

**Mock Test**  
**Physical Education**  
**Class – XII, CBSE Examination 2023 (Code-048)**

Time Allowed.: 3 Hrs

Max. Marks: 70

**GENERAL INSTRUCTIONS**

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

**SECTION-A**

1. This is swayback abnormal inward curvature of the lunar spine : (1)  
(a) Lordosis (b) Kyphosts  
(c) Scoliosis (d) Myosis
2. The founder of Special Olympics was : (1)  
(a) Eunice Kennedy Shriver (b) John F. Kennedy  
(c) Lyndon B. Johnson (d) Donald Trump
3. Fracture where a part of broken bone enters another bone : (1)  
(a) Simple fracture (b) Compound fracture  
(c) Impacted fracture (d) Green stick fracture
4. The curved trajectory of a project is a : (1)  
(a) Circle (b) Parabola  
(c) Ellipse (d) Hyperbola
5. Which of the following asanas gives a posterior stretch to the spinal column? (1)  
(a) Sukhasana (b) Paschimottanasana  
(c) Shavasana (d) Gomukhasana
6. Body needs vitamins and minerals because (1)  
(a) They help carry out metabolic reactions  
(b) They give the body energy  
(c) They insulate the body's organs  
(d) They withdraw heat from the body.
7. Which of the following test is shown in the illustration? (1)



- (a) Flamingo Balance Test (b) Plate Tapping Test
- (c) 50 m Standing start (d) Sit and Reach Test

8. Which Newton's law is applied in swimming? (1)
- (a) Law of inertia (b) Law of acceleration  
(c) Law of action & reaction (d) Both (a) & (b)
9. The term personality is derived from Latin word : (1)
- (a) Payona (b) Persona  
(c) Plasana (d) Persin
10. Which is the main governing body responsible for the organisation of Deaflympics? (1)
- (a) World Deaf Champions Committee  
(b) International Committee of Sports for the deaf  
(c) International Coordinating Committee Sports for the disabled  
(d) National Sports Federation
11. Given below are two statements, one is labelled as Assertion (A) and the other is labelled as Reason (R). (1)
- Assertion (A):** There will be no byes in a single knock out tournament having 64 teams.  
**Reason (R):** The fourth bye is given to the lower half top team.
- 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 and (R) is not the correct explanation of (A)  
(c) (A) is true but (R) is false  
(d) (A) is false but (R) is true
12. Which balance is required by the body when it is moving? (1)
- (a) Static equilibrium (b) Dynamic equilibrium  
(c) Both (a) & (b) (d) None
13. Interval Training method is based on the principle of: (1)
- (a) Effort-recovery effort (b) Effort-effort-effort  
(c) Recovery-recovery-effort (d) None of the above
14. Match the following: (1)
- |     |              |     |           |
|-----|--------------|-----|-----------|
| I   | Shalabhasana | (a) | Palm tree |
| II  | Shavasana    | (b) | Locust    |
| III | Tadasana     | (c) | Mountain  |
| IV  | Parvatasana  | (d) | Corpse    |
- (a) I-4, II-3, III- 2, IV- 1  
(b) I-1, II-2, III- 3, IV- 4  
(c) I-3, II-1, III-4, IV-2  
(d) I-2, II-4, III- 1, IV-3
15. When International committee of sports for the deaf was formed? (1)
- (a) 1920 (b) 1924  
(c) 1928 (d) 1932

16. Match the following: (1)
- |     |                        |     |                                    |
|-----|------------------------|-----|------------------------------------|
| I   | Technical committee    | (a) | To provide shifting facility       |
| II  | Finance committee      | (b) | To resolve dispute                 |
| III | Transport committee    | (c) | To deal with money and expenditure |
| IV  | First aid committee    | (d) | To provide medical facilities      |
| (a) | I-1, II-2, III-3, IV-4 | (b) | I-2, II-3, III-4, IV-1             |
| (c) | I-2, II-3, III-1, IV-4 | (d) | I-4, II-3, III-1, IV-2             |
17. If there are 23 teams in knock out tournament then the number of Byes will be: (1)
- |     |   |     |   |
|-----|---|-----|---|
| (a) | 6 | (b) | 7 |
| (c) | 8 | (d) | 9 |
18. Glucose energy is stored only on: (1)
- |     |         |     |          |
|-----|---------|-----|----------|
| (a) | Fat     | (b) | Glycogen |
| (c) | Sucrose | (d) | Fibre    |

### SECTION-B

19. List down any four effects of exercise on the circulatory system. ( $\frac{1}{2} \times 4 = 2$ )
20. List down any four benefits of self-esteem by athletes in sports ( $\frac{1}{2} \times 4 = 2$ )
21. List down any four advantages of Interval training method. ( $\frac{1}{2} \times 4 = 2$ )
22. Explain any two types of Joint Injuries with the help of examples. ( $1 + 1 = 2$ )
23. Write down the objectives and administration of Plate tapping test. ( $\frac{1}{2} \times 4 = 2$ )
24. Enlist the forms of vitamins B complex. ( $\frac{1}{2} \times 4 = 2$ )

### SECTION-C

25. Create a mind map including any six strategies to make physical activities accessible for children with special Needs. ( $\frac{1}{2} \times 6 = 3$ )
26. What are Carbohydrates? Differentiate between its types. ( $1 + 2 = 3$ )
27. Define fixture. Draw a fixture of 7 teams on the basis of cyclic method. ( $1 + 2 = 3$ )
28. Give any three examples which shows application of newton's law of motion. ( $1 + 1 + 1 = 3$ )
29. Explain the causes and corrective measures of Bow Legs. ( $1 + 2 = 3$ )
30. Explain any three Physiological factors determining Endurance. ( $1 + 1 + 1 = 3$ )

### SECTION-D

31. Mr. Khanna, father of Shalvik approached the physical education teacher and enquired about the fitness levels of the students. Physical education teacher replied that Khelo India consisted of physical fitness tests for school children and they were analysing students' fitness through these tests. (4)



Based on the given case study answer the following questions.

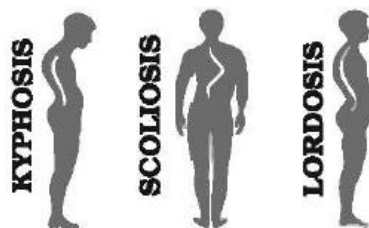
- (a) To measure lower body flexibility fitness, which test is best?
- (b) 50 M Dash (standing) test measures \_\_\_\_\_
- (c) Which method should he follow to improve the jump?
- (d) To measure speed and co-ordination of limb movement.

**OR**

It measures ability to balance successfully on a single leg.

32. Sudhanshu, Physical Education teacher at Modern Public School observed that Sanju a student of class VI has outward curve of vertebral column at thoracic region. He suggested some exercises to rectify this problem.

Based on this case study answer the following questions.



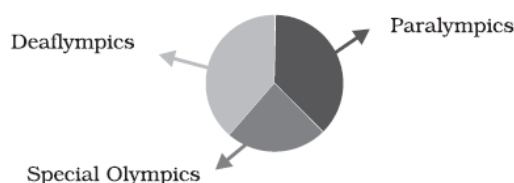
- (a) What is this deformity known as?
- (b) Kyphosis is commonly known as \_\_\_\_\_
- (c) Kyphosis is a deformity related to \_\_\_\_\_
- (d) Tadasana and Bhujangasana are formed to rectify which postural deformity.

**OR**

Shashi spent her weekend checking the health status of all the security guards for her huge gated community as a part of project work assigned by physical education teacher. She found out that more than half of them have shown a significant deformity in the upper part of their vertebral column.

The team used to define this deformity as \_\_\_\_\_

33. Below given is the pie chart of the Adaptive Sports.



On the basis of above data answer the following questions.

- (a) Who introduced Special Olympics?
- (b) Which sports is increased in the number of people?
- (c) Which sport is known as International silent game?
- (d) When international paralympic committee was formed \_\_\_\_\_

### SECTION-E

34. List down any four asana used for prevention of Hypertension. Explain the procedure for administration of any of them with the help of a stick diagram. (2+2+1=5)

35. Make a table of test items listed under fitness test by SAI (Age group 9-18 yrs.) along with the objectives of conducting them. Explain the administration of any one of them. (1+2+2=5)
36. Define Strength along with its types. Explain any two methods used to develop Strength. (1+2+2=5)
37. What is equilibrium? Explain its types along with the factors increasing equilibrium. (1+4=5)