VISHVAS SOLVED SAMPLE PAPER-II

PHYSICAL EDUCATION (048)

CLASS XII FOR EXAMINATION 2023

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 internal 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

Q1. Identify the test for Senior Citizen:

(a) Paschimottanasana (b) Parvatasana
(c) Pavanmuktasana (d) ArdhaMatsyendrasana. **Ans.** (c)

Q2. How many byes will be given if 23 teams are participating in a knockout tournament?
(a) 09 (b) 10 (c) 11 (d) 12 **Ans.** (a)

Q3. _____is an eating disorder that causes you to eat large amounts of food at one time (binge) and then get rid of it (purge).
(a) Anorexia Nervosa (b) Bulimia
(c) Anemia (d) Osteoporosis **Ans.** (b)

Q4. Which asana is known as Locust or grasshopper pose:
(a) Ushtrasana (b) Shalabhasana
(c) Pavanmuktasana (d) Halasana **Ans.** (b)

Q5. "Let me win. But if I cannot win, let me be brave in the attempt." This oath is associated with:
(a) Special Olympic (b) Deaflympics
(c) Special Olympic Bharat (d) Paralympics **Ans.** (c)

Q6. Which disease is caused due to the deficiency of vitamin A.?
(a) Rickets (b) Night Blindness
(c) Anemia (d) Osteomalacia **Ans.** (b)

Q7. The maximum amount of air a person can inhale after a maximum exhalation is known as:
(a) Vital Capacity (b) Tidal Volume
(c) Stroke Volume (d) Cardiac Output **Ans.** (a)

Q8. A person considered Overweight, if his BMI is in the range of:
(a) Less than 18.5 (b) 18.5 to 24.9 (c) 25 to 29.9 (d) 30 to 34.9 **Ans.** (c)

Q9. **Assertion (A):** Knockout Tournament are more expensive.
Reason (R): Only Strong or deserving team gets victory in this tournament.
In the context of above two statements, which one of the following is correct?
(a) Both (A) and (R) are true, but (R) is not the correct explanation of (A)
(b) Both (A) and (R) are true and (R) is the correct explanation of (A)
(c) (A) is true, but (R) is false
(d) (A) is false, but (R) is true **Ans.** (d)

Q10. Instability, Moodiness, Irritability and sadness is the characteristics of which personality?
(a) Openness (b) Neuroticism
(c) Agreeableness (d) Conscientiousness **Ans.** (b)

Q11. _____It is the ability of a person to adjust himself as the time and condition of place. This ability has different importance in each game. Ex. Playground.
(a) Coupling Ability (b) Adaptation Ability
(c) Differentiation Ability (d) Orientation Ability **Ans.** (d)

Q12. _____is a special advantage given to last year winner & runner up team or to the good teams of the Tournament with the help of ..... teams can be directly entered in to any round except the final.
(a) League tournament (b) Knockout tournament
(c) Combination tournament (d) Special Seeding **Ans.** (d)

Q13. What according to you is the main cause of Rickets.
(a) Vitamin A (b) Vitamin C (c) Vitamin D (d) Vitamin E **Ans.** (c)

Q14. Which of the following sports is not included in the winter Deaflympics?
(a) Hockey (b) Snowboarding
(c) Cricket (d) Shooting **Ans.** (d)

Q15. Which asanas are recommended to prevent Asthma.
(a) Halasana and Pashchimottansana (b) Tadasana & Anuloma- Viloma
(c) Nadishodhana Pranayam & Shavasana (d) Kapalbhati & Shalabhasana **Ans.** (b)

Q16. Match List-I with List-II and select the correct answer from the code given below:

LIST-I		**LIST-II**	
(i)	Anorexia Nervosa	1.	Episodes of Binge eating
(ii)	Osteoporosis	2.	Anaemia
(iii)	Bulimia Nervosa	3.	Absence of menses for three months
(iv)	Amenorrhea	4.	Decrease in density of bones

Code				
	(i)	(ii)	(iii)	(iv)
(a)	2	4	1	3
(b)	3	4	1	2
(c)	4	3	2	1
(d)	2	3	4	1

Ans. (a) 2 4 1 3

Q17. Match List-I withList-II and select the correct option using the codes given below:

LIST-I		LIST-II	
(i)	Strength	1.	Interval training method
(ii)	Speed	2.	Isotonic method
(iii)	Endurance	3.	Proprioceptive Neuromuscular Facilitation
(iv)	Flexibility	4.	Pace Race

Code				
	(i)	(ii)	(iii)	(iv)
(a)	3	4	2	1
(b)	2	4	1	3
(c)	2	3	4	1
(d)	2	3	1	1

Ans. (b) 2 4 1 3

Q18. It is a type of aggression in which the individual deliberately acts in an aggressive manner in order to attain a particular goal.

(a) Instrumental Aggression (b) Predatory Aggression

(c) Assertive Aggression (d) Reactive Aggression **Ans.** (c)

SECTION – B

Q19. List down any four committees during the tournament. **(½×4=2)**

Ans. 1. Reception Committee 2. Boarding and Lodging Committee

3. Transportation Committee 4. Ceremonies Committee 5. Medical Committee

Q20. List down any four causes of Round Shoulders. **(½×4=2)**

Ans. 1. Lack of Physical Exercise 2. Heredity 3. Using unsuitable furniture

4. Carrying heavy load. 5. Wearing tight clothes

Q21. List down any four Benefits of Ardha Matsyendrasana. **(½×4=2)**

Ans. ***Benefits***

(i) It increases hips and spine flexibility.

(ii) It removes the wastes and improves digestion.

(iii) It stimulates heart, kidney, liver, spleen and lungs.

(iv) It helps to clean the internal organs.

(v) It improves oxygen supply to the lungs.

(vi) This asana increases purification of blood.

Q22. Explain any four Paralympics values. **(½×4=2)**

Ans. 1. Determination 2. Courage 3. Inspiration 4. Equality

Q23. Enlist two sources each of calcium and iron. **(½×4=2)**

Ans. ***Sources of calcium:*** Milk ,Cheese, Green Vegetables, ***Sources of Iron*** : Meat , Dry fruits, Eggs etc.

Q24. Mention any four ractors influencing BMR. **(½×4=2)**

Ans. 1. Muscle mass 2. Heredity 3. Eating habits 4. Hormonal factors

SECTION – C

Q25. Enlist six signs and symptoms of fracture. **(½×6=3)**

Ans. Symptoms of a fracture vary depending on its location, a person's age and general health, and the severity of the injury, However, people with a bone fracture will typically experience some of the following:

- pain
- swelling
- bruising
- discolored skin around the affected area
- protrusion of the affected area at an unusual angle
- inability to put weight on the injured area
- inability to move the affected area
- a grating sensation in the affected bone or joint
- bleeding if it is an open fracture

Q26. What are the factors affecting Projectile Trajectory? **(½×6=3)**

Ans. ***Factors affecting Projectile's Trajectory are :***

(i) Angle of Projection : When the angle of projection is 45°, the maximum horizontal distance is achieved. Since the throwing is done from some height the angle has to be reduced. Due to difference in height of about 2 meters in throwing position and the landing surface the optimum angle should be around 42°. But since in practical use, air resistance also plays a major role, thus the most efficient projection angle is found to be around 37°.

(ii) Initial Velocity : The horizontal range also depends on the amount of initial velocity. Greater the initial velocity applied on projectile at the time of release, greater horizontal distance is achieved.

(iii) Gravity : Gravity is the term used for the acceleration caused by the force of gravity. At the surface of the earth its value is 9.8 meters. At different places on earth its value changes. At high altitude its value decreases and results in better distance in jumping.

(iv) Air Resistance: A projectile's trajectory is thrown in air and its speed slows down by air resistance. Air resistance is another type of friction. The resistance between the surface of an object or person and the air depends on surface of the projectile also. Air resistance plays a role in many sports in which balls or other objects are thrown in air. If the surface of the projectile is rough it will increase friction and will certainly affect the horizontal distance. It will decrease the horizontal component of a projectile. The effect of air resistance is very small, but is needed to be taken in consideration if we want to increase the horizontal component of a projectile.The 1968 Olympics held in Mexico City were the first games staged at a 2,300m high altitude. Number of new world records were created. The thinner air helped American, Bob Beamon to create world record in long jump.

(v) Spin: Spin changes the path of projectile. The top spin makes the object dip resulting in lesser horizontal range, because there is higher air pressure above the object as compared to the air pressure beneath the object, there is a net force exerted on the object in the downward direction. The amount and direction of spin acting on a projectile directly affects the distance that a projectile travels. The reason for this is the air pressure acting on the ball.

Q27. What are the ways to improve Self-esteem? **(½×6=3)**

Ans. Other ways to improve low self-esteem

1. Recognise what you're good at. We're all good at something, whether it's cooking, singing, doing puzzles or being a friend.
2. Build positive relationships.
3. Be kind to yourself.
4. Learn to be assertive.
5. Start saying "no".
6. Give yourself a challenge.

Q28. Calculate the BMR of 17 year old boy playing basketball, whose body weight is 70 kg and height is 170cm. **(3)**

Ans. Formula Used: (13.397 × Weight in Kg + 4.799 ×Height in Cm – 5.677 ×Age in Years + 88.362).

Putting the volume in Harris – Bendict equation, we get

BMR= (13.397 × 70) +(4.799 × 170) – (5.677× 17) + 88.362

= 937.79 + 815.83 – 96.509 +88.362

= 1753.62 – 184.871

= 1568.749 **Ans.**

The Basal metabolic rate of this boy is 1568.749

Q29. How to identify Talent in the field of Sports. **(½×6=3)**

Ans. Identify Talent in the field of Sports

- Knowledge of Progress
- Physical Characteristics
- Skill Learning and adaptation
- Physiological Characteristics
- Heredity
- Motor Skills
- Performance in tournament

Q30. Discuss Physiological factors determining Endurance. **(½×6=3)**

Ans. ***The following are the physiological factors determining endurance:***

(a) Maximal Oxygen Uptake: Maximum oxygen uptake (VO_2 max) refers to the highest rate at which oxygen can be taken up and consumed by the body during intense exercise. The body gets energy from continuous production of ATP.

(b) Pulmonary Diffusion: The most important function of lungs is to transfer oxygen from the atmosphere to the blood and the removal of carbon dioxide from the body. Pulmonary diffusion is the exchange of oxygen and carbon dioxide between the lungs and the blood. Better pulmonary diffusion leads to better endurance.

(c) Cardiac Output: Cardiac output refers to the efficiency of heart to circulate blood to the body per minute. It is calculated by the product of heart rate and stroke volume which is reported in liters per minute. A person having better cardiac output lead to better circulation and this lead for better oxygen transport. The better cardiac output yields to better endurance.

(d) Blood Volume: For endurance activities the working muscles demand considerably more oxygen and nutrients. The oxygen is transported through blood. Regular and intense endurance training increases blood volume. This determines the endurance of the person.

(e) Lactate Threshold: The lactate threshold refers to the intensity of exercise at which there is an immediate increase in blood lactate levels. Every individual has different lactate threshold. Better lactate threshold leads to better endurance. In1996, McKardle, Katch, & Katch did a study and found that in untrained endurance individuals, the lactate threshold occurs at approximately 50-60% of VO_2 max. However the trained endurance athletes had the lactate threshold to 75% of VO_2 max. Even it was found that in some world class endurance runners it was found 80-90% of VO_2 max.

(f) Hydration: Endurance activities often result to excessive sweating. This results in substantial fluid loss and impaired endurance performance. Dehydration leads to decrease in endurance. Hydrating athletes is very important especially in marathon runners.

(g) Slow-twitch Muscle Fibers: The more slow-twitch fibers yields better energy to the exercising muscles during endurance activity. With training one can change the proportion of the fibers between fast and slow. However studies indicate that these changes are not permanent.

SECTION – D

Q31. Ravi of grade 12th Class is a great football player. After the lock down he went to see his physical education teacher Dr. Gajender Sharma, the physical education teacher is shocked to see Ravi, because Ravi has gained a lot of weight. He also observed many other students have also gained weight. Dr Sharma decided to conduct inter house tournament in school, Ravi requested to Sharma sir to conduct that tournament on Round Robin basis. Four houses were selected for the tournament.

Based on this case study answer the following questions: **(4×1=4)**

(i) Identify the total number of matches in round robin tournament.

(ii) In cyclic tournament identify the number of rounds .

(iii) How many byes will be given in cyclic tournament.

(iv) How many rounds will be organized in stair case method…

Ans. (i) 06 Matches (ii) N-1 =4 –1= 03 (iii) 01 Bye (iv) 3 Rounds

OR

Identify the formula for calculating total no of matches in cyclic tournament.

Ans. N(N-1)/2

Q32. Gajender is making a football team for which he designed a training programme. During the program he noticed that few players are very good shooters but they were lacking and getting tired very easily.

(4×1=4)

Based on this case study answer the following questions:

(i) What type of training cycle is required for football Players.

(ii) Which component is lacking in the players.

(iii) Which type of training will you suggest to them.

(iv) What are the components required for football and handball players?

Ans. (i) Macro Cycle (ii) Endurance (iii) Farlek training method (iv) Endurance, Strength & Speed

OR

Interval training method is based on the principle of _____

Ans . Efforts and Recovery.

Q33. Mitanshu is a weightlifter in the 86 kg category. He has to participate in a weightlifting competition next week for which he is taking good care of his practice and diet. He has included all the essential nutrients in his diet.

Based on this case, answer the following questions : **(4×1=4)**

(i) What do you think would be the most important components of Mitanshus diet?

(ii) Fresh vegetables and fruits are rich sources of _____

(iii) What is the ratio of carbon, hydrogen and oxygen in carbohydrates?

(iv) Which food stuff contains all ingredients of a weightlifter diet according to picture?

Ans. (i) Proteins (ii) Vitamin A (iii) 1:2:1 (iv) Meat

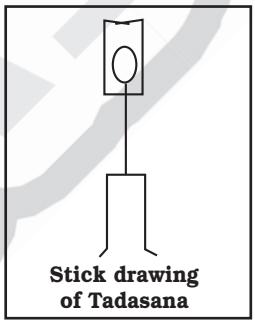
SECTION – E

Q34. List down any four asana used for prevention of obesity. Explain the Procedure, Benefits and Contraindications for administration of any one of them with the help of a stick diagram.

(1+2+1+1=5)

Ans. 1. Tadasana 2. Katichakrasana 3. Pavanmuktasana 4. Matsyasana.

Tada means ***mountain,*** and asana means ***straight*** posture. Tadasana (Mountain pose) is the beginning and ending asana of Surya Namaskar according to Ashtanga yoga.



Stick drawing of Tadasana

Procedure :

Step 1: Stand straight on the floor. Then take a small gap between the feet.

Step 2: After deep inhalation both the arms are raised.

Step 3: Keep arms upward by interlocking fingers.

Step 4: Come on the toes by raising heels concurrently.

Step 5: Feel the pressure of stretching from toes to fingers.

Step 6: Try to maintain this pose along with slow and deep breathing.

Step 7: Return to the original position with deep exhalation.

Step 8: Perform number of rounds as per capacity but having relaxation for a while after each round.

Benefits :

(i) Tadasana improves the posture of the body. (ii) It tones and firms your abdomen and buttocks.

(iii) It improves functioning of digestive and respiratory systems

(iv) It reduces Flat Feet (fallen arch) (v) Makes your ankles and knees strong

(vi) Helps in relieving Sciatica (vii) Helpful in treatment of hypertension

(viii) Stimulates nervous system (ix) It is helpful to treat hypertension.

(x) It improves digestion problems.

Contraindications :

(i) Person suffering from low blood pressure should avoid this asana.

(ii) People with insomnia or headache should not perform this asana.

(iii) This asana should be avoided during pregnancy.

Q35. Make a table of test items listed under fitness test by SAI (Age Group 5-8Yrs.) along with the objectives of conducting them. Explain the administration of any one of them. **(1+2+2=5)**

Ans. SAI Fitness Test (Age Group : 5 To 8 Years/class : 1st To 3rd) :

At Primary class 1-3, children should acquire Fundamental Movement Skills (FMS) leaving the learning of specific physical activities to later stages. FMS provide the building blocks for many physical activities, such as playing games, dance, and sport. Locomotor, Manipulative & Body Management abilities are key to success in most sports and physical activities. Abilities of children in class 1-3 which need to be measured and tracked are

1. Body Composition (BMI)
2. Coordination (Plate Tapping)
3. Balance (Flamingo Balance)

Which are important for controlling the body in various situations.

Test Descriptions For Children

1. Body Mass Index (BMI) :

Body Mass Index is persons weight in Kilograms (or Pounds) divided by the square of height in meters (or Feet). A high BMI can indicate high body fatness. BMI screens for hight categories that may lead to health problems.

Formula for BMI Calculation : Body Mass Index

BMI/Health Status Chart	
BMI	**Category**
1. Less than 18.5	Under weight
2. Between 18.5 to 24.9	Healthy
3. Between 25 to 29.9	Overweight
4. Between 30 to 34.9	Obesity stage I
5. Between 35 to 39.9	Obesity stage II
6. More than 40	Obesity stage III

$$\text{BMI} = \frac{\text{Weight (in Kilogram)}}{\text{Height (in metre}^2\text{)}}$$

Infrastructure/Equipment required : Electronic/Digital Weight machine, Stadiometer/measuring tape pasted on a wall.

Scoring : Height recorded in cm and mm.

Weight will be recorded in kilogram (kg) and grams (gms)

Record the weight to the nearest decimal fraction (for example, 25.1 kilograms).

Accurately record the height to the nearest 0.1 centimeter.

2. Plate Tapping Test

What does it measure: Tests speed and coordination of limb movement

How to Perform: If possible, the table height should be adjusted so that the subject is standing comfortably in front of the discs. The two yellow discs are placed with their centers 60 cm apart on the table. The rectangle is placed equidistant between both discs.

Infrastructure/Equipment Required: Table (adjustable height), 2 yellow discs (20cm diameter), rectangle (30 × 20 cm), stopwatch.

Plate Tapping Test

Scoring: The time taken to complete 25 cycles is recorded. The non-preferred hand is placed on the rectangle. The subject moves the preferred hand back and forth between the discs over the hand in the middle as quickly as possible. This action is repeated for 25 full cycles (50 taps).

Administrative Suggestion: Participants should be encouraged to stand in a balanced posture, feet apart to shoulder width. Results are usually better if the participant can maintain constant pace during most of the run.

3. Flamingo Balance Test :

What does it measure: Ability to balance successfully on a single leg. This single leg balance test assesses the strength of the leg, pelvic, and trunk muscle as well as static balance.

How to Perform: Stand on the beam. Keep balance by holding the instructor's hand (if required to start).

While balancing on the preferred leg, the free leg is flexed at the knee and the foot of this leg held close to the buttocks.

Start the watch as the instructor lets go of the participant/subject: Pause the stopwatch each time the subject loses balance (either by falling off the beam or letting goes of the foot being held).

Resume over, again timing until they lose balance. Count the number of falls in 60 seconds of balancing.

If there are more than 15 falls in the first 30 seconds, the test is terminated.

Flamingo Balance Test

Infrastructure/Equipment Required: Non slippery even surface, stopwatch, can be done on just standing on beam.

Scoring: The total number of falls or loss of balance in 60 seconds of balancing is recorded.

If there are more than 15 falls in the first 30 seconds, the test is terminated.

Administrative Suggestion: Participants should be encouraged to keep eyes focused on stationary object straight ahead.

Q36. Define Endurance along with its types. Explain any one method used to develop Endurance. **(1+2+2=5)**

Ans. Endurance : Endurance is one of the important components of physical fitness. It is the ability of the body to work for a long time without getting fatigued. Endurance play a vital role in every activity directly or indirectly.

According to D. Harre, "Endurance is the ability to resist fatigue."

Types of endurance according to the nature of activity.

It is based on the kind of activity for which endurance is required.

It can be classified into following types:

(a) Basic Endurance: It is the ability of a person to resist fatigue in which the load is of medium intensity and involves aerobic muscular metabolism. Therefore, it can be said that it is the ability to do movements that involve a large number of muscles at a slow or moderate pace for a long duration of time.

(b) General Endurance: It is the ability to do such sporting movements, for long duration of time that are general in nature. This type is not specific to any sport and can be developed by performing general exercises. The duration for general endurance is much shorter than basic endurance.

(c) Specific Endurance: Specific endurance is the ability to stand against fatigue in sport specific conditions. Specific endurance varies from activity to activity as it depends on the nature of fatigue.

Method used to develop Endurance :

Continuous Training : This method is about continuity. The exercise is done for a long duration of time without any rest, as the activity is long and continuous in nature. The time duration can be increased as per the need and requirement of the activity.

(a) Slow Continuous Method : The activity performed under this method is for a long duration of time without any break. Speed is determined as per heart rate. In this method heart rate is kept between 130-160 per minute. The duration of the activity should not be less than 30minutes.

(b) Fast Continuous Method : The activity performed under this method is comparatively at fast pace but the speed is kept uniform throughout. Intensity of the activity is high than slow continuous method. Duration of the activity should be at least 20 minutes. The heart rate should be between 160-180 beats per minute.

Q37. Define Friction along with its types. Explain the methods of reducing friction. **(1+2+2=5)**

Ans. Friction : The force acting along two surfaces in contact which opposes the motion of one body over the other is called the force of friction. It is very important in sports. Larger the area of contact between the surfaces, greater is the force of friction. When both the surfaces are smooth the force of friction reduces to almost zero. In sports friction in human movement varies widely depending on different sports because each sport has its own movements and surface of the playing field. In order to adjust the friction the two surfaces should be compatible with each other for desired movement in sports.

Types of Friction : ***There are four types of friction :***

1. ***Static friction :*** It exists before an object starts to slide e.g., when you hit a cricket ball with a bat, or a tennis ball with racket, or in rock climbing where hand and feet are static.
2. ***Kinetic or sliding friction:*** It is created when the object starts to slide e.g., when an ice skater is skating, or friction produced while rubbing hands.
3. ***Rolling friction :*** When an object rolls on the surface it is rolling friction e.g., a ball bearing, any ball rolling on the ground.
4. ***Fluid friction:*** When the movement of an object or a person is hindered or meets resistance from water or air, it is fluid friction e.g., swimming, diving, sky diving, discus and javelin floating in air, high jump etc.

Methods of Reducing Friction : Following methods are helpful in reducing friction:

a. ***Polishing :*** By polishing the surface in contact becomes smooth and the force of friction reduces. Many implements like discus are painted to reduce the friction.

b. ***Lubrication :*** The lubrication of surfaces makes them slippery and this reduces the force of friction.

c. ***Type of material :*** The force of friction largely depends on the type of material. The friction between rubber and concrete is less than if we compare iron and concrete. That is why the tyres are made from rubber.

d. ***Streamlining :*** Friction due to air is reduced by streamlining the shape of the body. The aeroplanes are made with sharp front to reduce friction.

e. ***Use of ball bearings :*** The ball bearings are used to reduce the force of friction.

Many sports require more friction and other need lesser friction. In athletics the shoes are designed to increase friction so that better speed can be generated. The ***spikes shoes*** have small nails to increase the friction. On the other hand in some games like snow skiing the skies are made with minimum friction.

The cyclist use pointed helmets, silk body fitted costume and bend to reduce the air friction. The swimmers use goggles, cap and full body slim suit to reduce force of friction caused by water.

MOCK TEST-III

PHYSICAL EDUCATION (048)

CLASS XII FOR EXAMINATION 2023

Time Allowed: 3 Hrs *Max. Marks: 70*

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(1) The question paper consists of 5 Sections and 37 Questions.
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SECTION -A

1. Name the given asana that seems like a locust or grasshopper:

(a) Shalabhasana (b) Vakrasana (c) Tadasana (d) Shavasana

2. Extroverts:
(a) Have more self-confidence (b) Take more interest in others
(c) Are lively and realistic (d) All of the above

3. Thrust exerted by water in swimming is an example of Newton's ..... law.
(a) First (b) Second (c) Third (d) None of these

4. What is the other name for Vitamin B2?
(a) Niacin (b) Thiamin (c) Folic acid (d) Riboflavin

5. In which year isometric exercises were introduced ?
(a) 1953 (b) 1963 (c) 1973 (d) 1983

6. The word nutrition is derived from latin word :
(a) Nutritious (b) Nutricus (c) Nutifus (d) None of the above

7. The force created by two solid surfaces is called :
(a) Speed (b) Friction (c) Slippery surface (d) None of these

8. Menarche is a condition of :
(a) Onset of anemia (b) Onset of blood pressure
(c) Onset of blindness (d) Onset of menstrual cycle

9. Given below are two statements, one is labelled as Assertion (A) and the other is labelled as Reason (R).

Assertion (A) : Special Olympics provides year round training and competitions to 5 million athletes and Unified sports partners in 172 countries.

Reason (R) : Special Olympics is not recognised by the International Olympic Committee.

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 planning?

(a) Deciding in advance what is to be done (b) Motivating the training

(c) Thinking about past (d) Meeting with students

11. The word yoga was first in :

(a) Bhagvad Gita (b) Rig Veda (c) Yajura Veda (d) Upanishads

12. World disability day is celebrated on :

(a) 2nd April (b) 29th August (c) 21st June (d) 3rd December

13. In agility test for senior citizens the distance is

(a) 2 feet (b) 4 feet (c) 8 feet (d) 10 feet

14. Which one of these is a long term effect of exercise on cardiovascular system?

(a) Heart rate (b) Body temperature

(c) Cardiac output (d) BP

15. Interval Training method is based on the principle of :

(a) Effort-recovery effort (b) Effort-effort-effort

(c) Recovery-recovery-effort (d) None of the above

16. Match the following:

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

17. Match the following:

I	Fibre	(a)	Protein
II	Body Building	(b)	Vitamins
III	Energy Yielding	(c)	Cellulose
IV	Protective	(d)	Carbohydrates

(a) I-2, II-4, III- 1, IV- 3

(b) I-3, II-1, III- 4, IV- 2

(c) I-4, II-3, III- 2, IV- 1

(d) I-1, II-2, III- 3, IV- 4

18. It is the injury of skin in which skin is scrapped or rubbed by friction :
    (a) Fracture (b) Dislocation
    (c) Tennis Elbow (d) Abrasion

SECTION - B

19. Explain any four long term effects of exercise on muscular system.
20. List down any four benefits of mental imagery by athletes in sports.
21. Explain any two types of coordinative ability.
22. Mention any four physiological factors determining components of physical fitness.
23. How partial curl up is performed?
24. Enlist the forms of vitamin B complex.

SECTION -C

25. Explain the strategies to make physical activities accessible for children with special needs.
26. What are proteins. Write any two dietary sources of protein.
27. Compare any three committees that work together to organize sports event with its responsibilities.
28. Mention briefly about the common sports injuries.
29. Explain Jung's classification of personality types.
30. Explain any three benefits of Pavan Muktasana.

SECTION -D

31. 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. For this participation is must for all age groups, in this event.

Committees

Premeet work organizing committee	**During meet work organizing committee**	**Post-meet work committee**
(a) Publicity committee	(a) Technical committee	(a) Keeping of record
(b) Ground and equipment layout committee (purchase)	(b) Officials committee	(b) Finance & Accounts
(c) Official committee	(c) Prize committee	(c) A brief report regarding entire championship
(d) Accumulation committee	(d) Ceremony committee	
(e) Refreshment and Entertainment committee		
(f) Reception committee		
(g) Transport committee		
(h) Committee for Entries and programme.		
(i) Medical committee		
(j) Organising committee		

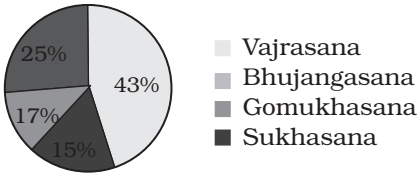
Based on this case study answer the following questions.

(a) Which committee is assigned to make budget of an event ?
(b) Why the participation is necessary for all age groups ?
(c) Which committee is responsible to take care of guests teams?
(d) Students good at art and craft and creative designing will be assigned with _____committee

OR

The students who win medals and trophies in their respective fields comes under which committee.

32. Below given is the data of students who participated in different yoga postures competition.



On the basis of the above data, answer the following questions.

(a) Which asana out of the four can be performed after having a diet for increasing the digestion?

(b) Which asana is derived from 'cow'?

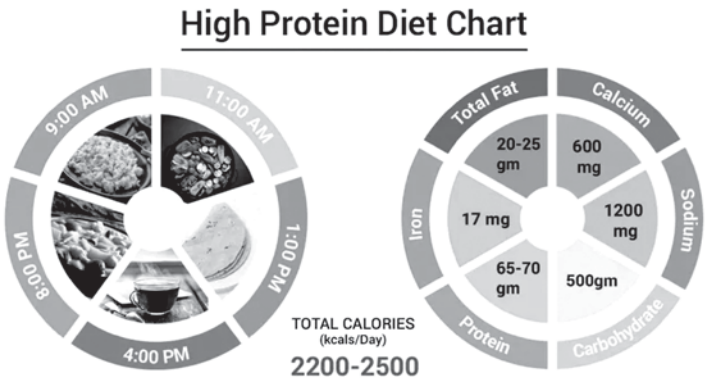
(c) Out of the given method which is not a yoga posture.

(d) Which asana is devived from "Vajra" ?

OR

Which asana is known as easy pose ?

33. Shweta, a student of class XI, has recently joined a gym near her house to get a slim and thin body. She consults her gym trainer regarding her diet and is advised to increase the intake of protein in her diet.



Based on this case study answer the following questions.

(a) Proteins are also known as _____

(b) Deficiency of protein can cause _____

(c) Protein helps in _____

(d) Which macro nutrient is required for growth and maintenance of tissues?

SECTION -E

34. Explain the benefits and procedure of Pawanmuktasana and Suryabhedan Pranayam.

35. What do you mean by dislocation ? Name four types of dislocation and describe any one with treatment.

36. Describe endurance and discuss any two methods for increasing endurance.

37. Draw a fixture of 21 teams participating in knock out tournament.

15

MOCK TEST-IV

PHYSICAL EDUCATION (048)

CLASS XII FOR EXAMINATION 2023

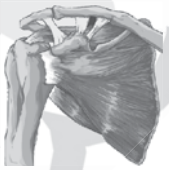
Time Allowed: 3 Hrs *Max. Marks: 70*

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 internal 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. Name the sports injury occurred in a joint :



(a) Sprain (b) Dislocation
(c) Incision (d) Laceration

2. Formula to calculate number of matches in league method is :
(a) $\frac{N-1}{2}$ (b) $\frac{N+1}{2}$
(c) $\frac{N(N-1)}{2}$ (d) $\frac{N}{2}$

3. What is the name of the postural deformity caused due to increase in the curve at the lumbar region?
(a) Knock knees (b) Bow legs
(c) Kyphosis (d) Lordosis

4. Gomukhasana, Chakrasana and Matsyasna are helpful in curing which disease :
(a) Diabetes (b) Backpain
(c) Asthma (d) Obesity

5. What according to you is the main cause for night blindness?
(a) Deficiency of Vit. E (b) Deficiency of Vit. C
(c) Deficiency of Vit. A (d) Deficiency of Vit. D

6. What is the test duration for the Arm curl test?
(a) 1min (b) 2 min (c) 30sec (d) Number of repetitions

7. Overstretching of ligament cause:
(a) Strain (b) Sprain (c) Contusion (d) Bruises

8. Which Newton's law is applied in swimming?
(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 :
(a) Payona (b) Persona (c) Plasana (d) Persin

10. Resistance ability against fatigue is called :
    (a) Strength (b) Speed
    (c) Endurance (d) Agility
11. Given below are two statements, one is labelled as Assertion (A) and other is labelled as Reason (R)
    Assertion (A): Consuming food that are low in calories and fat, and increasing in physical activity will help in maintaining a healthy weight.
    Reason (R): There are several ways of assessing a healthy body weight that include weight and height chart, Body Mass Index (BMI) or assessment of body fat percentage.
    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 ture
12. Which of the following is not a Macro nutrient?
    (a) Fats (b) Carbohydrates
    (c) Proteins (d) Minerals
13. What is the formula to divide an odd number of teams in the upper half for a knockout fixture?
    (a) N+1/2 (b) N-1/2
    (c) N(N-1)/2 (d) N(N+1)/2
14. What is the common way to treat scoliosis ?
    (a) Brace (b) Surgery
    (c) Exercise (d) Do nothing
15. What is the Ratio of carbon, hydrogen and oxygen in carbohydrates?
    (a) 1:2:1 (b) 2:2:1 (c) 2:1:1 (d) 1:2:2
16. Match the following:

I	Arm curl test	(a)	Cardiovascular endurance
II	Chair sit and reach test	(b)	Upper body strength
III	Back scratch test	(c)	Lower body strength
IV	Six minute walk test	(d)	Upper body flexibility

    (a) I-1, II-2, III- 3, IV- 4
    (b) I-2, II-3, III- 4, IV- 1
    (c) I-3, II-1, III- 2, IV- 4
    (d) I-4, II-3, III- 1, IV- 2
17. Match the following:

I	Cyclic	(a)	To avoid to meet in 1st round
II	Fixture	(b)	Resolve dispute
III	Technical committee	(c)	League Tournament
IV	Seeding	(d)	Arranging team

    (a) I-1, II-2, III- 3, IV- 4
    (b) I-2, II-3, III- 1, IV- 4
    (c) I-3, II-4, III- 2, IV- 1
    (d) I-4, II-1, III- 2, IV- 3
18. Which asana stimulates kidneys for better functioning?
    (a) Parvatasana (b) Matsyasana
    (c) Paschimottanasana (d) Gomukhasana

SECTION -B

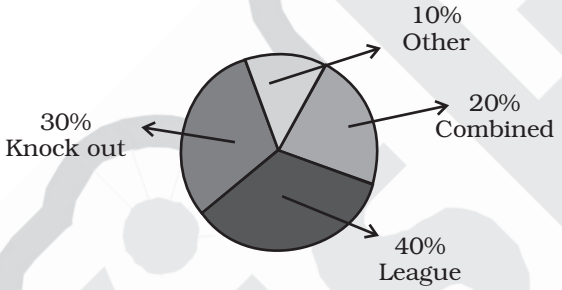
19. List down any four objectives of planning.
20. List down any four benefits of Kati chakrasana.
21. Write down any two methods to develop speed.
22. Explain any two types of fractures.
23. Write about the administration of the plate test.
24. Differentiate between static and dynamic equilibrium.

SECTION -C

25. What are the eligible impairment types in Paralympic movement?
26. Draw a fixture of 5 teams participating in staircase tournament along with calculations.
27. What is endurance ? Explain its types.
28. Define aggression and write down the types of aggression.
29. Explain flat foot with precautions and remedies.
30. Write the benefits and contraindications of Shalabhasana.

SECTION -D

31. Below given is the pie chart of Sports Skills Increments.



On the basis of above data answer he following questions.

(a) Which tournament is responsible for increasing the sports skill at highest level?
(b) How many percentage of students is less in "knock out" than league?
(c) Which tournament has the minimum number of students opting for ?
(d) How many percentage of students is less in league than knockout ?

OR

How many percentage of students are participating in a league and combined tournaments ?

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. Raman is a student of class VIII and is suffering from Obesity. During a recent medical check-up at school he was advised to practice yoga and participate in sports activities for curing it.

Based on this case study answer the following questions.

(a) The yoga instructor at the school has asked Raman to perform_____

(b) The BMI index for an Obese person is_____

(c) Due to the Obesity; Raman is also suffering from knock knees for which he is advised to do which corrective exercise.

(d) The BMI index for a normal person is _____

SECTION -E

34. Draw a fixture of 23 teams participating in special seeded tournament and four teams are special seeded teams?
35. Describe different types of soft tissue injuries along with treatment.
36. Define strength along with its types. Explain any two methods used to develop strength.
37. Elaborate the traits and types of personality classified by Jung.