

MOCK TEST-V
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. Identify the following test :



- | | |
|---------------------|--------------------|
| (a) Partial curl up | (b) 600 M run/walk |
| (c) Sit and reach | (d) Push ups |
2. The formula for determining the number of rounds in a single league fixture when the number of teams is even?

(a) N	(b) $N-1/2$
(c) $N-1$	(d) $N(N-1)/2$
 3. Walking barefoot on sand or rough ground helps to correct





(a) Flat foot	(b) Club feet
(c) Curved feet	(d) Outward pointing feet
 4. Yoga has been derived from a sanskrit word

(a) Yuj	(b) Yup
(c) Yog	(d) Yoj
 5. Which is the main governing body responsible for the organisation of Deaflympics?
 - (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
 6. What is the source of vitamin A?

(a) Tomato	(b) Meat
(c) Butter	(d) Fish

7. Which test is used to measure the aerobic endurance (fitness) of a senior citizen?
 (a) 8 feet up and go test (b) Chair stand test
 (c) Six minute walk test (d) Arm curl test
8. In which fracture do the bones get bent?
 (a) Green stick fracture
 (b) Transverse fracture
 (c) Comminuted fracture
 (d) Impacted fracture
9. _____ friction is the opposing force.
 (a) Dynamic (b) Static
 (c) Kinetic (d) Sliding
10. Instrumental aggression is related to
 (a) Achieving goal
 (b) Dominating performance
 (c) Accepting defeat
 (d) None of these
11. Physiological factor determining speed are
 (a) Explosive strength (b) Body weight
 (c) Muscle composition (d) Both (a) & (c)
12. Given below are two statements one is labelled as Assertion (A) and the other is labelled as Reason (R).
Assertion (A) : Mass is measure of inertia of the body in linear motion.
Reason (R) : Greater the mass, greater is the force required to change its state of rest or of uniform motion in a straight line.
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
13. How many byes will be given if there are 8 teams in the league tournament?
 (a) 7 (b) 5 (c) 4 (d) 0
14. Which of these is structural disability?
 (a) Kyphosis (b) Hearing impairment
 (c) Visual impairment (d) Organic impairment
15. Hypertension is due to
 (a) Lung problem (b) Low blood pressure
 (c) High blood pressure in blood vessels (d) Pain
16. Match the following:
 I Vitamin A (a) Rickets
 II Vitamin B (b) Night Blindness
 III Vitamin C (c) Beriberi
 IV Vitamin D (d) Scurvy
 (a) I-4, II-3, III- 2, IV- 1
 (b) I-4, II-1, III- 2, IV- 3
 (c) I-2, II-3, III- 4, IV- 1
 (d) I-3, II-4, III- 1, IV- 2

17. Match the following:

- | | | |
|-----|---|-----------------------------|
| I |  | (a) Flexibility |
| II |  | (b) Upper muscular strength |
| III |  | (c) Agility |
| IV |  | (d) Aerobic capacity |

- (a) I-1, II-2, III- 3, IV- 4
 (b) I-4, II-1, III- 2, IV- 3
 (c) I-4, II-1, III- 3, IV- 2
 (d) I-1, II-4, III- 2, IV- 3
18. Dislocation is related to:
- (a) Bone injury
 (b) Skin injury
 (c) Muscular injury
 (d) Joint injuries

SECTION -B

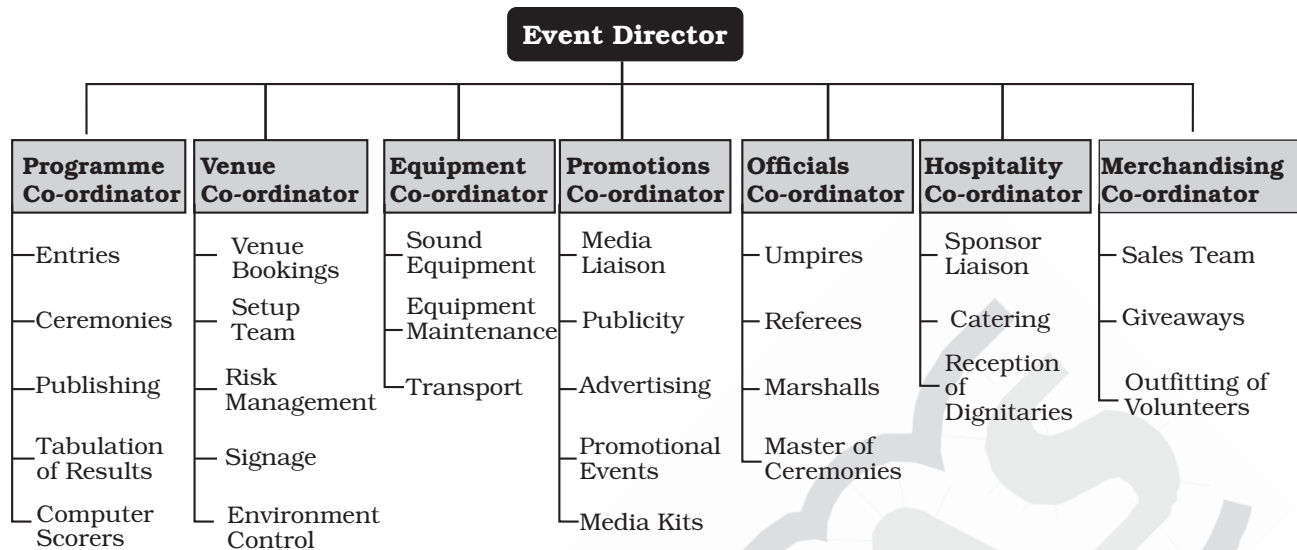
19. List down any four functions of directing.
 20. Explain the treatment of sprain.
 21. List down any four advantages of isotonic and isokinetic strength.
 22. Write any two methods of reducing friction.
 23. What kind of sports injury is known as Abrasion?
 24. Explain the process of 600M run/walk.

SECTION -C

25. Elaborate the benefits and contraindications of Shavasana.
 26. What are fats? Differentiate between its types.
 27. Draw a fixture of 9 teams participating in knockout tournament.
 28. Explain any three physiological factors determining strength.
 29. What is eating disorder? Explain its types.
 30. Compare Arm Curl test for upper body strength and Back scratch test for upper body flexibility.

SECTION -D

31. Your school has been given the responsibility to conduct zonal football competition. As a sports secretary of the student council you have been asked to make various teams of students to help teacher incharges for smooth conduct of the tournament.



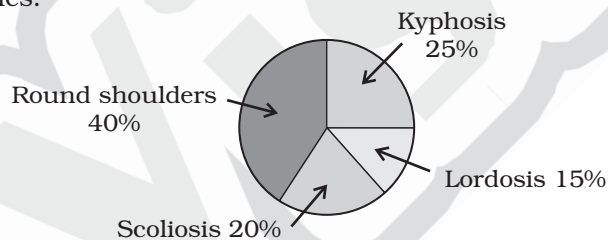
Based on this case study answer the following questions.

- To help the team to know about the fooding and stay arrangement a group of students will be assigned with..... committee.
- Students good at art and craft and creative designing will be assigned with..... committee.
- Few students will be assigned with..... committee for prize distribution.
- Which committee is responsible to take care of food during events ?

OR

Which committee is responsible to take care of guests during events ?

32. Given below is the pie chart of percentage of patients visiting a hospital suffering from different postural deformities.



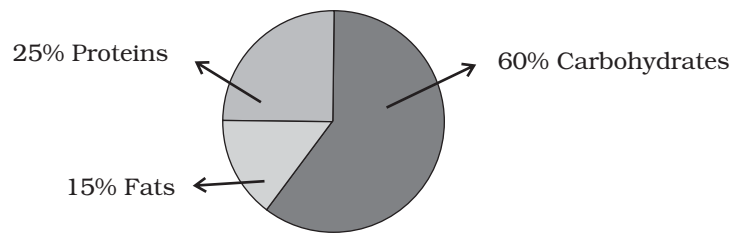
Based on above data answer the following questions:

- From which postural deformity is the least number of patients suffering from?
- The sideways curvature of spine is called _____
- From which deformity is the maximum number of patients suffering from?
- Excessive curvature of the spine at the back is called _____

OR

Sandy is diagnosed with postural adaptation of the spine in lateral direction. The curve is identified as convexity right. It happened due to Sandy's underdeveloped legs and carrying heavy loads on one side only. What kind of postural deformity was found in Sandy?

33. Below given is the pie chart of healthy diet for sports.



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

- Which factor plays a very important role in the diet?
- Which two factors contributing less than or equal to 40% in a healthy diet for sports?
- Find the factor which is least required in a healthy diet?
- Which ratio is showing the minimum healthy diet for sports ?

SECTION -E

- Describe different types of fractures with causes and treatment.
- Create a flow chart on Rikli and Jones Senior Citizen Fitness Test.
- Write a short note on (i) Paralympics (ii) Special Olympics
- Elaborate the procedure, benefits and contraindications of Katichakrasana.

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SECTION-A

1. Which exercise should be done to cure this deformity?

(a) Skipping	(b) Walking on heels
(c) Both (a) and (b)	(d) Hanging on horizontal bar
2. In human body, Fartlek develops :

(a) Speed	(b) Endurance
(c) Strength	(d) Agility
3. Carl Jung classified personality into main types :

(a) Two	(b) Three
(c) Four	(d) Five
4. The curved trajectory of a project is a:

(a) Circle	(b) Parabola
(c) Ellipse	(d) Hyperbola
5. The amount of oxygen which can be absorbed and consumed by the working muscles from blood is called





(a) Oxygen intake	(b) Oxygen transport
(c) Oxygen uptake	(d) Energy reserve
6. Rikli and Jones belongs to which University?

(a) California State University	(b) Fullerton University
(c) Calvary University	(d) Harvard University
7. Which of the following is not a symptom of overeating?

(a) Headache	(b) Vomiting
(c) Stomach ache	(d) Happiness
8. When International committee of sports for the deaf was formed?

(a) 1920	(b) 1924
(c) 1928	(d) 1932



9. Pawanmuktasana is :
 (a) Release of wind (b) Holding of wind
 (c) Absence of wind (d) None of the above
10. Which postural deformity is related to posterior curve of the spine?
 (a) Scoliosis (b) Kyphosis (c) Lordosis (d) Knock knees
11. Pre-tournament committee include :
 (a) Organisation committee (b) Awards committee
 (c) Medical committee (d) Transport committee
12. What is the role of technical committee?
 (a) Responsible for accommodation (b) Responsible for prize distribution
 (c) Responsible for technical conduct (d) Responsible for transport
13. PNF technique is used to develop
 (a) Speed (b) Flexibility (c) Endurance (d) Strength
14. The acceleration of an object is directly proportional to the net force acting on it and inversely proportional to its
 (a) weight (b) height (c) mass (d) density
15. The main source of vitamin C is :
 (a) Guava (b) Egg (c) Milk (d) Banana
16. Match the following:
 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. Match the following:
 I  (a) Increase or exaggeration of backward curve
 II  (b) Wide gap between the knees when standing
 III  (c) Knees touch each other in normal standing
 IV  (d) Inward curvature of the spine
 (a) I-3, II-4, III- 1, IV- 2
 (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. Asana known as twisted pose :
 (a) Shalabhasana (b) Shavasana
 (c) Bhujangasana (d) Vakrasana

SECTION-B

19. Write down any four physiological factors determining flexibility.
20. What do you mean by short term and long term endurance ?
21. What do you mean by extraversion and conscientiousness ?
22. Explain the applications of law of reaction in any two different sports.
23. Give the names of the test included in SAI Khelo India fitness test in school for the age group of 5–8 years or 1–3 classes.
24. Explain the points regarding importance of water.

SECTION-C

25. Discuss in detail the objectives of Special Olympics Bharat.
26. What is balanced diet ? Elaborate the important nutrients of balanced diet.
27. Knock out tournament is a better way to judge the best team of the tournament. Comment.
28. Elucidate the benefits and contraindications of Matsyasana.
29. Differentiate between rolling and sliding friction.
30. Discuss the procedure of Nadi-shodhana pranayama and Sheetal pranayama for hypertension.

SECTION-D

31. Neeti along with her father was regular at district park in early morning. She realised that most of the children are obese. She along with her few classmates wanted to help those children.



Based on this case study answer the following questions.

- (a) How obesity can be prevented?
- (b) Disadvantage of obesity are _____
- (c) What values are shown by Neeti and her classmates?
- (d) Mention any causes of obesity _____

OR

Mention any one asana related to obesity.

32. After failing in the 600 M run activity, the sports teacher advised Arun not to lose hope as five other tests were remaining. He also advised Arun and other students to do proper warm up before their participation.



Based on this case study answer the following questions.

- (a) Which test is being talked about in this?
- (b) Which equipment is required in this test?
- (c) What is the aim of this test?

OR

Sourav is working on a project to collect data for assessing physical fitness amongst boys and girls in the residential complex. He plans to administer a test for assessing their arm, shoulder and abdominal strength as well as flexibility of hamstring muscles. Which test should be conducted for assessing arm, shoulder and abdominal strength of boys and girls ?

33. Mr. Ram, a retired person, was regular at district park every morning. He saw that most of the old people complained of joint pains. He discussed with them and from next day he organised exercise classes for aged people.



Based on this case study answer the following questions.

- Why do the old people complain of joint pain?
- Which system relieves by doing exercise in this pain?
- Name the injury occurred due to joint in which some of the ligaments are stretched or torn.
- Physical exercise helps to increase strength of the joint.

SECTION-E

- Write in detail the benefits of different yog mudras.
- What is BMR ? List the factors that influence BMR.
- Define speed. Explain types and methods to develop speed.
- Explain Newton's laws of motion and its application in sports.

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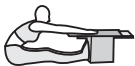



SECTION-A

1. Identify the given asana :







- (a) Sukhasana (b) Gomukhasana (c) Chakrasana (d) Bhujangasana
2. Coordinative ability is associated with :
- (a) Body and Brain (b) Heart and Brain
(c) Lungs and Brain (d) None of the above
3. Aggression is related to:
- (a) Science (b) Economics (c) Psychology (d) Physiology
4. Spikes used in sporting shoes to take advantage of:
- (a) Weight (b) Inertia (c) Friction (d) Stability
5. Which of these acids gets accumulated in the muscles during intense physical activity?
- (a) Citric acid (b) Lactic acid (c) Nitric acid (d) Acetic acid
6. Sit and reach test is conducted for :
- (a) Flexibility (b) Motor fitness (c) Endurance (d) Speed
7. Which of the following is macro mineral?
- (a) Iodine (b) Iron (c) Copper (d) Calcium
8. Who introduced Special Olympics?
- (a) Sir Ludwig Guttmann (b) Eunice Kennedy Shriver
(c) John F. Kennedy (d) All the above
9. Which asanas can be practiced immediately after eating food?
- (a) Hastottanasana (b) Trikonasana
(c) Ardha Matsyendrasana (d) Vajrasana

10. Posture is an index of:
 (a) Health (b) Personality (c) Character (d) Fitness
11. What is role of technical committee?
 (a) Responsible for accommodation (b) Responsible for prize distribution
 (c) Responsible for technical conduct (d) Responsible for transport
12. 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) $nb+1$
13. Which syndrome occurs before menstruation and causes symptoms such as acne, irritability and headaches.
 (a) Pre-Menstrual syndrome (b) Menopause
 (c) Post-Menstrual syndrome (d) Anorexia
14. Red blood cells contain 70% of:
 (a) Copper (b) Iron (c) Magnesium (d) Calcium
15. Rikli and Jones test is administered to:
 (a) Senior citizens (b) Children (c) Adolescents (d) Adults
16. Match the following.

- I  (a) Modified push ups test (Girls)
- II  (b) Push ups test (Boys)
- III  (c) Sit and Reach test
- IV  (d) Partially curl ups test

- (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. Match the following:

- I  (a) Hastasana
- II  (b) Ardha Matseyasana
- III  (c) Vajrasana
- IV  (d) Trikonasana

- (a) I-3, II-2, III-4, IV-1
 (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. In slow continuous training the heart rate should remain in between :
- (a) 90-110 beats per minute (b) 110-130 beats per minute
 (c) 140-160 beats per minute (d) 180-200 beats per minute

SECTION-B

19. Write down the basic functioning of Sports Events Management.
 20. Draw a free hand drawing of common postural deformities.
 21. Mention any two benefits of Shalabhasana.
 22. What are the functions and sources of roughage ?
 23. What is the purpose of Chair Stand Test?
 24. Which type of sports injury is known as strain?

SECTION-C

25. Write different activities of Special Olympics Bharat.
 26. Explain : Factors affecting projectiles trajectory.
 27. Define Big five personality traits.
 28. Briefly explain the methods to improve flexibility.
 29. Draw a fixture of 5 teams participating in league tournament using cyclic method.
 30. Describe amenorrhea with its symptoms.

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.



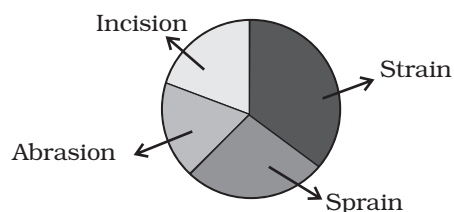
Based on the given case study answer the following questions.

- (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. Below given is the pie chart of types of tissue injuries.



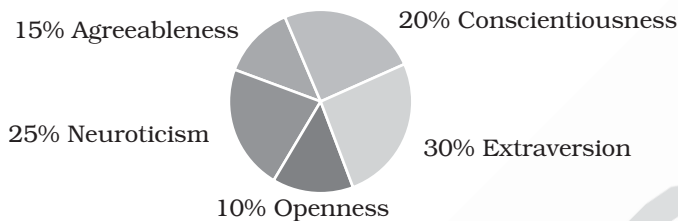
On the basis of given data answer the following questions.

- Which injuries commonly occur when exposed skin come into contact with rough surfaces ?
- Name the injury which mostly occurs in the athletes from the above given pie chart. _____
- Which injury can be treated by 'RICE' (Rest, Ice, Compression & Elevation)?
- Due to the impact of a sharp object which causes the skin to split over an underlying tissue _____

OR

Rohan and Satish organised a Volleyball tournament on Knock out basis. They found that the spectators were losing interest in the tournament because two good teams were out of the tournament as they were defeated in the beginning. Based on this which provision could have avoided this kind of situation.

33. Below given is the pie chart of Big five personality traits :



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

- Which is the first dimension of personality ?
- How many percent of people fall under openness ?
- Which personality traits have high level of thoughtfulness ?
- Curious, imagination, intellectual , creative, open to trying new things are the characteristics of _____

SECTION-E

- Define league tournament. Explain the types of league with the help of examples.
- Explain the exercise guidelines for different age groups.
- Explain any three types of coordinative abilities.
- Explain some non-nutritive food component of diet in detail.