

**MOCK TEST-VIII**  
**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 which Newton's law of motion is this :
    - (a) First law of motion
    - (b) Second law of motion
    - (c) Third law of motion
    - (d) Law of momentum
- 
2. Objectives of planning :
 

(a) To improve sports performance	(b) To create awareness
(c) To develop harmony	(d) To obtain physical fitness
  3. The period of infancy lasts till the age of :
 

(a) 1 year	(b) 2 years
(c) 3 years	(d) 4 years
  4. Trikonasana should be performed for curing :
 

(a) Diabetes	(b) Obesity	(c) Cold cough	(d) Fever
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  5. Which agency has accredited the Special Olympics Bharat Programme?
 

(a) Special Olympics International	(b) Special Olympics India
(c) National Sports Federation	(d) Sports Authority of India
  6. Deficiency of which of the following leads to rickets?
 

(a) Iron	(b) Iodine
(c) Calcium	(d) Chromium
  7. Which test is used to test the functional ability amongst senior citizens?
 

(a) Rockport one mile test	(b) Harvard step test
(c) Rikli and Jones test	(d) Fitness Index score
  8. Hard tissue injury is related to :
 

(a) Bones	(b) Muscles
(c) Ligaments	(d) None of the above

9. Which balance is required by the body when it is moving ?  
 (a) Static equilibrium (b) Dynamic equilibrium  
 (c) Both (a) & (b) (d) None
10. Which of the following is a personality trait not included in the Big five theory of personality ?  
 (a) Openness (b) Conscientiousness  
 (c) Aggressiveness (d) Neuroticism
11. Running a marathon requires :  
 (a) Explosive strength (b) Endurance  
 (c) Maximum strength (d) Muscle strength
12. Given below are two statements, one is labelled as Assertion (A) and the other is labelled as Reason (R).  
**Assertion (A)** : There will be no byes in a single knock out tournament having 64 teams.  
 Given below are two statements, one is labelled as Assertion (A) and the other is labelled as Reason (R).  
**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
13. Halasana is used for curing which of the following postural deformity :  
 (a) Lordosis (b) Scoliosis  
 (c) Kyphosis (d) Knock knees
14. What causes asthma attack?  
 (a) Allergy (b) Smoke  
 (c) Exercise (d) All the above
15. The aim of Adapted Physical Education is :  
 (a) To enhance the potential of differently-abled students in physical education and sports.  
 (b) To restrict the dangers and challenges faced by children with special needs on the field  
 (c) To provide equal opportunity to differently-abled students in physical education and sports  
 (d) To design special equipment for the use of differently-abled students and infants
16. Match the following :  
 I Announcement committee (a) To resolve dispute  
 II First aid committee (b) To provide Medical facilities  
 III Publicity committee (c) Making several announcement during the game  
 IV Technical committee (d) Announcement of date, venue to the public  
 (a) I-4, II-2, III- 3, IV- 1  
 (b) I-2, II-3, III- 4, IV- 1  
 (c) I-2, II-3, III- 1, IV- 4  
 (d) I-3, II-2, III- 4, IV- 1
17. Match the following:  
 I Static strength (a) Act against resistance in a motion  
 II Dynamic strength (b) Against single position  
 III Explosive strength (c) Under the condition of fatigue  
 IV Strength endurance (d) As fast as possible  
 (a) I-1, II-2, III- 3, IV- 4  
 (b) I-2, II-1, III- 4, IV- 3  
 (c) I-3, II-4, III- 2, IV- 1  
 (d) I-2, II-4, III- 1, IV- 3



32. Sudhir was a good thrower. When he joined a new training camp, where he observed some athletes were running on uneven surfaces like bushes, rocks, pits etc. He was in dilemma. After seeing this the coach explained about that training in detail.



Based on this case study answer the following questions.

- What type of training are they doing?
  - Stretching exercise improves \_\_\_\_\_
  - Fartlek training is also known as \_\_\_\_\_
  - The best training method for development of endurance \_\_\_\_\_
- OR
- Fartlek training was introduced by \_\_\_\_\_
33. Mr. Sumit, aged 45 years was advised by his doctor to exercise regularly and take care of his dietary habits. This advice was given keeping in view his advancing age and sedentary working profile.



Based on the given case study answer the following questions.

- The most commonly seen change in the cardiovascular system due to regular exercise is \_\_\_\_\_
  - Due to regular exercising, the viscosity of the blood \_\_\_\_\_
  - The changes in the chemical composition of blood due to exercises are \_\_\_\_\_
  - What is the rate of normal heart beat of an adult ?
- SECTION-E**
- List down any four asanas used for preservation of obesity ? Explain the procedure for administration of any one of them with the help of a stick diagram.
  - Explain Rikli and Jones senior citizen fitness test.
  - What is interval training method and what are its advantages and disadvantages ?
  - What is a projectile and explain the factors affecting a projectile with the help of examples from sports.

**MOCK TEST-IX**  
**PHYSICAL EDUCATION (048)**  
**CLASS XII FOR EXAMINATION 2023**

Time Allowed: 3 Hrs

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**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 common postural deformities of the following picture :



- |                |               |
|----------------|---------------|
| (a) Knock knee | (b) Bow legs  |
| (c) Lordosis   | (d) Flat foot |
2. Umpires, referees and record keepers are a part of :
 

(a) Awards committee	(b) Organising committee
(c) Officials committee	(d) Medical committee
  3. Which of the following is not a spinal curvature deformity?
 

(a) Kyphosis	(b) Scoliosis
(c) Lordosis	(d) Flat foot
  4. Pranayam is :
 

(a) Science of soul	(b) Science of mind
(c) Science of breath	(d) Science of heart
  5. Which is non-nutritive component of diet?
 

(a) Fats	(b) Carbohydrates
(c) Proteins	(d) Water
  6. Who developed Fullerton Functional Test for senior citizens?
 

(a) Brouha and others	(b) Johnson and Johnson
(c) Rikli and Johnson	(d) Rikli and Jones
  7. Sprain is injury to :
 

(a) Ligaments	(b) Muscles
(c) Ribs	(d) Bones

8. 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
9. .... is used to describe a person's overall sense of self-worth or personal value.
- (a) Self-esteem (b) Self talk  
(c) Mental imagery (d) None of the above
10. The first Special Olympics Games were held in :
- (a) Chicago (b) Paris  
(c) New York (d) Washington D.C.
11. Walking on the treadmill helps to develop :
- (a) Isometric strength (b) Isokinetic strength  
(c) Endurance (d) Explosive strength
12. Given below are two statements, one is labelled as Assertion (A) and the other is labelled as Reason (R).  
**Assertion (A) :** The word 'paralympic' is derived from Greek word which means other than or parallel to olympics.  
**Reason (R) :** It means paralympic games are beside or alongside of the olympics.  
*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
13. In which type of tournament is one-time loser team out from the tournament?
- (a) Single knock-out (b) League  
(c) Double knock-out (d) Double league
14. Which of the following factors doesn't affect speed ?
- (a) Nervous System (b) Technique  
(c) Physical Fitness (d) Behaviour
15. Glucose energy is stored only on :
- (a) Fat (b) Glycogen  
(c) Sucrose (d) Fibre
16. Match the following:
- |                             |   |
|-----------------------------|---|
| I Plate tapping test        | (a) Flexibility of lower back and hamstring muscles |
| II Flamingo balance test    | (b) Speed and coordination of limb movement         |
| III Partially curl ups test | (c) Abdominal muscular strength and endurance       |
| IV Sit and reach test`      | (d) Ability to balance on a single leg              |
- (a) I-4, II-3, III- 2, IV- 1  
 (b) I-3, II-4, III- 1, IV- 2  
 (c) I-4, II-2, III- 3, IV- 1  
 (d) I-2, II-4, III- 3, IV- 1

17. Match the following:

- |     |                      |     |   |
|-----|----------------------|-----|---|
| I   | Stress fracture      | (a) | Broken into many small pieces at the site of the fracture |
| II  | Green stick fracture | (b) | Breaking of bone at right angle with the axis of the bone |
| III | Comminuted fracture  | (c) | Small cracks even they are difficult to see in x-rays     |
| IV  | Transverse fracture  | (d) | Bone does not break completely but the bone bends         |
- (a) I-3, II-4, III- 1, IV- 2  
 (b) I-4, II-3, III- 2, IV- 1  
 (c) I-2, II-4, III- 1, IV- 3  
 (d) I-3, II-1, III- 4, IV- 2

18. If the menstruation cycle delays by three months, this condition is called :

- |     |                    |     |                      |
|-----|--------------------|-----|----------------------|
| (a) | Osteoporosis       | (b) | Anemia               |
| (c) | Primary Amenorrhea | (d) | Secondary Amenorrhea |

### SECTION-B

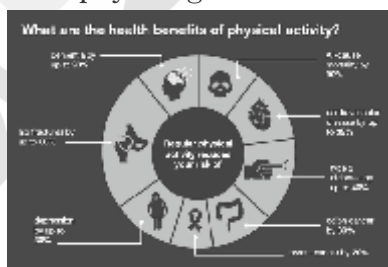
19. List down any four prevention of sports injuries.
20. Explain types of self esteem.
21. Define Isometric strength with examples.
22. Explain about strain and sprain.
23. Write down the objective and administration of the modified push up?
24. Define the main sources of carbohydrates.

### SECTION-C

25. Explain about the procedure and advantages of "Bhujangasana".
26. Enlist the forms of vitamin B complex and explain any one of them in brief.
27. Draw a fixture of 11 teams participating in knockout tournament.
28. Explain the SMART goals approach in psychological attributes.
29. Explain physiological factors determining endurance.
30. Describe knock-knee with its causes.

### SECTION-D

31. Sports are good for all age groups. Growing children, middle aged people and older people, everyone can reap the benefits of physical fitness. The physiological benefits of sports can be felt by every one.



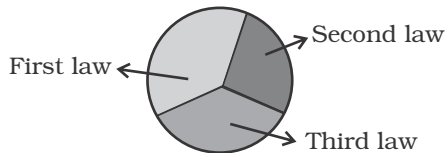
Based on the above lines answer the following questions.

- (a) Which physiological benefits are we talking above?
- (b) What is the general disadvantage if old people do not maintain their physical fitness ?
- (c) Who can reap the benefits of physical fitness?
- (d) Age and gender play a very important role in which of the components.

OR

Ability to carry out tasks without undue fatigue.

32. Below given is the pie chart of Newton's law's of motion.



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

- (a) Which law of motion is known as law of inertia?
- (b) An athlete performing a hammer throw is an example of which law of motion ?
- (c) What does the third law of motion state?
- (d) Which law of motion is known as law of momentum?

OR

While swimming, the swimmer.....from the water. This example refers to which law of motion?

33. Rajesh is a football player of Doon's school. He is famous for his aggressive play in the field. Because of his aggression he scored many goals. At the same time, he was punished for his aggressive behaviour with opponent.

FORMS OF AGGRESSION		
<p><b>1</b></p> <p><b>PHYSICAL AGGRESSION</b></p> <p>It is the behaviour that involves physically harming others. It includes hitting, kicking, biting using weapons and breaking toys or other possessions</p>	<p><b>2</b></p> <p><b>VERBAL AGGRESSION</b></p> <p>It is the behaviour that involves being verbally abusive to others. It is the use of words or gestures to cause psychological harm that differentiates verbal aggression from physical bullying</p>	<p><b>3</b></p> <p><b>EMOTIONAL AGGRESSION</b></p> <p>It is the result of the extreme negative emotions we're experiencing at the time that we aggress and is not really intended to create any positive outcomes</p>

Based on this case study answer the following questions.

- (a) What level of aggression is needed in sports?
- (b) Hostile aggression is also known as \_\_\_\_\_ aggression.
- (c) Trait Theory of personality is \_\_\_\_\_
- (d) The aim is to establish dominance rather than to harm the opponents is known as \_\_\_\_\_

**SECTION-E**

- 34. List down any four asanas used for prevention of diabetes. Explain the procedure for administration of any one of them with the help of stick diagram.
- 35. Make a table to test items under fitness test by SAI (Age group 5–8 years) along with the objectives of conducting them. Explain the administration of any one of them.
- 36. Define speed along with its types. Explain pace race method to develop speed.
- 37. Write short notes on :
  - (a) Controlling
  - (b) Directing
  - (c) Staffing
  - (d) Organising
  - (e) Planning.



**MOCK TEST-X**  
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**GENERAL INSTRUCTIONS**

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**SECTION-A**

1. Identify the postural deformity :
 

- (a) Kyphosis
  - (b) Lordosis
  - (c) Scoliosis
  - (d) Round shoulder


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. Bulimia is :
 

- (a) Too much exercise
  - (b) Too much sleeping
  - (c) Too much eating
  - (d) None of the above
4. Bhujangasana is derived from :
 

- (a) Lion
  - (b) Fish
  - (c) Snake
  - (d) All the above
5. The term used for children with special needs is :
 

- (a) Differently abled
  - (b) Viklang
  - (c) Divyang
  - (d) All of above
6. Roughage is a component of food which has :
 

- (a) No nutritive value
  - (b) Heavy nutritive value
  - (c) Very high nutritive value
  - (d) None of the above
7. 600 M Run/Walk measures :
 

- (a) Upper body strength
  - (b) Cardiovascular fitness
  - (c) Lower body flexibility
  - (d) None of the above
8. The value of normal stroke volume is :
 

- (a) 70ml to 80 ml
  - (b) 100 ml to 110 ml
  - (c) 120 ml to 130 ml
  - (d) 140 ml to 150 ml
9. Which of the following is a projectile ?
 

- (a) Javelin
  - (b) Hammer in hammer throw
  - (c) Swimmer mid dive
  - (d) All of the above
10. Aggression in sports is of.....types
 

- (a) One
  - (b) Three
  - (c) Two
  - (d) Four
11. Interval Training is used for developing :
 

- (a) Flexibility
  - (b) Agility
  - (c) Endurance
  - (d) Speed

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

**Assertion (A) :** Work is done in Isotonic exercise.

**Reason (R) :** These exercises are performed on specially designed machines.

*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
13. If there are 23 teams in knock out tournament then the number of Byes will be :
- (a) 16                      (b) 14                      (c) 15                      (d) 17
14. Hunch on the back is known as :
- (a) Lordosis              (b) Flat foot              (c) Scoliosis              (d) Kyphosis
15. Which asanas resemble a dead body ?
- (a) Pawanmuktasana              (b) Matsyasana              (c) Shavasana              (d) Sarvangasana
16. Match the following:
- |                |   |
|----------------|---|
| I    Contusion | (a) an injury to a muscle or tendon, and is often caused by overuse.            |
| II   Strain    | (b) a partial tear to a ligament and is often caused by a wrench or twist.      |
| III  Sprain    | (c) wounds are caused by sharp objects, such as knives slicing into the skin.   |
| IV  Incision   | (d) superficial injury in which the skin is not broken but often produce bruise |
- (a) I-4, II-1, III- 2, IV- 3
  - (b) I-4, II-2, III- 1, IV- 3
  - (c) I-2, II-3, III- 1, IV- 4
  - (d) I-2, II-1, III- 4, IV- 3
17. Match the following:
- |                 |  |
|-----------------|--|
| I    Speed      | (a) to resist fatigue                  |
| II  Endurance   | (b) range of movement of joints        |
| III Flexibility | (c) to do movement as fast as possible |
| IV  Strength    | (d) to act against resistance          |
- (a) I-1, II-3, III- 4, IV- 2
  - (b) I-2, II-1, III- 4, IV- 3
  - (c) I-3, II-4, III- 2, IV- 1
  - (d) I-3, II-1, III- 2, IV- 4
18. When Special Bharat came into existence?
- (a) 2000                      (b) 2001                      (c) 2002                      (d) 2003

**SECTION-B**

- 19. List any four advantages of knock out.
- 20. Suggest four exercises as corrective measures for Bow legs.
- 21. List any four benefits of Makarasana.
- 22. Mention any four values of paralympics.
- 23. Name at least two sources of each calcium and iodine.
- 24. Write the formula to calculate BMR of boys as well as girls.

**SECTION-C**

- 25. Describe sports injury. Explain any three causes of sports injuries.
- 26. Give three examples which shows application of Newton's third law of motion.

27. Differentiate between openness, extroversion and agreeableness.
28. Differentiate between Talent identification and Talent development.
29. What is the infrastructure for Sit & Reach Test?
30. What are minerals ? Write down the functions of macro and micro minerals.

#### 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) Disadvantages of obesity are \_\_\_\_\_
- (c) What values are shown by Neeti and her classmates?
- (d) Suggest any one asana for prevention of obesity.

OR

Write any one cause of obesity.

32. Raj has the aim of joining any of the uniform services like police, army, air force etc. But he has not qualified the 1500 m run in their selection criteria. Without qualifying this run, he can't go for the next level.

*Based on this case study answer the following questions.*

- (a) 1500 m run is conducted to find the \_\_\_\_\_
- (b) The best training method for development of endurance is \_\_\_\_\_
- (c) Interval training method is based on the principle of \_\_\_\_\_
- (d) Fartlek training is also known as \_\_\_\_\_

OR

While performing intrinsic training method the heart beat goes upto :

33. Early morning, Shyam observe many older people following fitness regime. One day Shyam observed a 60-year-old man was holding his chest on the ground. When Shyam approached him, he said that he felt chest pain regularly after jogging.

*Based on the given case study answer the following questions.*

- (a) What is the rate of normal heart beat of an adult?
- (b) Age and gender play a very important role in \_\_\_\_\_
- (c) Muscular strength starts receding during the age of \_\_\_\_\_
- (d) With regular exercise, the tidal volume and vital capacity of lungs will increase or decrease.

#### SECTION-E

34. Define seeding? Draw a fixture of 23 teams participating in single elimination type tournament.
35. Explain female athlete triad with symptoms. Describe eating disorder.
36. Write the procedure, benefits and contraindication of Parvatasana.
37. Explain : vision, mission, special olympic oath and torch run in Special Olympics Bharat.

