

PRACTICE PAPER-1

CLASS: XII

SUBJECT : PHYSICAL EDUCATION

Time Allowed : 3 hours

Maximum Marks : 70

General Instructions :

- (1) The question paper consists of 5 sections and 37 Questions.
- (2) Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
- (3) Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
- (3) Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
- (4) Sections D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
- (5) Section E consists of Question 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3

SECTION – A

1. If 11 teams are taking part in single league tournament then number of matches will be:
(a) 55 (b) 110 (c) 10 (d) 65
2. ----- Committee is responsible for the conduct of the Opening and Closing Ceremonies.
(a) Organizing committee (b) Marketing committee
(c) Logistic committee (d) Finance committee
3. If menstruation cycle does not begin at puberty, the term is called:
(a) Primary amenorrhea (b) Polymenorrhea
(c) Dysmenorrhea (d) Oligomenorrhea
4. In which type of anorexia the body weight is reduced or lost by vomiting or by taking laxatives and diuretics.
(a) Restricting type (b) Purging type
(c) Leukemia type (d) Non-purging type
5. Identify the asana



- (a) Vakrasana (b) Uttanpadasana (c) Mandukasana (d) Ardhalasana

6. In which year, the Special Olympics were officially organised by International Olympic Committee.
(a) 1924 (b) 1948 (c) 1954 (d) 1988
7. Which is NOT a micro mineral?
(a) Iodine (b) Iron (c) Calcium (d) Fluoride
8. Which vitamin is needed for DNA and RNA synthesis?
(a) Thiamine (b) Riboflavin (c) Niacin (d) Biotin
9. Given below are the two statements labelled Assertion (A) and Reason (R).
(a) Assertion (A): The word 'Paralympic' is derived from Greek word which means other than or parallel to Olympic Games.
(b) Reason (R): Paralympics is a mega sports event involving athletes with a range of disabilities
- 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
10. Sit and reach test is conducted to test:
(a) Strength (b) Acceleration
(c) Flexibility (d) Endurance
11. What is the weight of dumbbell for women in arm curl of Rikli and Jones Test?
(a) 5 kg (b) 2.2kg
(c) 8 pounds (d) 3.6kg
12. ----- System provides energy during 5000m race.
(a) ATP CP system (b) Anaerobic System
(c) Aerobic System (d) Endurance System
13. In which type of fracture the shaft of the bone is broken.
(a) Greenstick fracture (b) Communitied fracture
(c) Transverse fracture (d) Compound fracture
14. Acceleration of an object will increase as the net force increases depending on its
(a) Density (b) Mass
(c) Shape (d) Volume
15. Which one of the following is an example of the Law of inertia?
(a) Starting in rowing (b) Starting on roman rings
(c) Raising an opponent in wrestling (d) All the above
16. Which one of the goals focuses on technique for executing a task?
(a) Process Goal (b) Product Goal
(c) Outcome Goal (d) Performance goal

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

List - I		List - II	
1	Openness	A	Well-Organised and self-disciplined
2	Conscientiousness	B	Trusting and cooperative
3	Neuroticism	C	Curious and Imaginative
4	Agreeableness	D	Insecure and nervous

Code				
	1	2	3	4
(a)	D	C	A	B
(b)	C	A	D	B
(c)	D	B	C	A
(d)	C	A	B	D

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

List - I		List - II	
1	Isometric Exercises	A	1968
2	Fartlek Training	B	1954
3	Isotonic Exercises	C	1930
4	Isokinetic Exercises	D	1953

Code				
	1	2	3	4
(a)	C	D	A	B
(b)	D	C	B	A
(c)	B	A	D	C
(d)	D	C	A	B

SECTION – B

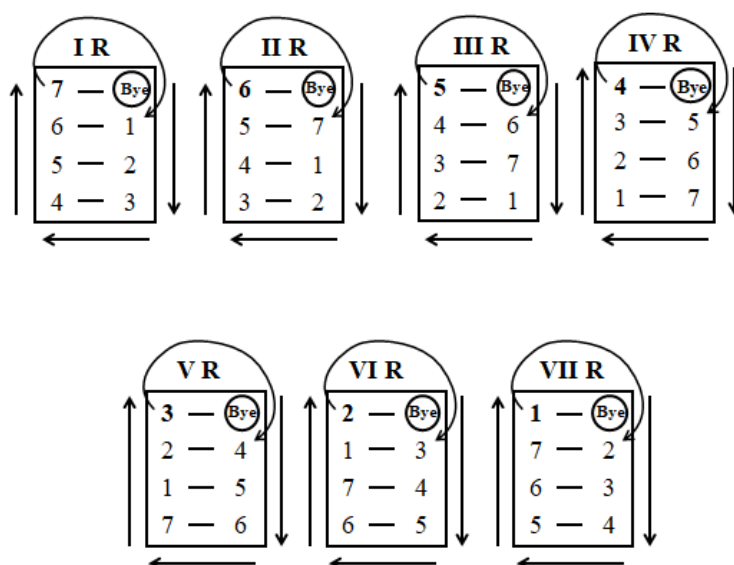
19. What should be the role of Logistics committee during organizing the sports event? (2)
20. What do you understand by Special Olympic & Paralympic? (1+1=2)
21. Briefly explain Macro & Micro nutrients. (1+1=2)
22. What is stroke volume? How does it respond to training? (1+1=2)
23. What do you understand by friction? List the causes of friction. (1+1=2)
24. List down the benefits of self-talk. (0.5 × 4 = 2)

SECTION – C

25. Draw a fixture of 6 volleyball teams on basis following the staircase method. (3)
26. Write a note on Logo and Oath of Special Olympics? ($1\frac{1}{2} + 1\frac{1}{2} = 3$)
27. What are phytochemicals? Briefly explain the function and sources. ($1 + 1 + 1 = 3$)
28. Your grandfather has severe pain in the legs. Explain the test you will suggest to measure her lower body strength particularly legs? (3)
29. What is air resistance? Explain the factors which are related to the amount of air resistance acting on a projectile. ($1 + 2 = 3$)
30. What is the relationship between load and adaptation during training programme? (3)

SECTION – D

31. Below given is the Tournament fixture of a CBSE Football National competition. ($1 \times 4 = 4$)

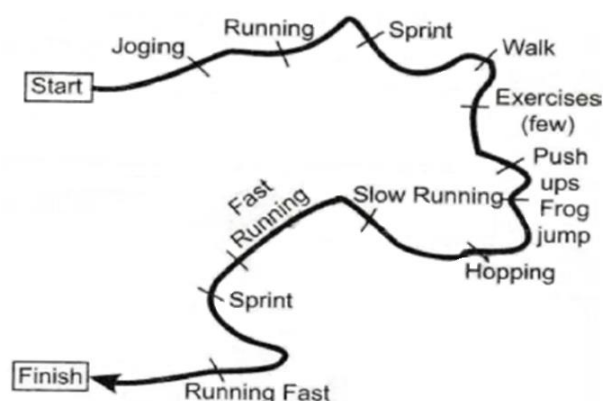


On the basis of the above fixture, answer the following questions:

- (a) Calculate the number of matches in the Tournament?
- (b) What are the advantages of above tournament?
- (c) Who imagined above tournament?
- (d) Define above tournament along with its types?
32. Rohan is a football player of Saint Paul's school. He is famous for his aggressive play in the field. Because of his aggression he scored many goals. At the same time, he was punished for his aggressive behaviour with opponent. ($1 \times 4 = 4$)
- (a) What level of aggression is needed in sports?
- (b) Hostile aggression is also known as ----- aggression.
- (c) Define aggression?
- (d) A boxer who punches the opponent below the belt with the primary aim of injuring him because he is losing is the examples of which type aggression.

33.

(1 × 4 = 4)



- (a) From the above picture, it is identified as ----- training method.
- (b) What should be the athlete heart rate and duration of exercise in this training?
- (c) This training method was developed by
- (d) What are the major effects of this training method on athletes?

SECTION – E

34. What do mean by Anorexia Nervosa, what are its causes, symptoms and preventions. (2 + 3 = 5)
35. Name the Asanas used to cure Hypertension. Write the procedure and benefits of makarasana. (1+2+2=5)
36. Create a flow chart of vitamins which are essential for working of the body. Explain the sources and functions of fat soluble vitamins. (1 + 4 = 5)
37. Classified various types of fractures. Explain the symptoms and treatment of bone injuries. (1 + 2 + 2 = 5)