

**PRACTICE PAPER-2**

**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. In double league tournament the numbers of matches are decided by the formula:
 

a. $N(N - 1)$	b. $(N(N-1))/2$
c. $(N(N-2))/2$	d. $N(N - 2)$
2. In a knock-out tournament, if the total number of byes in nb, then the formula for calculating the number of byes in lower half is:
 

a. $(nb-1)/2$	b. $(nb+1)/2$
c. $(n+1)/2$	d. $(n+1)/2$
3. Lordosis is a problem of the
 

a. Lower Back	b. Middle Back
c. Upper Back	d. Shoulders
4. If a women having her natural menstrual cycle at specific time and then stops menstruating for three months or more is said to have ----- .
 

a. Mensuration dysfunction	b. Secondary amenorrhea
c. Primary amenorrhea	d. Menarche
5. Which one of the following asana is not a remedial asana for treating Asthma?
 

a. Kapalbhati	b. Dhanurasana
c. Anuloma-viloma	d. Makarasana

**6. Identify the asana:**



- a. Matsyasana
  - b. Supt-matsyasana
  - c. Saral-matsyasana
  - d. Urdha-matsyasana
7. In which year, the Paralympic anthem adopted as the official anthem.
- a. 1924
  - b. 1948
  - c. 1976
  - d. 1996
8. How many calories are in one gram of protein?
- a. 6 Kcal/gm
  - b. 4 Kcal/gm
  - c. 9 Kcal/gm
  - d. 5 Kcal/gm
9. Given below are the two statements labelled Assertion (A) and Reason (R).
- A. Assertion (A): The IPC has established ten disability categories, including physical, visual, and intellectual impairment.
- B. Reason (R): Ataxia is an impairment that consists of a lack of coordination of muscle movements
- 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. What is the height of metal beam in plate tapping test?
- a. 15 cm
  - b. 5 cm
  - c. 50cm
  - d. 3cm
11. Which type of injuries can be occur due to moving contact with a rough surface.
- a. Abrasion
  - b. Contusion
  - c. Laceration
  - d. Incision
12. Cardiac hypertrophy is
- a. Plateauing of heart rate due to maximal exercise intensity
  - b. Enlargement of heart due to chronic endurance training
  - c. Lowering of heart rate due to physical training
  - d. Increase in ventricular volume because of exercise
13. Cyclist often wears streamlined helmets and specially designed clothing to reduce Calibration
- a. Fluid Friction
  - b. Rolling Friction
  - c. Sliding Friction
  - d. None of the above
14. Acceleration of an object will increase as the net force increases depending on its

- a. Density  
c. Shape
- b. Mass  
d. Volume
15. Which one of the goals focuses on technique for executing a task?  
a. Process Goal  
c. Outcome Goal
- b. Product Goal  
d. Performance goal
16. Meso-cycle is a training cycle of -----.  
a. Medium duration  
c. long duration
- b. Short duration  
d. Annual plan
17. Match List – I with List – II and select the correct answer from the code given below:

List - I		List - II	
1	PRICE	A	Preventive measures
2	Dressing & bandage	B	Hard tissues injuries
3	Support the limb	C	Incision
4	Warming-up	D	Soft tissues injuries

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

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

List - I		List - II	
1	Concentric contraction	A	length of a muscle increases
2	Static contraction	B	Isotonic Exercises
3	Dynamic contraction	C	Isometric Exercises
4	Eccentric contraction	D	length of a muscle decreases

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

**SECTION – B**

19. Describe the procedure & Benefits of Gomukhasana. (1+1=2)
20. What is the vision of the International Paralympic Committee? (2)
21. What is the purpose & objective of arm curl test? Enlist the general equipment used for it. ( $\frac{1}{2} + \frac{1}{2} + 1 = 2$ )
22. What is oxygen intake and oxygen uptake? (1+1=2)
23. Define Self-Esteem? How media image influence it. (1+1=2)
24. What do you understand by Meso Cycle in sports training? (2)

**SECTION – C**

25. List the various types of postural deformities and briefly explain any two types of spinal deformities. (1 + 1 + 1 = 3)
26. What are the benefits of Katichakrasana and Ushtrasana? ( $1\frac{1}{2} + 1\frac{1}{2} = 3$ )
27. Write a note on Logo and Oath of Special Olympics? ( $1\frac{1}{2} + 1\frac{1}{2} = 3$ )
28. Write down the test administration to measure the student's speed and coordination of limb movement. (3)
29. Discuss any three physiological factors; determine the strength as a component of physical fitness? ( $1 \times 3 = 3$ )
30. What is air resistance? Explain the factors which are related to the amount of air resistance acting on a projectile. (1 + 2 = 3)

**SECTION – D**

31. Shreya, a student of class X has very low BMI due to which her class teacher has asked the school counselor to help Shreya because it seems Shreya is not taking proper meals. (1 × 4 = 4)



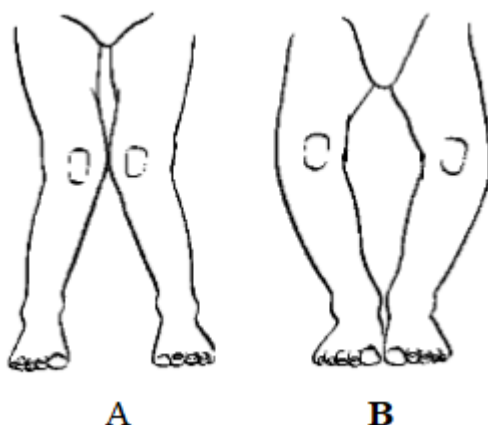
- a. What do you know about Bulimia nervosa?
- b. What is the range for underweight & Normal weight students in BMI?
- c. List the symptoms of Bulimia nervosa?
- d. To check the BMI, what is the procedure to measure height accurately?

32.

(1 × 4 = 4)



- What is the other name of Vitamin B7?
  - Deficiencies of vitamin B3 can cause .....
  - What are the main functions of vitamin B12.
  - Vitamin B6 helps in making ..... blood cells and ..... in hemoglobin.
33. Raju spent his weekend checking the health status of all the security guards of his huge gated community as a part of project work assigned by physical education teachers. He found out that more than half of them have shown a significant deformity in the lower body part. (1 × 4 = 4)



- The term used to define these deformities are .....
- Write the name of two asanas which rectify first deformity.
- What are the medical names of these deformities?
- In which postural deformity horse riding can be used as a correcting measure?

### SECTION – E

34. Define Knock-out tournament? Draw a fixture of 21 teams on basis of knockout method. (1 + 4 = 5)
35. Define Equilibrium? Explain its types with suitable example of sports and games. (1+2+2=5)
36. What does OCEAN represent according to Big Five Theory of Personality? Make a list of characteristics of any four personality traits on basis of low and high score. (5)
37. Differentiate between 1:1 and 1:2 ratio interval training with suitable examples. (5)