**Physical Education**

**Mock Test 1**

**Class-XII (2021-2022)**

Time allowed: 1 hour 30 min Maximum Marks: 35

***General Instructions:***

*1. There are three sections in the Question paper namely Section A, Section B and Section C.*

*2. Section A consists of 24 questions amongst which 20 questions have to be attempted.*

*3. Section B consists of 24 questions amongst which 20 questions have to be attempted.*

*4. Section C consists of 12 questions amongst which 10 questions have to be attempted.*

**SECTION–A**

**(Knowledge & Understanding)**

**1. The richest source of protein.**

(a) Groundnut (b) Pulses

(c) Soyabean (d) Vegetables

**Ans. (a)**

**2. Pellagra is caused by the deficiency of vitamin.**

(a) B1 (b) B12

(c) B3 (d) B2

**Ans. (c)**

**3. Newton’s second law of motion is**

(a) Law of acceleration (b) Law of action and reaction

(c) Law of inertia (d) None of these

**Ans. (a)**

**4. Which action is shown in the illustration?**

****

(a) Flexion (b) Extension

(c) Adduction (d) Abduction

**Ans. (a)**

**5. How many blocks are kept in 4 × 10 M shuttle run?**

(a) 3 (b) 2

(c) 4 (d) 6

**Ans. (b)**

**6.** **Which of these is not a pitfall of diet?**

(a) Starvation (b) Insomnia

(c) Generates stress (d) Reduced intake of calories

**Ans. (b)**

**7. Motor fitness test is a set of-test ?**

(a) Six (b) Eight

(c) Seven (d) Five

**Ans. (c)**

**8. Formula for determining the number of byes in the lower half of a knockout fixture when number of byes are odd?**

(a) nb+1/2 (b) nb-1/2

(c) nb /2 (d) nb+1

**Ans. (a)**

**9. Who introduced Harvard Step Test?**

(a) Admanson (b) Hettinger

(c) Muller (d) Brouha

**Ans. (d)**

**10. Which postural deformity has convexities right or left?**

(a) Flat foot (b) Knock knees

(c) Kyphosis (d) Scoliosis

**Ans. (d)**

**11. Kinesiology is study of a**

(a) Human movement (b) Human behaviour

(c) Human anatomy (d) Human physiology

**Ans. (a)**

**12. Red blood cells contain 70% of**

(a) Copper (b) Iron

(c) Magnesium (d) Calcium

**Ans. (b)**

**13. What is the value place for male in VO2 MAX formula?**

(a) 1 (b) 0

(c) 0.85 (d) 0.72

**Ans. (a)**

**14. Height of the chair in chair stand test is**

(a) 20 cm (b) 44 cm

(c) 15 cm (d) 32 cm

**Ans. (b)**

**15. A healthy BMI for Indian**

(a) Between 25 and 28 (b) Between 28 and 30

(c) Between 18 and 23 (d) Less than 18

**Ans. (a)**

**16. \_\_\_\_\_is called the father of biomechanics**

(a) C. V. Raman (b) Newton

(c) Borelli (d) Johan Kepler

**Ans. (b)**

**17. How many byes are given in a tournament of 11 teams ?**

(a) 3 (b) 4

(c) 5 (d) 2

**Ans. (c)**

**18. Water is made up of**

(a) CO2 (b) H2O

(c) HO2 (d) CH2

**Ans. (b)**

**19. Abnormal curvature of spine from side with ‘c’ or ‘s’**

(a) Kyphosis (b) Cervical

(c) Scoliosis (d) Lordosis

**Ans. (c)**

**20. Sit and reach test is conducted for**

(a) Motor fitness (b) Endurance

(b) Knock knee (d) Kyphosis

**Ans. (b)**

**21. The food component present in sugar**

(a) Fats (b) Proteins

(c) Vitamins (d) Carbohydrates

**Ans. (d)**

**22. What is the test duration for the Arm curl test?**

(a) 1 min (b) 2 min

(c) 30 sec (d) Number of repetitions

**Ans. (c)**

**23. An abnormal curve of the spine at the front is called**

(a) Scoliosis (b) Lordosis

(c) Knock knee (d) Kyphosis

**Ans. (b)**

**24. Who gave laws of motion?**

(a) Galileo (b) Pascal

(c) Newton (d) Darwin

**Ans. (c)**

**SECTION–B**

**(APPLICATION + HOTS)**

**25. Name the type of human movement of this picture.**



(a) Flexion (b) Adduction

(c) Abduction (d) Extension

**Ans. (c)**

**26. Which exercise developes the lower back ?**



(a) Back exercise (b) Chest exercise

(c) Leg press (d) Trunk exercise

**Ans. (d)**

**27. Identify the following test.**



(a) Standing broad jump (b) Push up test

(c) Harvard step test (d) Zigzag run

**Ans. (c)**

**28. How many matches will be played if there are 22 teams for the knockout fixture?**

(a) 10 (b) 21

(c) 12 (d) 32

**Ans. (b)**

**29. Lordosis causes pain in which area of the body?**

(a) Shoulder (b) Lower back

(c) Knee (d) Upper back

**Ans. (b)**

**30. Bhujangasana and Usthrasana are helpful to man's which upper body deformity ?**

(a) Lordosis (b) Kyphosis

(c) Scoliosis (d) Round shoulders

**Ans. (d)**

**31. Match the following:**

1. Back scratch test (a) Upper body strength

2. Chair stand test (b) Upper body flexibility

3. Eight foot up and go test (c) Agility

4. Arm curl test (d) Lower body strength

(a) 4 3 2 1 (b) 3 4 1 2

(c) 4 2 3 1 (d) 4 1 3 2

**Ans. (d)**

**32. Match the following:**

|  |  |  |
| --- | --- | --- |
| 1. |  | (a) Bow legs |
| 2. |  | (b) Knock knee |
| 3. |  | (c) Lordosis |
| 4. |  | (d) Flat foot |

(a) 2 4 1 3 (b) 4 3 1 2

(c) 1 2 3 4 (d) 3 1 4 2

**Ans. (b)**

**33. Match the following :**

|  |  |  |
| --- | --- | --- |
| 1. |  | (a) Vitamin B6 |
| 2. |  | (b) Vitamin D |
| 3. |  | (c) Vitamin B1 |
| 4. |  | (d) Vitamin A |

(a) 2 3 4 1 (b) 3 2 1 4

(c) 3 4 2 1 (d) 1 2 3 4

**Ans. (c)**

**34. Match the postural deformities with their remedial activity:**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. |  | (a) |  |
| 2. |  | (b) |  |
| 3. |  | (c) |  |
| 4. |  | (d) |  |

(a) 1 3 2 4 (b) 1 4 3 2

(c) 1 3 4 2 (d) 4 2 3 1

**Ans. (c)**

**35. Which one of the following is the advantage of knock out tournament?**

(a) Maximum number of officials required

(b) Require more money

(c) Minimum number of officials

(d) Minimum number of matches

**Ans. (c)**

**36. How many byes will be there in a fixture of 10 teams ?**

(a) 6 (b) 5

(c) 4 (d) 8

**Ans. (a)**

**37. Identify the odd one.**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. |  | 2. |  |
| 3 |  | 4. |  |

(a) 4 (b) 3

(c) 2 (d) 1

**Ans. (a)**

**38. Assertion (A) : There will be no byes in a single knock-out tournament having 32 teams.**

**Reason (R) : The third bye is given to the uppermost team of the upper half.**

(a) Both (A) and (R) are true and (R) is 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

**Ans. (c)**

**39. Assertion (A) : Standing broad jump is used to measure the explosive power of the legs.**

**Reason (R) : Sit and reach is used to measure the flexibility of the lower back**

(a) Both (A) and (R) are true and (R)is 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

**Ans. (b)**

**40. Identify the given motor fitness test.**



(a) 50 M standing start (b) Zig-zag run

(c) 600 M run/walk (d) 4×10 M Shuttle Run

**Ans. (d)**

**41. Children become active and agile during**

(a) Middle childhood (b) Infancy

(c) Early childhood (d) Late childhood

**Ans. (a)**

**42. Match the following :**

(a) Flexion (i) decrease in angle

(b) Abduction (ii) increase in angle

(d) Extension (iii) towards the midline of body

(c) Adduction (iv) away from midline of body

(a) a – i, b – iv, c – ii, d – iii (b) a – ii, b – iv, c – i, d – iii

(c) a – iv, b – i, c – ii, d – iii (d) a – iii, b – ii, c – iii, d – iv

**Ans. (a)**

**43. Match the following**

1. Fiber (a) Protein

2. Body building (b) Vitamin

3. Energy yielding (c) Cellulose

4. Protective (d) Carbohydrates

(a) 2 4 1 3 (b) 3 4 2 1

(c) 4 3 2 1 (d) 1 2 3 4

**Ans. (c)**

**44. 1 mile is approximately equal to**

(a) 1609 km (b) 1609 litre

(c) 1609 m (d) None of these

**Ans. (c)**

**45. Assertion (A) : Rotation is moving a part around an axis.**

**Reason (R) : Rotation is seen in shoulder and hip joints.**

(a) Both (A) and (R) are true and (R) is 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

**Ans. (c)**

**46. Identify which one of these is a disadvantage of the Harvard Step Test ?**

(a) It does not measure cardiovascular endurance

(b) It is designed only by men

(c) It does not account for height and weight difference

(d) It is expensive to execute.

**Ans. (c)**

**47. Identify the asana which corrects the scoliosis deformity.**



(a) Halasana (b) Dhanurasana

(c) Bhugangasana (d) Trikonasana

**Ans. (d)**

**48. In which category BMI comes in 30 BMI ?**

(a) Obesity II (b) Overload

(c) Obesity I (d) Healthy weight

**Ans. (c)**

**SECTION–C**

**(CASE STUDIES)**

**49. Below given is the pie chart of Waist Hip Ratio.**



Which ratio is showing the minimum students population falling ?

(a) 0.96 to 1 (b) 1.0 +

(c) 0.95 or below (d) None of the above

**Ans. (b)**

**50. It is the fixture procedure of a CBSE Volleyball National Competition**



The formula for calculating number of matches in Round Robin tournament are where N is number of teams.

(a) N (b) (N-1)

(c) (N+1) (d) N (N-1)/2

**Ans. (d)**

**51. In the new session, beginning the academic planning of the school going on by the physical education committee, finance committee and other committees to plan the sports program for all age groups and preparing the schedule of the events to be conducted. Why the participation is necessary for all age groups.**



(a) To develop their sportsmanship

(b) To develop their personality development

(c) To develop their physical fitness

(d) All the above

**Ans. (d)**

**52. Rani, a student of class X is struggling with obesity due to which she has a low self - esteem and low confidence. As a result, she has started dieting to control her weight. But this dieting is self-designed and lacks knowledge of nutrition.**

What is the meaning of the term pitfalls of dieting?

(a) Drawbacks (b) Importance

(c) Outcome (d) Need

**Ans. (a)**

**53. Food is the basic essential of every individual to fulfill the energy needs and to meet the development of the body. The nutritious diet directly affects the health of an individual.**

Major portion of individuals diet constitute \_\_\_\_

(a) Micro (b) Roughage

(c) Macro (d) Water

**Ans. (c)**

**54. XYZ school is one of the reputed school in their location for the number of sports facilities it provides to its stake holders. For this consideration CBSE sports cell has given them the responsibility of conducting CBSE Football cluster. 35 teams have sent their entry.**

Due to large number of teams willing to participate, the school is conducting the competition by\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(a) League fixture (b) Staircase method

(c) Knockout fixture (d) Challenge fixture

**Ans. (c)**

**55. Surekha took admission in class XII in a CBSE school. School is taking all the children on a picnic to Ramogi film City. Surekha suffered from a stomach ache on her journey. The class teacher consulted the doctor who diagnosed the problem and told her that Surekha had difficulty in digesting a particular food.**

Excess intake of iron and magnesium causes

(a) Rickets (b) Diarrhoea

(c) Stone in the kidney (d) Beri-beri

**Ans. (c)**

**56. While taking medicine by Sohan's grandfather, a pill was dropped which slipped under the bed. The old man was not able to bend down. Seeing this Sohan quickly picked up the pill from under the bed and also poured a glass of water to his grandpa to swallow the pill.**

Which test can be suggested to measure the fitness of grandpa?

(a) Chair sit and reach test (b) Eight foot up and go test

(c) Arm curl test (d) Six minute walk test

**Ans. (a)**

**57. The Rishikul school teams have started the practice for Basketball Cluster Tournament. One day the school secretary visited the playground and watched the practice session. He felt that the players were weak. After discussion with the coach, he arranged a dietician to rectify players requirements.**

Which types of the nutrients are advisable for the player ?

(a) Proteins (b) Minerals

(c) Vitamins (d) Carbohydrates

**Ans. (d)**

**58. Posture plays a very significant role in our daily activities. Correct posture means the balancing of the body in an accurate and proper manner. Various types of postural deformities can be identified in individuals.**



From the above given picture, the deformities seen on the left most is caused due to deficiency of which nutrient?

(a) Iron (b) Calcium

(c) Vit D (d) Both (b) & (c)

**Ans. (d)**

**59. Ratan was facing the problem of Kyphosis. He was under stress and tension and feeling very discomfort while performing certain movements. One day his physical education teacher came to know about the problem. He advised Ratan of some corrective exercises to minimise the deformity of Kyphosis.**



Which of the following is a corrective measure for Kyphosis ?

(a) Walking on toes (b) Sukhasana

(c) Horse riding (d) Tadasana

**Ans. (d)**

**60. ABC School is one of the reputed schools in their location for the number of sports facilities it provides to its stake holders. Keeping that in consideration CBSE Sports cell has given them the responsibility of conducting CBSE Football cluster.35 teams have sent their entry for participation in the tournament.**

A. Due to the large number of teams willing to participate the school should conduct the competition by which fixture?

(a) League (b) Knock out

(c) Staircase (d) Challenge

**Ans. (b)**