

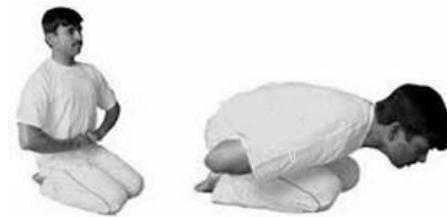
**PRACTICE QUESTION PAPER-2****SUBJECT: PHYSICAL EDUCATION(048)****SESSION (2022-23)****Time Allowed : 3 hours****Maximum Marks : 70****General Instructions :**

- The question paper consists of 5 sections and 37 Questions.
- Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
- 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.
- 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.
- Sections D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
- 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**

- Q.1** If 21 teams are taking part in a knock-out tournament, then the formula for calculating the number of byes in lower half is
- a.  $\frac{nb-1}{2}$                       b.  $\frac{nb+1}{2}$                       c.  $\frac{n+1}{2}$                       d.  $\frac{n+1}{2}$
- Q.2** Which committee is responsible for Preparation of merit list in sports tournament?
- a. Organizing committee                      b. Supervisor committee  
c. Technical committee                      d. Umpire and official committee
- Q.3** Menarche is usually considered the point of -----for girls.
- a. Sexual immaturity    b. Sexual maturity    c. Maturity                      d. Immaturity
- Q.4** In which types 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
- Q.5** Which one of the following asana is not a remedial asana for treating Hypertension?
- a. Shavasana                      b. Ardha-halāsana    c. Anuloma-viloma    d. Sitlipranayam
-

Q.6 Identify the asana



- a. Ustrasana  
 b. Uttanpadasana  
 c. Vajrasana  
 d. Mandukasana

Q.7 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

Q.8 Which vitamin is needed for restoration of cell membrane and body structure?

- a. Vitamin - E      b. Vitamin - K      c. Vitamin - A      d. Vitamin - C

Q.9 Iodine is a part of

- a. Micro minerals      b. Macro minerals      c. Vitamins      d. Carbohydrate

Q.10 Which motor quality does a senior citizen lack who finds difficulty in tying the shoe laces while sitting on the chair?

- a. Agility and speed      b. Lower body flexibility  
 c. Strength and endurance      d. Upper body flexibility

Q.11 A person considered obesity class-III, if his BMI is in the range of:

- a. 30 – 34.9      b. < 40      c. 35 – 39.9      d. > 40

Q.12 ----- System provides energy during 5000m race.

- a. ATP CP system      b. Anaerobic System  
 c. Aerobic System      d. Endurance System

Q.13 In which type of fracture the shaft of the bone is broken.

- a. Greenstick fracture      b. Communitated fracture  
 c. Transverse fracture      d. Compound fracture

**Q.14** Factors that bring air resistance into play

- a. Larger the surface area
- b. Rough surface
- c. Smaller the mass
- d. All of the above

**Q.15** Except for -----, in all the other sports friction required is more.

- a. Car Race
- b. Football
- c. Hockey
- d. Ice Skating

**Q.16** A boxer who punches the opponent below the belt with the primary aim of injuring him because he is losing is the example of

- a. Assertive aggression
- b. Instrumental aggression
- c. Hostile aggression
- d. Bold aggression

**Q.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

**Q.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

- Q.19** What should be the role of Logistics committee during organizing the sports event? (2)
- Q.20** What do you understand by Special Olympic & Paralympic? (1+1=2)
- Q.21** Briefly explain Macro & Micro nutrients. (1+1=2)
- Q.22** List down any four physiological factors determining the components of speed. ( $\frac{1}{2} \times 4 = 2$ )
- Q.23** Differentiate between hostile and assertive aggression. (2)
- Q.24** Give examples of any four sports in which law of equilibrium is applicable. ( $\frac{1}{2} \times 4 = 2$ )

### SECTION – C

- Q.25** Draw a fixture of 5 teams on basis of staircase method. (3)
- Q.26** School and organization play an effective role to encourage participation of CWSN children in physical education and sports. Comment it. ( $1\frac{1}{2} + 1\frac{1}{2} = 3$ )
- Q.27** Briefly explain the functions of protein and fat. ( $1\frac{1}{2} + 1\frac{1}{2} = 3$ )
- Q.28** If your grandfather finds difficulty in tying the shoe laces while sitting on the chair, which test will you suggest? Explain in brief. (3)
- Q.29** How is friction advantageous or disadvantageous in the field of games and sports? Explain with suitable example. (3)
- Q.30** What is mental imagery? How it helps in sports performance. (1+2=3)



## SECTION – E

- Q.34** What do mean by Anorexia Nervosa, what are its causes, symptoms and preventions. (2+3=5)
- Q.35** Name the Asanas used to cure Hypertension. Write the procedure and benefits of makarasana. (1+2+2=5)
- Q.36** Make a table of Nutritive & Non-Nutritive Components of Diet. Explain any two Non- Nutritive Components of Diet. (2+1½+1½=5)
- Q.37** How do regular exercises maintain the proper functioning of the Respiratory System? (5)

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