

SAMPLE QUESTION PAPER - 1
SUBJECT- PHYSICAL EDUCATION (048)
CLASS XII (2023-24)

Time Allowed: 3 hours

Maximum Marks: 70

General Instructions:

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

Section A

1. Identify the asana:

[1]



- | | |
|----------------------|----------------|
| a) Bhujangasana | b) Matyasana |
| c) Uttan Mandukasana | d) Gomukhasana |

2. Which one of them is not a characteristic of knock out tournament?

[1]

- | | |
|---|----------------------|
| a) Every player gets equal opportunity to compete. Except those who get bye in 1st round. | b) Easy to organize. |
|---|----------------------|

- c) Best for elite to compete in. d) It saves time and money.

3. The fibre present in the food which helps to eliminate wastes from the body is called [1]

- a) Minerals b) Vitamins
c) Roughage d) Carbohydrates

4. What is the height of the box for Men in the Harvard Step-Up Test? [1]

- a) 16 inches b) 10 inches
c) 12 inches d) 20 inches

5. **Assertion (A):** In ancient times Indian women had faced the negative attitude of society towards sports participation. [1]

Reason (R): We had a male dominating society.

- 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.

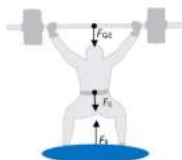
6. A person having a stocky build is known as _____. [1]

- a) Ectomorphic b) Mesomorphic
c) Ambivert d) Endomorphic

7. Abnormal bleeding in the absence of intra cavitary or uterine pathology. [1]

- a) Menstrual Dysfunction b) Menstrual function
c) Menstrual abnormal d) Menstrual normal

8. Identify the given picture: [1]



- a) Spots Equilibrium b) Simple Equilibrium
c) Dynamic Equilibrium d) Static Equilibrium

9. Match the following: [1]

(a) pre tournament responsibilities	(i) provide daily progress of tournament to media
(b) during tournament responsibilities	(ii) plan out transportation for teams
(c) single knock out tournament	(iii) every losing team gets a second chance
(d) double knock out tournament	(iv) every team losing once is eliminated

a) (a) - (iii), (b) - (i), (c) - (iv), (d) - (ii) b) (a) - (ii), (b) - (iii), (c) - (iv), (d) - (i)

c) (a) - (ii), (b) - (i), (c) - (iv), (d) - (iii) d) (a) - (ii), (b) - (iv), (c) - (i), (d) - (iii)

10. **Assertion (A):** Competitions are indispensable for the enhancement of sports performance. [1]

Reason (R): Competitions provide opportunity to the individual to prove his physical and mental ability.

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.

11. A thin, long, depressed personality trait is known as _____. [1]

a) Mesomorphic

b) Ectomorphic

c) Ambivert

d) Endomorphic

12. Introverts are _____. [1]

a) Take pleasure in reading, writing

b) Broad-minded

c) Highly socialized

d) Action oriented

13. The body needs vitamins and minerals because: [1]

a) They give energy to our body

b) They help carry out metabolic reactions

c) They insulate the body organs

d) They withdraw heat from the body

14. The food component present in sugar is: [1]

- a) protein
- b) carbohydrate
- c) vitamin
- d) fats

15. Sports day of a school can be categorized as _____. [1]

- a) Intramural
- b) Extramural
- c) Neither Intramural and Extramural
- d) Both Intramural and Extramural

16. _____ is a series of games or matches played among players or teams to determine the winner. [1]

- a) Tournament
- b) League
- c) Fixtures
- d) Knock out

17. The BMR refers to the amount of energy your body needs to maintain _____. [1]

- a) energy
- b) Calcium
- c) homeostasis
- d) water level

18. Which of these is not an element of a balanced diet? [1]

- a) Minerals
- b) Water
- c) Roughage
- d) Proteins

Section B

Attempt any 5 questions

19. State the uses of Anthropometric measurements. [2]

20. Suggest at what age children should be exposed to weight training. [2]

21. Which test would you suggest your grand mother for measuring upper body flexibility? [2]

22. Discuss any five effects of exercise on Respiratory system. [2]

23. What do you mean by SAI? [2]

Section C

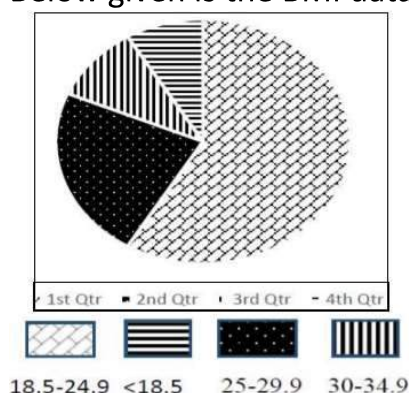
Attempt any 5 questions

24. What do you mean by sprain? [3]
25. Write the name of various committees. [3]
26. With suitable examples explain the application of Newton's law in sports. [3]
27. What do you mean by flexibility? Explain types of flexibility. [3]
28. Explain any two physiological factors for determining flexibility. [3]

Section D

29. Read the text carefully and answer the questions: [4]

Below given is the BMI data of a school's health check-up.



- (i) In which category does the major student population fall?
- (ii) As per the pie chart given above the school has to develop an activity-based program to decrease the number of _____ class.
- (iii) Which category is related to underweight?
- (iv) Minerals are placed under _____ nutrient category on the basis of required quantity.

OR

_____ Vitamin keeps eyes and skin healthy.

30. Read the text carefully and answer the questions: [4]

As Mr. Kiren Rijuju, Sports Minister has ordered to popularize the game of Kabaddi among school students to develop their physical ability, Mr. Gopi, Physical Education Teacher of a reputed CBSE school has decided to conduct an Inter School Kabaddi tournament in his school premises after proper drawing of fixtures. He consulted the Management and the Principal to conduct the Tournament of Pro Kabaddi pattern but the PE teacher was not aware of pro Kabaddi Tournament. So he

discussed with the National Kabaddi Referee Association.



- (i) Which is the best method to organize this kind of tournament?
- (ii) The Knock out tournament is also known as_____ .
- (iii) If 17 teams are participating in this tournament, how many teams will get bye?
- (iv) The formula for calculating the number of matches in a knockout tournament is _____ .

OR

The method followed in drawing the fixture is _____.

31. **Read the text carefully and answer the questions:**

[4]

Tushar is an adolescent whose both the knees touch or overlap each other in normal standing position. Because of this deformity, he usually faces difficulties during walking and running.



- (i) Tushar is suffering from which deformity?
- (ii) Adolescent are the children in the age-group _____ .
- (iii) What is/are the causes of Knock knee?
- (iv) Horse-riding is the best exercise for clearing _____ deformity.

Section E

Attempt any 3 questions

32. Discuss the methods of prevention and management of diabetes?

[5]

33. Discuss the various strategies to make physical activities accessible for children with special needs in detail. [5]
34. Write in detail about the role of speed in sports performance with suitable examples. [5]

Answers

Section A

1.
(c) Uttan Mandukasana
Explanation: Uttan Mandukasana
2. (a) Every player gets equal opportunity to compete. Except those who get bye in 1st round.
Explanation: Every player gets equal opportunity to compete. Except those who get bye in 1st round.
3.
(c) Roughage
Explanation: Roughage is the component of food which is necessary to eliminate wastes from the body.
4.
(d) 20 inches
Explanation: 20 inches
5. (a) Both A and R are true and R is the correct explanation of A.
Explanation: Both A and R are true and R is the correct explanation of A.
6.
(d) Endomorphic
Explanation: An endomorphic person has a "stocky build" as they are somewhat broad, heavy and short.
7. (a) Menstrual Dysfunction
Explanation: Menstrual Dysfunction
8.
(d) Static Equilibrium
Explanation: Static Equilibrium
9.
(c) (a) - (ii), (b) - (i), (c) - (iv), (d) - (iii)
Explanation: (a) - (ii), (b) - (i), (c) - (iv), (d) - (iii)
10. (a) Both A and R are true and R is the correct explanation of A.
Explanation: Both A and R are true and R is the correct explanation of A.
11.
(b) Ectomorphic
Explanation: Ectomorphs are generally thin, long, and have difficulty in gaining weight.
12. (a) Take pleasure in reading, writing
Explanation: Introverts take pleasure in reading, writing
13.
(b) They help carry out metabolic reactions

Explanation: Vitamins and Minerals help in carrying out metabolic reactions.

14.

(b) carbohydrate

Explanation: carbohydrate

15. **(a)** Intramural

Explanation: Sports day takes place inside the four walls of the school.

16. **(a)** Tournament

Explanation: Tournament is a series of games or matches played among players or teams to determine the winner.

17.

(c) homeostasis

Explanation: Our body needs to maintain homeostasis as it is a self-regulating process in which an individual tends to maintain stability to survive and function correctly as in the physiological process.

18.

(c) Roughage

Explanation: While proteins and water are macrocomponents, minerals are micro-components of a balanced diet. Roughage is necessary for body for elimination of wastes but do not form part of the balanced diet.

Section B

19. Anthropometric measurements of height, weight, arm and leg length, waist circumference and skinfold etc. are significant indicators of health which enable us to know the physical growth and development and health problems of an individual.
20. Children may be exposed to weight training not earlier than 12 years, as development of gross and fine motor skills occurs till this age and weight training should be started only after the motor skills are fully developed.
21. The test I would suggest grand mother for measuring upper body flexibility is Back scratch test.
22. Improved tidal volume, Improved vital capacity, Breathing will be more rhythmic and regular, improved gas exchange capacity, Improved maximum oxygen uptake, Faster recovery rate, improved aerobic capacity. (Explain with points)
23. SAI refers to Sports Authority of India. It is the governing body of India responsible for the sports development in the country.

Section C

24. Sprain is a ligament injury. It may occur due to overstretching or tearing of ligaments. Many things can cause sprain. Falling, twisting, or getting hit can force a point out of its normal position. This can cause ligaments around the joints to tear. Generally, Sprain occurs at wrist and ankle joints.

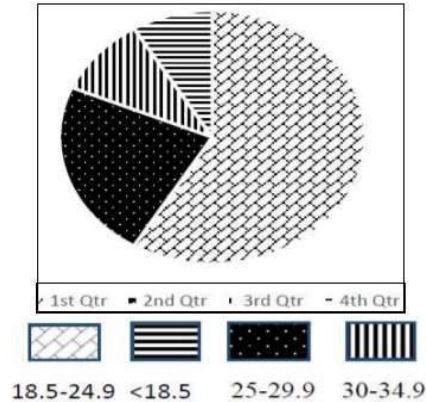
25. Administration committee, Executive committee, Decoration committee, Lodging and Boarding committee, Transport committee, Ground and Equipment committee, Financial Committee, Refreshment Committee, First Aid Committee, Ceremony Committee, Official committee, Prize committee etc.
26. **Newton's first law of motion:- The law of inertia:** A body at rest tends to remain at rest. A body in motion tends to continue in motion with consistent speed and in the same direction unless acted upon by an outside force. E.g. A hockey ball hit by a player will move with the same speed in the same direction until it is diverted by some obstruction on the floor or stopped by an opponent which will be the external force.
Newton's Second Law of motion:- The Law of Acceleration: Newton's second law states that acceleration is produced when a force acts on a mass. The greater the mass of the object being accelerated, the more force is needed to accelerate that object and that is inversely proportional to the mass. The equation $F = ma$. For example, to throw a 4-kilogram shot-put as far as a 3-kilogram shot-put, the force applied must be greater.
Newton Third Law of Motion:- The Law of Action and Reaction: Newton's third law of motion states that for every force/action that is exerted on a body there is an equal and opposite reaction. A Swimmer propels herself through the water by pushing the water backwards in exerting the force. Her hands pushing the water, allows her to move.
27. Flexibility is the range of movement of the joint of a sports person.
- i. **Active flexibility:-** The ability of an individual to do the joint motion for a longer range without any external help. Active flexibility is less than passive flexibility. Ex. doing any stretching exercise without external help.
 It is two kinds:-
 - i. **Static Flexibility:-** It is usually required by a sports person when he remains in a static position e.g. Diving, Sitting, Lying, etc.
 - ii. **Dynamic Flexibility:-** It is needed for walking and running its increase by static stretching.
 - ii. **Passive Flexibility:-** The ability to do a joint movement with a greater range with the external help of a partner. This flexibility is largely determined by joint structure, stretchability of the muscle and ligament. Passive flexibility helps in the development of active flexibility.
28. The physiological factors for determining flexibility are:
- a. Muscle strength: Flexibility depends on the level of strength. Weak muscles can become a limiting factor for achieving higher range of movement. Muscle strength is highly trainable therefore, it can enhance flexibility.
 - b. Joint structure: There are several different types of joints in human body. Some of the joints intrinsically have a greater range of motion. eg. the ball and socket joint of

the shoulder has the greatest range of motion.

Section D

29. Read the text carefully and answer the questions:

Below given is the BMI data of a school's health check-up.



- (i) The major student population of the school falls into the category of normal weight i.e between 18.5 to 24.9. This classification is done according to BMI (Body Mass Index) which is calculated by dividing the body weight by height squared.
- (ii) The school has to develop an activity-based program to reduce the number of students falling in the category of obesity class I. If the BMI is between 30.0-34.9 then it is obesity class I.
- (iii) If the BMI comes to less than 18.5 then it is classified as underweight.
- (iv) micro

OR

Vitamin A is beneficial for the eyes and skin.

30. Read the text carefully and answer the questions:

As Mr. Kiren Rijuju, Sports Minister has ordered to popularize the game of Kabaddi among school students to develop their physical ability, Mr. Gopi, Physical Education Teacher of a reputed CBSE school has decided to conduct an Inter School Kabaddi tournament in his school premises after proper drawing of fixtures. He consulted the Management and the Principal to conduct the Tournament of Pro Kabaddi pattern but the PE teacher was not aware of pro Kabaddi Tournament. So he discussed with the National Kabaddi Referee Association.



- (i) A knock out tournament is the best method to organize this type of tournament because when a team once defeated eliminated from the match. Only winning teams continue in the competition.
- (ii) Elimination tournament
The knock out tournament is also called elimination tournament, as the team that is defeated once immediately eliminated from the tournament.
- (iii) 15
Of lower half teams = $N - 1/2 = 17 - 1/2 = 8$ teams no. of teams in upper half = $N + 1/2 = 17 + 1/2 = 9$ teams no. of byes (Power of two) = $2 \times 2 \times 2 \times 2 \times 2 = 32 - 17 = 15$ byes.
- (iv) $N - 1$
Formula for calculating matches in a knockout tournament is $N - 1$ where N is the number of teams.

OR

In knockout tournaments, the teams which loses the match, gets automatically eliminated from the tournament. In the given question, B and D are eliminated from the tournament.

31. Read the text carefully and answer the questions:

Tushar is an adolescent whose both the knees touch or overlap each other in normal standing position. Because of this deformity, he usually faces difficulties during walking

and running.



- (i) Knock knee
- (ii) Between 13 to 18 years
- (iii) Weakness of muscle and ligaments, Lack of vitamin D, and being Overweight, etc. are the reasons for knock knee.
- (iv) knock knee

Section E

- 32. i. **Regular physical exercise:** Regular exercise helps in the reduction of sugar level in blood and helps in the production of insulin in the pancreas.
 - ii. **Avoid oily and fatty food:** Our digestive system can not absorb fatty food properly due to the high level of calories present in it. It increases fat in the body and people become fatty. Obesity helps in developing diabetes.
 - iii. **Maintains healthy weight:** We should take proper intake of carbohydrates. BMI should be maintained between 18.5 to 24.9. In case BMI is more than 25 we would eat food with fewer calories.
 - iv. **Get enough sleep:** Rest and proper sleep induce energy and activeness. Diabetes increases fatigue in the body. So we must get enough sleep.
 - v. **No Tension:** Tension in mind increases the sugar level in the body. In order to prevent tension, we should remain happy and cheerful.
33. The following strategies should be taken into consideration to make physical activities accessible for the children with special needs:
- a. **Medical check-up:** if we want to make physical activities accessible for the children with special needs, we need to understand the type of disabilities of children and for this purpose complete medical check-up of the children is required. Because without complete medical check-up, the teachers of physical education cannot come to know about the type of disability child is facing.
 - b. **Activities based on interests:** Physical activities must be based on interest, aptitudes, abilities, previous experience and limitations of children with special needs. The teachers of physical education should have deep knowledge of limitations, interest and aptitudes of children.
 - c. **Different instructional strategies:** A variety of different instructional strategies such as verbal, visual and peer teaching should be used for performing various types of

physical activities. By this children get opportunity to learn by their own and become independent.

- d. **Modification of rules:** Rules can be modified according to the needs of the children. They can be provided extra time or attempt to perform a physical activity.
- e. **Specific environment:** For special needs children the area should be limited. In case of children who have autism, they must be provided specific area because they may need some time to relax.

34. Role of Speed in Sports Performance are explained below:

- i. **Reaction Ability:** In sports, signals/stimulus can be of diverse form e.g. visual, tactile, auditory. It is the ability to respond or react efficiently and promptly to a signal. The reaction ability depending on the degree of complexity can be further differentiated as simple or complex.
- ii. **Acceleration Ability:** To a large extent, acceleration ability depends on technique, movement frequency, and explosive strength. From a slow-moving position, it is the ability to attain a high pace of locomotion as of a stationary position. In sprint events, performances are determined to a great extent by acceleration ability.
- iii. **Locomotor Ability:** Capability to sustain the most speed of locomotion for the highest possible duration or distance is called locomotor ability. Locomotor ability is imperative in only some sports or events e.g., swimming, rowing, etc. In these sports, speed endurance is of high importance since all events last for more than 40 seconds, locomotor ability is not much of significance on the other hand.
- iv. **Movement speed:** It is the ability to carry out a particular movement in least the amount of time. Movement speed is of high bearing in cyclic sports. In cyclic sports, technique and tactical action are very strongly bound with movement speed.
- v. **Speed endurance:** It is the ability to carry out sports with high speed in the condition of fatigue. It is a growth of speed and endurance abilities. In cyclic and non-cyclic sports, it is of a diverse form. Instead of the rapid fatigue accumulation at some stage in the activity, the speed endurance in cyclic sports is requisite to carry on movements at high speed.