

Physical Education

Practice Paper – I

Class – XII

GENERAL INSTRUCTIONS:

- 1) The question paper consists of 34 questions.
- 2) All questions are compulsory.
- 3) Answer to question 1-20 carrying 1 mark 11 to 20 should be in approximately 20- 30 words.
- 4) Answer to question 21-30 carrying 3 marks should be in approximately 80- 100 words.
- 5) Answer to question 31-34 carrying 5 marks should be in approximately 150- 200 words.

Q1. Knockout league and combination are types of -

- (i) Sporting equipment (ii) Tournaments (iii) Prizes (iv) Awards

Q2. As components of human diet water, fiber and phytonutrients are –

- (i) Non – nutritive (ii) Nutritive (iii) Calorie rich (iv) Protein rich

Q3. International Yoga Day is celebrated on –

- (i) July 21 (ii) January 1 (iii) June 21 (iv) August 15

Q4. Cognitive disorders do not include –

- (i) Poliomyelitis (ii) Autism (iii) Down syndrome (iv) Dyslexia

Q5. Deformity originating from the leg includes –

- (i) Scoliosis (ii) Lordosis (iii) Knock knees (iv) Kyphosis

Q6. Six minute walk test is designed to test the overall functional fitness of –

- (i) Youth (ii) Children (iii) Senior citizen (iv) Adolescents

Q7. A ----- is an injury to the tendons, muscles or their Junction.

(i) Sprain (ii) Laceration (iii) Contusion (iv) Strain

Q8. _____ movements are Produced when the angle between the bones of Joint changes –

(i) Gliding (ii) Abduction (iii) Contusion (iv) Strain

Q9. People who keep to themselves and have their own world of thoughts are _____

(i) Extroverts (ii) Introverts (iii) Ambiverts (iv) Sanguine

Q10. Farttek training was developed in –

(i) Sweden (ii) the U.S. (iii) India (iv) the U.K.

Q11. What one consolation tournaments ?

Q12. What are micronutrients ?

Q13. What do you mean by motor development?

Q14. What is Scoliosis?

Q15. What do you mean by bulimia?

Q16. What do you mean by Harvard step test?

Q17. What do you mean by Stroke Volume?

Q18. What is abrasion?

Q19. What is Flexion?

Q20. What is Sports training?

Q21. Discuss Pace runs as a way to develop speed.

Q22. What are the dimensions of personality?

Q23. What do you mean by planes and axes?

Q24. Discuss any three effects of exercise on respiratory system.

Q25. Discuss the method of Calculating VO_2 Max.

Q26. Write a short note on eating disorders.

Q27. Discuss about oppositional defiant disorder.

Q28. Discuss any three methods to prevent asthma.

Q29. Why does weightlifters diet include lots of Protein?

Q30. Round Robin Tournament is of two types name them and give the major differences between them in detail.

Q31. Define Combination Tournament. Draw a fixture of 16 teams using league -cum knockout method.

Q32. What is the purpose of one mile Rockport test? Explain how to perform it.

Q33. Define circuit training. Discuss the advantages and disadvantages of circuit training.

Q34. What do you mean by macronutrients? Discuss any four in details.

Physical Education

Practice Paper – II

Class – XII

GENERAL INSTRUCTIONS:

- 1) The question paper consists of 34 questions.
- 2) All questions are compulsory.
- 3) Answer to question 1-20 carrying 1 mark 11 to 20 should be in approximately 20- 30 words.
- 4) Answer to question 21-30 carrying 3 marks should be in approximately 80-100 words.
- 5) Answer to question 31-34 carrying 5 marks should be in approximately 150-200 words.

Q1. Round Robin Tournaments are of _____ types

- (i) Three (ii) Four (iii) Two (iv) Six

Q2. Glucose energy is stored mostly as -

- (i) Fat (ii) Glycogen (iii) Sucrose (iv) Fiber

Q3. Bhujangasana is also known as the –

- (i) Snake pose (ii) Cobra pose (iii) Reptile pose (iv) Cat pose

Q4. _____ disability involves impairment in hearing and vision –

- (i) Neurological (ii) Cognitive (iii) Intellectual (iv) Sensory

Q5. Women sportspersons participated in Olympics for the first time in –

- (i) 1880 (ii) 1900 (iii) 1954 (iv) 1968

Q6. Rockport one-mile test is –

- (i) Aerobic fitness test for all ages
(ii) Anaerobic fitness test for high-power athletes

(iii) Senior citizens only

(iv) Fully fit athletes

Q7. RICE is the standard treatment for –

(i) Fractures

(ii) Sprains

(iii) Abrasions

(iv) Lacerations

Q8. Static friction is a force that keep an object –

(i) Moving

(ii) Sliding

(iii) Resting

(iv) Rolling

Q9. Endomorphic, Mesomorphic and Ectomorphic are type of –

(i) Bones

(ii) Joints

(iii) Personalities

(iv) Muscles

Q10. Differential ability is a part of –

(i) Endurance ability

(ii) Strength increasing ability

(iii) Coordinative ability

(iv) Jumping ability

Q11. Define friction and name its types.

Q12. What is a knockout tournament?

Q13. Fat are derived from two sources. Name them.

Q14. What do you mean by weight training?

Q15. What are Postural deformities?

Q16. What is anorexia nervosa?

Q17. What do you mean by bruises?

Q18. State the law of acceleration.

Q19. What is locomotor ability?

Q20. What are the nutritive components of diet?

Q21. Write three differences between intramurals and extramurals.

- Q22. What do you mean by balanced diet? Explain the components of diet.
- Q23. What is hypertension? Discuss the benefits and contraindication of vajrasana and ArdhaChakrasana.
- Q24. Explain briefly the symptoms of OCD.
- Q25. Discuss in detail the factors affecting motor development.
- Q26. How do we test the Flexibility of Senior Citizens?
- Q27. Elaborate any five immediate effects of exercise on the cardiovascular system.
- Q28. Discuss the various types of movements in detail.
- Q29. What is the big five theory? Explain in brief.
- Q30. When was circuit training introduced and why?
- Q31. What is explosive strength? In what sports is it important and why?
- Q32. Discuss the personality division by cost jung and briefly explain.
- Q33. Compare static and dynamic friction and give an example to illustrate them.
- Q34. What are consolation tournaments and what is the reason for holding them.

Physical Education

Practice Paper – III

Class – XII

GENERAL INSTRUCTIONS:

- 1) The question paper consists of 34 questions.
- 2) All questions are compulsory.
- 3) Answer to question 1-20 carrying 1 mark 11 to 20 should be in approximately 20- 30 words.
- 4) Answer to question 21-30 carrying 3 marks should be in approximately 80-100 words.
- 5) Answer to question 31-34 carrying 5 marks should be in approximately 150-200 words.

Q1. Chicken, fish meat and eggs are main source in food of –

- (i) Fats (ii) Carbohydrates (iii) Proteins (iv) Fiber

Q2. Throwing a shot-put needs –

- (i) Explosive strength (ii) endurance strength (iii) Relative strength (iv) Static strength

Q3. Aggression in sports is divided into _____ types.

- (i) Three (ii) Two (iii) Four (iv) One

Q4. Plantar flexion is a movement that occurs of _____ joint.

- (i) Knee (ii) Shoulder (iii) Ankle (iv) Elbow

Q5. Muscle strength comes from –

- (i) Muscle size (ii) Low body weight
(iii) More red fibers in the muscle composition (iv) Less flexibility

Q6. Eight foot up and go test is done to check the agility and coordination in –

- (a) Children (ii) Adolescents (iii) elderly people (iv) Youth

Q7. Menarche is defined as the –

- (i) Ending of menstrual period in women
- (ii) Beginning of menstrual period in women
- (iii) Time of Pregnancy
- (iv) Beginning of Pregnancy

Q8. Symptoms of OCD do not include –

- (i) Repeating rituals
- (ii) Compulsion
- (iii) Obsession
- (iv) Shouting

Q9. Sukhasana should be avoided in –

- (i) Pregnancy
- (ii) Asthma
- (iii) Diabetes
- (iv) Knee/spine problems

Q10. The largest mineral in the human body is –

- (i) Iron
- (ii) Zinc
- (iii) Calcium
- (iv) Selenium

Q11. When the angle between the two bones decrease it is termed as –

- (i) Flexion
- (ii) Extension
- (iii) Abduction
- (iv) Adduction

Q12. What is the height of the box used by boys in Harvard step test?

Q13. Newton's first law of motion known as –

- (i) Law of Inertia
- (ii) Law of acceleration
- (iii) Law of reaction
- (iv) Gravitational pull

Q14. A person having both traits of introvert and extrovert is known as –

- (i) Mesomorph
- (ii) Extroversion
- (iii) Ambiverts
- (iv) Endomorph

Q15. Avoiding eye contact and preferring to stay alone are common to which disorder –

- (i) SPD
- (ii) ADHD
- (iii) ASD
- (iv) ODD

Q16. What are the pitfalls of dieting? Explain any two.

Q17. Why is protein important in food?

Q18. What are the types of disabilities?

Q19. What is lordosis?

Q20. State any one method to develop speed.

- Q21. Discuss the pre-games responsibilities of officials of various committees.
- Q22. Differentiate between food intolerance and food allergy with examples of each.
- Q23. Explain the benefits, contraindications and techniques of performing paschimottanasana.
- Q24. What do you mean by sensory processing disorder? Discuss its causes.
- Q25. What are the Sociological aspect of female sports in India.
- Q26. Explain the procedure for conducting Kraus-Weber test to measure minimum muscular strength.
- Q27. What are the effects of regular exercise on the respiratory system?
- Q28. How are the Principles of aerodynamics used in sports? Give two suitable example.
- Q29. What are the negative factors leading to exercise dropouts?
- Q30. What is fartlek training and what are its disadvantages?

OR

How many types of speed are there? Discuss any two types in detail.

- Q31. Write types of strengths and methods of improving strength.

OR

Draw a fixture of a teams on league basis are give methods to decide winner in a league tournament.

- Q32. What are the Postural deformities explain and give causes.
- Q33. Define and discuss the management of transverse, oblique and impacted fractures.

OR

Explain the Procedure for conducting kran-weber test.

- Q34. Describe in detail macronutrients and Micronutrients.

OR

Nutritive and non-nutritive components of diet.