c) Brouha 1943 (d) Brouha 1947

23. In a school Physical education teacher is teaching march past to children for Independence Day.

He started his command with Stand at ease and Attention. In this command movement is performed by ball and socket joint.

1. What are the possible movements in this type of joint?

- (a) Flexion (b) extension (c) Abduction (d) all of the above

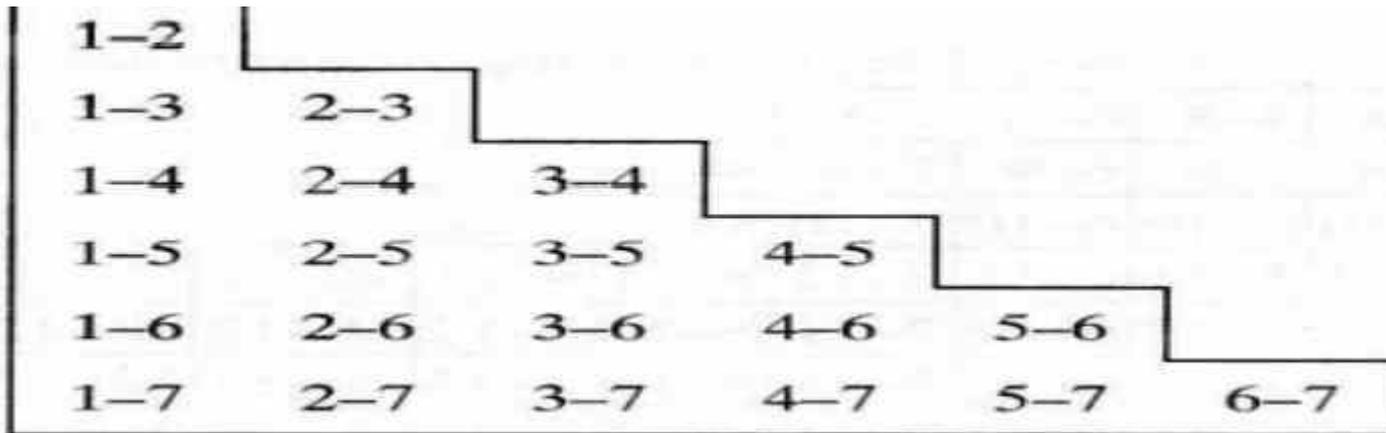
2. Movement occurs in arms during March past.

- (a) Abduction /Adduction (b) flexion/Extension (c) both A and B (d) none of these

24. Gomukhasana and Padmasan Are Performed to Rectify Which Postural Deformities?

- (a) Flat Foot (b) Scoliosis (c) Knock-Knees (d) Bow Legs

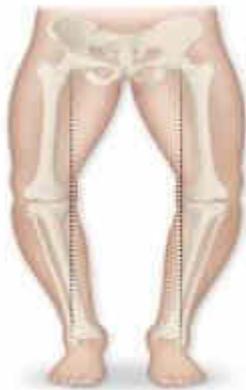
25. Below given is the Tournament fixture procedure of a CBSE Volley ball National competition



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

1. The formula for calculating number of matches in Round Robin tournament are where 'N' is number of teams is -----
 (a) $N(N-1)/2$ (b) N (c) $(N-1)$ (d) $(N+1)$
2. In League tournaments the winner is decided by
 (a) British method
 (b) American Method
 (c) Both(a) and (b) (d) No of Matches won
3. Which of the following is Not a League Fixture Procedure?
 (a) Ladder method (b) Stair method
 (c) Cyclic method (d) Tabular method
26. Calculate long term fitness index if duration of exercise is 300seconds and sum of heart rate is 230.
 (a) 65.2 (b) 73.1 (c) 67.9 (d) 34
27. To acquire body control, strength and coordination activities like stunts, throwing, jumping, catching, running etc should be done at which stage of growth and development.
 (a) Infant (b) Later Childhood (c) Adulthood (d) Early childhood
28. How many series of tests are there in the prescribed fitness test for Mr. Lakshman?
 (a) 8 (b) 6 (c) 5 (d) 4
29. Pick the odd man out
 (a) Arm curl test (b) Chair stand test (c) 6 min walk test (d) Partial curl up
30. The 8 foot up & go test, as shown in the picture is performed to assess _____
 (a) Agility (b) Endurance (c) Speed (d) Strength
31. The study of living being in rest and motion is known as :
 (a) Biochemistry (b) Anatomy (c) Biomechanics (d) Physiology

32. Identify the Posture deformities.



(a)



(b)

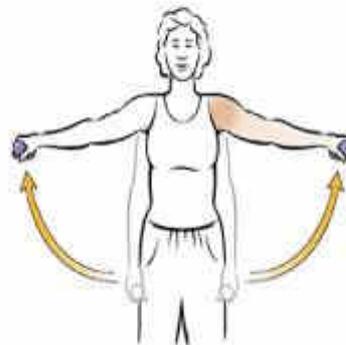
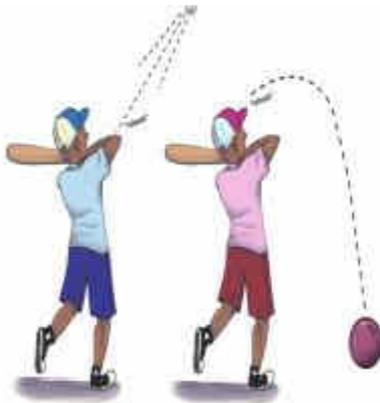


(c)

33. Due to Covid Pandemic, most of the children attending online classes with bad sitting posture may experience this condition later

- (a) Kyphosis (b) Lordosis (c) Scoliosis (d) Flat foot

34. Identify the picture and give answer



35. To acquire body control, strength and coordination activities like stunts, throwing, jumping, catching, running etc should be done at which stage of growth and development.

- (a) Infant (b) Later Childhood (c) Adulthood (d) Early childhood

36. Mr. Rajanaman, 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 spending time with his grandchildren. Now a days he is experiencing difficulty in doing certain chores which involves physical movement.



1. Which of the following tests would you recommend to check Mr. Rajanaman's fitness?

- (a) Harvard step test (b) Rikli & Jones test (c) AAHPER test (d) Rock port test

2. How many series of tests are there in the prescribed fitness test for Mr. Rajanaman?

- (a) 8 (b) 6 (c) 5 (d) 4

3. Chair sit & reach test is done to check _____

- (a) Agility (b) Speed (c) Flexibility (d) Strength

4. Pick the odd man out

- (a) Arm curl test (b) Chair stand test (c) 6 min walk test (d) Partial curl up

5. The 8 foot up & go test, as shown in the picture is performed to assess _____

- __ (a) Agility (b) Endurance (c) Speed (d) Strength

37. What is Bye?

- (a) It's a method of drawing fixture (b) Point system for team game (c) Advantage given to a team not to play in initial round (d) Placement of team according to previous performance

38. A balance diet refers to the intake of food constituting all the necessary nutrients. Ravi shares his knowledge of food and nutrition with neighbour while visiting his grandparents in a village. Ravi noticed that few people living in the village are suffering with Beri Beri, Goitre and severe anaemia.



1. Low level of this mineral can leads to Anaemia
 (a)Copper (b) Sodium (c)Iron (d)Calcium
2. Mineral is placed under _____nutrients categories on the basis of required quality.
 (a)Micro (b) macro (c) Roughage (d) Non-Nutritive
3. Goitres caused due to deficiency of
 (a) Calcium (b) Selenium (c) iron (d) Iodine
4. Fresh Vegetables and Fruits are rich in source of _____
 (a) Vitamins (b) Minerals (c) Both A and B (d) fat
39. What is the formula of calculate the number of matches in single League tournament?
 A) N-1 B) N(N-1) C) N(N-1)/2 D) N
40. Which one of the following is an advantages of round Robin tournaments?
 A) Time consuming B) More number of officials C) Expensive D) Decides the real strong team
41. League- cum-knock out is part of which tournament?
 A) Knock out B) Round Robin C) Combination D) Consolation

42. What is the formula to determine number of matches in League fixtures for even number of teams?

- A) $(N+1)/2$ B) $N(N-1)/2$ C) $(N-1)/2$ D) $N(N+1)/2$

43. How many buys will be given if 17 teams are there in a knockout tournament?

- A) 15 B) 14 C) 16 D) 17

44. To draw Fixture, which of the following method is not a method of league tournaments?

- A) Cycle Method B) Staircase Method C) Knockout Method D) None of These

45. In which tournament, strong team may have the ability to be eliminated in the preliminary round?

- A) League tournament B) Knockout tournament C) Challenge tournament D) League cum league tournament

46. How many teams will be placed in third quarter if 31 teams are participating in knockout tournament?

- A) 6 B) 7 C) 8 D) None

47. Intramurals are significant for:

- A) Physical development B) Mental development C) Social development D) All the above

48. Tournaments are helpful for a development of:

- A) Social qualities B) Selection of players C) Sports skills D) All the above

49. How many methods can be used for preparing fixtures in League tournaments?

- A) 2 B) 4 C) 3 D) 5

50. The head of the sports committee is director.

- A) Sports minister B) Prime minister B) Administrative director D) Chairman and CEO

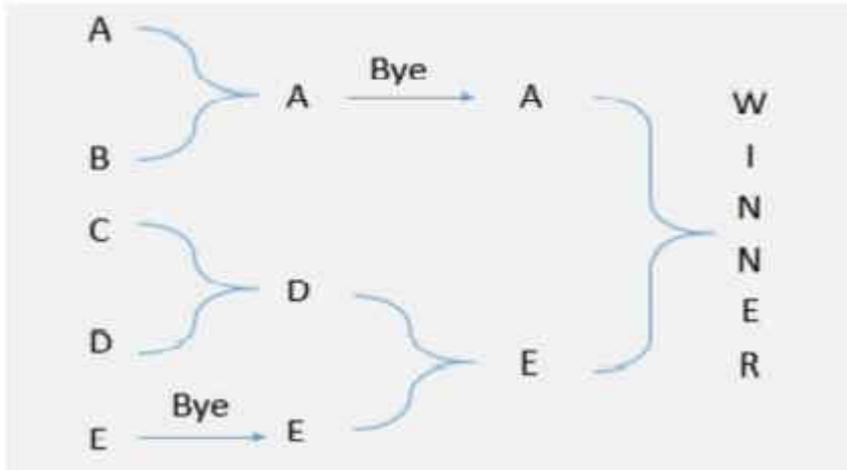
51. Which one of the following is not an objective of planning in sports?

- A) Management of tournament.
B) Finding out of the cases of failure
C) Distributing work according to the ability
D) Achieving the target on time

52. Which of the following procedure is not used for drawing a fixture for a knockout Tournament?

- A) Staircase B) Seeding C) Byes special D) Seeding

53. Competing in physical activities has been the natural tendency of humans. The competitions or Tournaments are held according to the set rules and regulations. The success of the tournament Depends upon suitable fixture. Observe the below given fixture and answer the questions.



1. The Method Followed in Drawing the Fixture Is.....

(A) League (B) Knockout (C) Ladder (D) Combination 2. Number Of Matches

2. Played Can Be Calculated by the formula

(A) N (B) N-1 (C) N+1 (D) N

3. The Advantage of This Tournament Is.....

(A) Economical (B) Less Time (C) Both (A)&(B) (D) None of The Above

4. Type of Tournament, A Team Once Defeated Gets

(A) Eliminated (B) Bye (C) Another Chance (D) Wild Card Entry

5. A Privilege Given to a Team to Play at a Higher Round Is Called

(A) Fixture (B) Bye (C) Reward (D) All of The Above

54. Scoliosis Is a Perfect Postural Deformities Related With:

A) Foot B) Leg C) Vertebral Column D) Hand

55. In which year written insurance developed the senior citizen fitness test?

A. 2011 B. 2001 C. 2002 D. 2010

56. Which one of the following tests is used to assess the coordination and agility of senior citizen?

A. Six-minute walk test. B. Eight foot up and go test C. Arm curl test. D. Chair stand test

57. The formula for short term fitness index is:

A. $100 \times \text{Test duration in minutes} / 2 \times (\text{sum of pulse 1, 2 and 3})$

B. $200 \times \text{Test duration in minutes} / 2 \times (\text{sum of pulse 1, 2 and 3})$

C. $200 \times \text{Test duration in second} / 2 \times \text{Pulse1} \times \text{pulse 2} \times \text{pulse 3}$

D. $\text{Duration of exercise in seconds} \times 100 / 5.5 \times \text{plus count of } 1-1 \frac{1}{2} \text{ minutes after exercise.}$

58. Rock port one mile test is conducted to measure:

A. Cardiovascular fitness B. Senior citizen fitness C. Vital capacity D. Muscular strength

59. Which of the following equipment is not required for six-minute walk test

A. Measuring Tape B. Stopwatch C. Chair D. Ruler

60.



1. Both the tests shown in the picture are conducted to check fitness

(a) Muscular (b) Skeletal (c) Cardiovascular. (d) Respiratory

2. The height of the bench used in the first picture is cm for women.

(a) 45. (b) 50 (c) 40 (d) 55

3. The test shown in the first picture was developed by

(a) Coubertin (b) Brouha (c) Sheldon. (d) James

4. The name of the test shown in the first picture is.

(a) Rikli & Jones test (b) Harvard step test (c) Rockport test (d) Barrow test

5. How many times pulse rates are taken to estimate the fitness level

(a) 3 (b) 2 (c) 5 (d) 4

61. Rajesh went to an old age home on the occasion of his birthday. At that time all the inmates in the home were assembled in one place. When he enquired, they replied that they have a physical fitness test.

1. Give any one standard physical fitness test for senior citizen

(a) Push ups (b) Standing Broad jump (c) Zig zag run (d) Eight foot up and go test

2. Chair stand test is used for measuring the

(a) Lower body strength (b) Upper body test (c) Aerobic fitness (d) Anaerobic fitness

3. The weight of dumbbells in Arm Curl test for men is

(a) 5 pounds (b) 4 pounds (c) 8 pounds (d) 10 pounds

62. 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

63. Geographical and climatic conditions should be considered when planning–

- (A) Indoor activities
- (B) Outdoor activities
- (C) Child activities
- (D) Old people activities

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

List-I (Sports person)	List-II (Desirable Postures for High level sports performance)
(a) Sprinters	(i) Anterior Pelvic Tilt and lordosis
(b) Female Gymnasts	(ii) Rounded back
(c) Racquet sports	(iii) Anterior Pelvic Tilt and protruding buttocks
(d) Rowing and Canoeing	(iv) Inverted feet

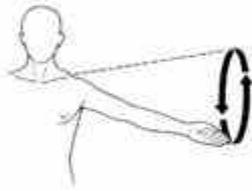
Code:

- (a) (b) (c) (d)
- (1) (i) (iii) (iv) (ii)
- (2) (iv) (iii) (ii) (i)
- (3) (iii) (i) (iv) (ii)
- (4) (i) (ii) (iii) (iv)

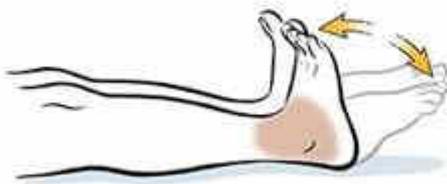
65. Identify the human movement and give their names



a.



b.



c.



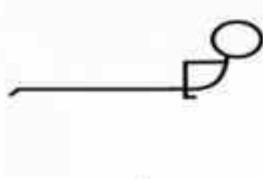
d.

66. 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.

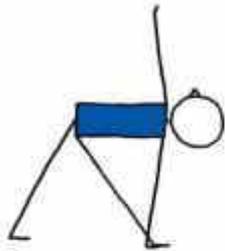
- (a) What values do the Olympic Games teaches the sports persons?
- (b) According to you how Olympics is helping to create global unity?
- (c) What Olympic games develops?

67. Identify the below given Asanas and write their names

a.



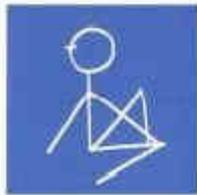
b.



c.



d.



68. Which disease occurs when pancreas is unable to make enough insulin?

- (a) Obesity (b) Diabetes (c) Hypertension (d) Sinusitis

69. In Medicine Ball Put Test, the final score of an individual is the distance of the best put measured to the nearest

- (a) Yard (b) centimetre (c) foot (d) inch

70. The ability of a joint to do movements with external help:

- (a) Passive flexibility (b) Active flexibility (c) Neuro Flexibility (d) Continuous flexibility

71. Which macronutrient aids in production of hormones?

- (a) Proteins (b) Carbohydrates (c) Fats (d) Carbohydrates and Proteins

72. Which of the following processes does not reflect importance of measurement?

- (a) Diagnosis (b) Description (c) Prediction (d) Motivation

73. Starch in Potatoes is an example of:

- (a) Complex carbohydrates (b) Simple carbohydrates (c) Fats (d) Proteins

74. In this default of feet person gives complete print of his foot sole over the plane surface:

- (a) Scoliosis (b) Lordosis (c) Kyphosis (d) Flat foot

75. Which of the following terms does not relate to 'Test'? 1

(a) Implement (b) Instrument (c) Tool (d) Technique

76 . The acceleration of an object depends directly upon the net force acting upon the object, and inversely upon the object's

(a) weight (b) height (c) mass (d) density

77. Who developed Harvard Step Test?

(a) Dr. Harold M. Barrow (b) Lucien Brouha and his associates (c) Dr. Hans Kraus and Dr. Sonja Weber (d) Dr. Ken H. Cooper

78. Heart rate is defined as— 1

(a) Quantity of blood pumped away by heart in one minute (b) Number of systolic contractions per minute (c) Number of diastolic contractions per minute (d) Number of heart contractions per minute 90.

79. The range of movement of joints is also called as:

(a) Endurance (b) Speed (c) Flexibility (d) Strength

80. Which of the following is not a rule of correct posture?

(a) Stand tall (b) Chin should be up and the head centred over the shoulders (c) body weight should be evenly balanced over both legs and feet (d) Back should be bent while standing or sitting

82. Absolute strength is:

(a) the amount of force one can exerts one time (b) the amount of force that can be exerted in relation to body weight (c) The amount of force that can be exerted over time (d) All the above

83. Symptoms such as coughing, wheezing, shortness of breath and/or chest tightness are caused in patients suffering from:

(a) Diabetes (b) Obesity (c) Asthma (d) Back pain

84. Consolation tournament is a subtype of which type of tournament?

(a) Knockout tournament (b) Round Robin tournament (c) Combination tournament (d) Challenge tournament

85. In case of even number of teams, which team gets the third bye?

(a) Last team of lower half (b) last team of upper half (c) First team of upper half (d) first team of lower half

86. This mineral is essential for health of bones and teeth:

(a) Sodium (b) Potassium (c) Calcium (d) Phosphorus

87. It is difficult to walk on a wet floor because:

(a) Floor gets spoiled (b) There is more resistance (c) Force of friction is high (d) Force of friction is very less 116.

88. It is caused due to the position of the baby's legs in the womb:

- (a) Bow Legs (b) Scoliosis (c) Lordosis (d) Kyphosis

89. What aspect of fitness does the following define: "The ability to use strength quickly to produce an explosive effort".

- (a) Agility (b) Muscular Power (c) Stamina (d) Balance

90. In Sanskrit, Trikon word means: 1

- (a) Square (b) Rectangle (c) Circle (d) Triangle

91. Which type of diabetes occurs during pregnancy?

- (a) Type 1 (b) Type 2 (c) Gestational (d) Type 4

92. In comparison to other growth stages, infancy is more a period of

- (a) fast growth (b) consolidation (c) mental development (d) social growth

93. The circular motion combining flexion, extension, abduction and adduction is—

- (a) Circumduction (b) Pronation (c) Supination (d) Retraction

94. Which of the following test is best to measure speed and agility?

- (a) Cooper's 12-minute run and walk test (b) 1500m race (c) Half Marathon race (d) 4*10 m Shuttle run

95. The Rockport walking test was developed in 1986 by physiologists and cardiologists at the Department of Exercise Science in the university of

- (a) Michigan (b) Massachusetts at Amherst (c) Massachusetts, Boston (d) Miami, Florida

96. If one straightens one's legs, the knees undergo—

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

97. The fundamental cause of obesity and over-weight is:

- (a) Malnutrition (b) Balanced diet (c) imbalance between calories consumed and calories expended (d) All the above

98. 'Vitamin K' is essential for—

- (a) Normal coagulation of blood (b) Providing nourishment to body (c) Prevention of disease (d) Metabolism of the body

99. The simplest possible joint movement is

- (a) circular motion (b) flexing movement (c) gliding movement (d) swinging motion

100. Which of the following asana gives a posterior stretch to the spinal column?

- (a) Sukhasana (b) Paschimottanasana (c) Shavasana (d) Gomukhasana

PREPARED BY

PUNITA VOHRA