

SAMPLE QUESTION PAPER - 3

Physical Education (048)

Class XII (2024-25)

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) Shalabhasana |
| c) Pavanmuktasana | d) Katichakrasana |

2. In _____ there is no provision of seeding for extraordinary teams and players. [1]

- | | |
|---------------|----------------|
| a) Tournament | b) Combination |
| c) League | d) Fixtures |

3. Chemical substances which are present in food are called _____. [1]

- | | |
|-----------------|-------------|
| a) Carbohydrate | b) Fats |
| c) Nutrients | d) Proteins |

4. How many complete cycles need to be completed in Plate Tapping Test Khelo India Fitness Assessment? [1]

- a) 50
- b) 20
- c) 25
- d) 30

5. **Assertion (A):** Exercises which help to strengthen back muscles should be performed. [1]

Reason (R): Exercises provide stability and make muscles more flexible.

- 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.

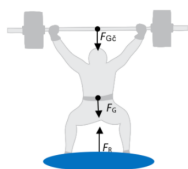
6. Recall of previous successful performance for the preparation of further competition is the process of [1]

- a) Social Status
- b) Self talk
- c) Goal setting
- d) Mental imagery

7. Gomukhasana and Padmasana are performed to rectify which postural deformity? [1]

- a) Flatfoot
- b) Knock-knees
- c) Bow legs
- d) Scoliosis

8. Identify the given picture: [1]



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

9. Match the following: [1]

(a) committee for publicity	(i) welcome chief guests
(b) reception committee	(ii) arrange seats

(c) committee for officials	(iii) advertise sports events
(d) committees on entries and programmes	(iv) select judge

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

10. **Assertion (A):** seeding is done to overcome the drawback of the knockout tournament [1]

Reason (R): It protects the stronger teams from the weaker teams in early rounds.

- 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. _____ refers to the psychological classification of different types of people. [1]

- a) Personality trait b) Extrovert
- c) Introvert d) Personality type

12. _____ is calculated and planned action that has some motive other than harming someone. [1]

- a) Proactive aggressive behavior b) Hostile aggression
- c) Instrumental aggression d) Reactive aggressive behavior

13. _____ group include foods providing vitamins and minerals. [1]

- a) Routine foods b) Protective or regulatory food
- c) Energy giving food d) Body Building food

14. Which one of the following is not example of macro mineral? [1]

- a) Iodine b) Copper
- c) Calcium d) Cobalt

15. _____ is the procedure of arranging teams in a systematic order. [1]
- a) Seeding b) Tournament
- c) Fixture d) Bye
16. To calculate the total no of teams in the upper half for knock out tournaments, when total no of teams is odd, which formula is used? [1]
- a) $\frac{N+1}{2}$ b) $\frac{N^2+1}{2}$
- c) $\frac{(N+1)^2}{2}$ d) N - 1
17. What does Flamingo Balance Test measure in Khelo India Fitness Assessment Battery of Tests? [1]
- a) Co-ordination b) Flexibility
- c) Endurance d) Static Balance
18. Fats and oils come under: [1]
- a) protective or regulatory foods b) bodybuilder group
- c) energy giving foods d) routine foods

Section B

19. State the procedure of measuring weight in BMI. [2]
20. What is menarche? [2]
21. SAI Khelo India Fitness Test is for which age group and what are its components? [2]
22. Elucidate the term Isokinetic Contraction. [2]
23. How do you calculate your BMR weight? [2]
24. Explain about asthma. [2]

Section C

25. Write any three short-term effects of exercise on Muscular system. [3]

26. What is 'Bye'? What is the method of fixing Byes? [3]
27. Give suitable examples for static stability from games and sports. [3]
28. Explain the advantages of fartlek training. [3]
29. What do you understand by fracture? Explain two first aid techniques for fractures. [3]
30. Discuss the advantages of physical activities for children with Special needs. [3]

Section D

31. **Read the following text carefully and answer the questions that follow:** [4]

Vitamins and minerals are essential nutrients which protect us from various diseases and are helpful for general development of the body.



1. ____ is a group of 8 water-soluble vitamins which are important for cellular metabolism.
- a) Vitamin B
 - b) Vitamin A
 - c) Vitamin C
 - d) Vitamin D
2. ____ disease is caused due to lack of Vitamin C.
- a) Rickets
 - b) Scurvy
 - c) Beriberi
 - d) Pellagra
3. Vitamin ____ is important for healthy bones and teeth.
- a) C
 - b) D
 - c) K
 - d) B

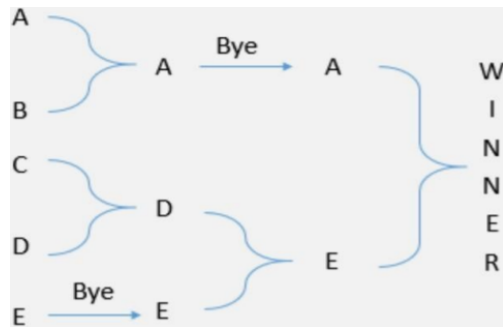
4. Vitamin ____ is needed for blood-clotting.

- a) C
- b) D
- c) K
- d) B

32. **Read the following text carefully and answer the questions that follow:**

[4]

Competing in physical activities has been the natural tendency of humans. The competitions or tournaments are held according to the set rules and regulations. The success of the tournament depends upon suitable fixture.



1. The method followed in drawing the fixture is:

- a) League method
- b) Knockout method
- c) Combination method
- d) Random method

2. The number of matches played can be calculated by the formula:

- a) $N + 1$
- b) $N - 1$
- c) $2N$
- d) $N/2$

3. What is the advantage of this tournament?

- a) More number of matches are played
- b) Less number of teams participate
- c) Knockout tournament takes less time and is economical
- d) All teams play equal number of matches

4. What is the term used if privilege is given to a team to play at a higher round?

- a) Bye
- b) Draw
- c) Fixture
- d) Schedule

33. A survey in an inclusive school setup found the discrepancies between the participation of normal and special child during annual sports meet. Study the table given below carefully - [4]

S.No.	Events	Normal Child (150)	Special Child (10)
1.	100 Mtr.	40	5
2.	400 Mtr.	25	2
3.	Long Jump	20	0
4.	High Jump	15	1
5.	Rely Race	8	4

Based on the above study and your knowledge, answer the following questions:

- As per the above table, in _____ event, there is no participation of Special Child.
 - Participation of students with disabilities in regular physical education classes is known as _____.
 - Enlist any two strategies to make physical activities accessible for children with special needs.
 - Motto of Special Olympic is _____.
- OR**
- The motto of Paralympic is _____.

Section E

Attempt any 3 questions

- Which are the Asanas practiced for preventing Asthma ? Write in detail about any two of them. [5]
- Discuss in detail about Paralympic Games. [5]
- Explain the concept of Fartlek Method. [5]
- Write in detail about the psychological attributes and its application in sports. [5]

Solution
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Section A

1.
(b) Shalabhasana
Explanation:
Shalabhasana
2.
(c) League
Explanation:
In league, there is no provision of seeding for extraordinary teams and players.
3.
(c) Nutrients
Explanation:
Chemical substances which are present in food are called nutrients.
4.
(c) 25
Explanation:
25
5. (a) Both A and R are true and R is the correct explanation of A.
Explanation:
Exercises which help to strengthen back muscles, provide stability and make muscles more flexible should be performed.
6.
(d) Mental imagery
Explanation:
Mental imagery is the process in which athlete recall their previous performances for the preparation of upcoming task to develop confidence.
7.
(b) Knock-knees
Explanation:
Knock-knees
8.
(d) Static Equilibrium
Explanation:
Static Equilibrium

9.

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

Explanation:

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

10.

(c) A is true but R is false.

Explanation:

It is done just because of that stronger teams do not meet each other in first round of any knockout tournament.

11.

(d) Personality type

Explanation:

Personality type refers to the psychological classification of different types of people.

12. **(a)** Proactive aggressive behavior

Explanation:

Proactive aggressive behavior is calculated and planned action that has some motive other than harming someone.

13.

(b) Protective or regulatory food

Explanation:

Protective or regulatory food group include foods providing vitamins and minerals

14.

(c) Calcium

Explanation:

Calcium

15.

(c) Fixture

Explanation:

Fixture makes it easier to conduct the tournament according to the schedule.

16. **(a)** $\frac{N+1}{2}$

Explanation:

The formula for calculating the number of teams in upper half when the number of teams is odd = $\frac{N+1}{2}$

17.

(d) Static Balance

Explanation:

Static Balance

18.

(c) energy giving foods

Explanation:

Fats and oils come under energy giving foods

Section B

19. The procedure of measuring weight in BMI is given below

- Use a digital scale. Avoid using bathroom scales that are spring loaded. Place the scale on firm flooring such as tile or wood rather than carpet.
- Have the participant remove shoes and heavy clothing, such as sweaters.
- Have the participant stand with both feet in the center of the scale.
- Record the weight to the nearest decimal fraction e.g. 30.6 kilograms.

20. Menarche is the first menstrual bleeding of the young girl (9-16 yrs.)

21. SAI Khelo India Fitness Test for age group 5-8 years or class 1-3 includes three components to assess the physical fitness of children. BMI, Flamingo Balance Test, Plate Tapping Test are its three components.

22. It is a muscle contraction performed at an unvarying pace. Moreover, in such a way, that muscle tension develops while shortening in maximal more than the complete range of joint motion.

23. The formula is $BMI = \frac{kg}{m^2}$ where kg is a person's weight in kilograms and m² is their height in metres squared. A BMI of 25.0 or more is overweight, while the healthy range is 18.5 to 24.9.

24. Asthma is a disease of lungs in which the airways become blocked or narrowed causing difficulty in breathing. The airways also swells up and pruce extra mucus. It usually triggers coughing, wheezing or whistling or shortness of breath. The coughing usually occurs at night or early in the morning.

Section C

25. i. **Increased blood supply:** During exercise, in order to match demand of fuel to muscle, the supply or concentration of blood increases in the whole body or, in the particular muscle group where activity is largely impacted.

ii. **Increased muscle temperature:** During exercises muscles demand energy, which comes from contracting muscles. During the process, a lot of heat energy is generated which increases the temperature of muscles, and/ or the body.

iii. **Increased muscle flexibility:** Due to an increase in blood flow and rise in temperature, elasticity of muscles increases. Stretching and mobility exercises also play a dominant role in increasing muscular flexibility.

26. Bye: Bye is a privilege given to a team by drawing lots, exempting it from playing match in the first round. While drawing the fixture for teams competing if the number of teams is

power two i.e., 2^2 , 2^3 , 2^4 , 2^5 , or 2, 4, 8, 16, 32, in that case Bye shall not be given.

Another case: When number of teams competing is not in the power of two i.e., 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 17 etc, Byes have to be given to a specific number of teams or players.

Bye= Next highest power of 2 - No. of teams

Method of fixing byes:

(i) First Bye shall be awarded to last team of the lower half.

(ii) IInd bye to the 1st team of first half.

(iii) IIIrd bye to the upper most team of lower half.

(iv) IVth bye to the lower most team of first half.

(v) The rest are awarded in the same order.

27. A weightlifter with a weight of 60kg has lifted a barbell weighing 80kg and is holding it above his head. As long as he is holding the barbell, both the bodies (weightlifter and barbell) are in static equilibrium. Same concept is applicable in cricket when a fielder tries to catch a ball with wider legs because a wider base provides higher stability.

28. Advantages of Fartlek training are

- It is good for increasing strength and cardiorespiratory endurance.
- Several athletics can take part in the training programme at a time.
- It does not require any equipment and can be organised easily.
- This training method is not rigid; it is flexible in nature.
- It improves the efficiency of the heart and lungs.

29. Fracture is a bone injury that breaks the continuity of a bone or separates it into two or more parts.

The first aid techniques for fractures are as follows

- Immediately immobilise the injured area. Do not try to re-align the bone or push back in a bone that may be sticking out.
- Apply ice packs to limit swelling and help relieve pain until medical help arrives.

30. The advantages of physical activities for children with Special needs are:

- Reduced level of anxiety, stress and depression:** physical activities may help in reducing the level of anxiety, stress and depression of children with disabilities.
- Improved social interaction:** physical activities provide ample opportunities for improving the social interaction among children with special needs. Social relations are developed during involvement in physical activities.
- Better emotional and psychological health:** physical activities are beneficial for children with special needs because such activities improve psychological and emotional health.

- d. **Cognitive benefits:** physical activities lead to cognitive skill improvement in children with disabilities. These activities allow them to discover and access strengths that cannot be challenged in the classroom setting.

Section D

31. 1. a) Vitamin B
2. b) Scurvy
3. b) D
4. c) K
32. 1. b) Knockout method
2. b) N - 1
3. c) Knockout tournament takes less time and is economical
4. a) Bye
33. a. **Long Jump** event
b. Inclusion
c. Any two strategies from the following:
 - To Create Specific Environment
 - To assess physical and mental ability
 -
- d. Let me win. But if I cannot win, let me be brave in the attempt. ”(OR) “Joy and Happiness for all the children of the world.”

OR

The motto of Paralympic is: Spirit in motion.

Section E

34. The asanas practiced for preventing asthma are:
Tadasana, Vakarsana, Gomukhasana, Bhujangasana, Dhanurasana, Ushtrasana, Matsyasana, Kapalbhati etc.
- Gomukhasana:** Go means 'Cow' and mukh means 'face'. In this asana, the position of legs look like the face of a cow, hence, it is called Gomukhasana.
- Procedure:**
- Bend the right leg at the knee, bring the right foot to the left side and place it close to the left buttock.
 - Fold the left leg at the knee. Bring the left foot to the right side and place it close to the right buttock.
 - Take the left arm over the left shoulder and right behind the back. Clasp the fingers of both hands at the back.
 - Sit in the position for 10-15 seconds.

Benefits:

- i. It increases concentration and induces inner peace.
- ii. It is beneficial for improving lung capacity.
- iii. It is useful in arthritis.
- iv. It relieves backache.

Contraindications: Those who are suffering from bleeding piles should not practice this asana.

Matsyasana: Matsya means 'fish'. In this asana, body takes the posture of a floating fish.

Procedure:

- i. Sit in Padmasana in a comfortable position.
- ii. Bend backward, supporting the body with arms and elbow. Lift the chest, take the head back and lower the crown of the head on the ground.
- iii. Place middle part of the head on the ground. Hold the big toes. Elbow should touch the ground.

Benefits:

- i. This posture has therapeutic value for mild backache and fatigue.
- ii. This is useful in throat problems like tonsillitis.
- iii. Good massager for the spine.

Contraindications: Avoid practicing the asana in case of peptic ulcer, heart disease, hernia and back problems.

35. The Paralympic Games are a major international sports event involving athletes with various disabilities such as mobility disabilities, amputations, blindness and cerebral palsy. The originator of the Paralympic games is Sir Ludwig Guttman. He started Paralympic movement that finally developed into Paralympic Games.

The Paralympic Games are governed by the International Paralympic Committee who holds the responsibility of organising the games at an interval of four years. It organises both summer and winter olympics.

The first Paralympic Games were held in Rome in 1960. However, the 'Paralympic' word was officially used in 1988 Summer Olympics, which were held in Seoul.

The motto of Paralympic Games is 'Spirit in Motion' which was introduced in 2004 at the Paralympic games Athens. Its earlier motto was 'Mind, Body and Spirit' which was introduced in 1994.

The paralympic games are truly inspirational as the athletes in these games display great determination and courage to overcome mental and physical obstacles.

36. Endurance is the result of a physiologic capacity of an individual to sustain movement over a period of time. The Fartlek training method is used to develop endurance. In this method, pace or speed is not pre-planned so it is left up to the individual. He can change his speed according to the surroundings (like hills, rivers, forests, etc.). The heart rate

ranges between 140 to 180 per minute. The duration of the training depends on the experience of the athlete. It can vary from aerobic walking to anaerobic activities.

Examples of this training are:

- i. **Warm Up:** Jogging or slow running for 5 to 10 minutes.
- ii. **Steady:** Hard speed for 1.5 to 2.5 km.
- iii. **Start of the speed of work:** Easy running between sprints of about 50 to 60 metres repeated until a little tired.
- iv. **Easy running:** With three or four 'quick stops' now and then.
- v. **Full speed:** Uphill for 175 to 200 metres.
- vi. **Fast pace:** For 1 minute.

37. Psychological Attributes in Sports: Psychological attributes are multi-dimensional and depend upon the assessment. In assessment, some major psychological attributes have to assess like cognitive, social, and emotional. In Psychological assessment, systematic testing procedures should be used to evaluate the abilities, behaviors, and personal qualities of individuals.

There are some psychological attributes are explained as follows:

- i. **Self-esteem:** Self-esteem can be defined as how much you appreciate and like yourself regardless of the conditions. If a person has healthy self-esteem it can influence motivation, mental well-being, and overall quality of life. If self-esteem is balanced it is considered good rather than too high or too low.
- ii. **Mental Imagery:** Mental imagery refers to the athlete who imagines themselves in an atmosphere and performs a particular activity like sight, hearing, feeling, and smell before, during and after competition. The images should have the athlete performing successfully and feeling performance. Imagery is also known as visualization rehearsal. It means all of your senses should be practiced or rehearses according to your sports in your mind.
- iii. **Self-Talk:** Self-talk consider as our inner thoughts, consisting of theories we say to ourselves, either in our mind or out loud. Most of us use self-talk in our lives like just before interview or in cricket batsman waiting for their chance to bat and after match self- analysis. This kind of practice of self-talk helps us to regulate our thoughts and emotions. It can help Lo reduce stress and anxiety in certain situations. Athletes and team also engage in self-talk during training and in playing situations, saying thoughts like, "Keep it up" and "stay confident", "We can do it' We are a team". There are three broad categories of self-talk - Self-expression, Interpretive, Self- regulatory.
- iv. **Goal Setting:** Generally a Goal is defined as objective or target that someone is trying to reach or achieve. A goal should be specific, measurable, attainable, realistic and time based. Goal setting is one of the most effective tools when it comes to providing

athletes with a psychological progress. Essentially goal setting is a technique of mental training that can be used to increase an individual's commitment towards achieving a personal goal and this can be divided into short, medium and long term goals.