

CBSE Class 12 Physical Education
Sample Paper 06 (2020-21)

Maximum Marks: 70

Time Allowed: 3 hours

General Instructions:

- i. The question paper consists of 30 questions and all are compulsory.
- ii. Question 1-12 carries 01 mark each and are Multiple Choice Questions.
- iii. Questions 13-16 carry 02 marks each and shall not exceed 40-60 words.
- iv. Questions 17-26 carry 03 marks each and shall not exceed 80 -100 words.
- v. Questions 27 - 30 carry 05 marks each and shall not exceed 150-200 words.

Section A

1. For smooth conduction of tournament we need:-

- a. Supervision
- b. Staffing
- c. Budgeting
- d. Proper Planning

OR

To calculate the Total No. of matches in a single league tournament

- a. $\left(\frac{N^2-1}{2} \right)$
- b. $\frac{N(N-1)}{2}$
- c. $(N - 1)^2$

d. $(N^2 - 1)$

2. Almost _____ part of our body is made up of water.

- a. One fourth
- b. One-third
- c. Three-fourth
- d. Two-third

3. Obesity can be reduced by the regular practice of certain asanas. Among the most beneficial asana is:

- a. Vajrasana
- b. Pawanmuktasana
- c. Shavasana
- d. Bhujangasana

OR

Obesity and Diabetes are _____.

- a. Uncommon diseases
- b. Incurable diseases
- c. Lifestyle diseases
- d. Psychological diseases

4. Children suffering from dyslexia and speech disorders are said to have _____.

- a. Physical disability
- b. Intellectual disability
- c. Permanent disability
- d. Cognitive disability

5. _____ uses the larger muscles of the skeleton or group of larger muscles to

maintain posture and balance.

- a. Healthy motor development
- b. Strong motor development
- c. Fine motor development
- d. Gross motor development

6. Athlete speed (Acceleration) is measured

- a. Sit and Reach
- b. 4×10 m shuttle Run
- c. 50 m standing start
- d. Modified push-ups (Girls)

7. Heart size of the boys is _____ the girls.

- a. Equal to
- b. Smaller than
- c. None of these
- d. Bigger than

OR

Endurance is determined by which physiological factor?

- a. Aerobic capacity
- b. Flexibility
- c. Age, gender
- d. Injuries





8. Our hamstrings are made up of _____ muscle parts on the back of our thighs.
- Two
 - Four
 - Five
 - Three
9. Sports psychology is important because it _____
- analyse the skills of the players.
 - analyse the weight of sportsperson.
 - analyse the behaviour of sportsperson.
 - analyse the size of the playground.
10. The ability which helps the movement with greater range is known?
- Endurance
 - Strength
 - Flexibility
 - Speed
11. Given below are the two statements labeled Assertion (A) and Reason (R).
- A. Assertion (A): Planning is the first requirement for efficient working of the program of any tournament.
- B. Reason (R): It helps to understand the process of making a sequence of work for future courses of action.
- Assertion and reason both are correct statements and reason is the correct explanation for the assertion.
 - Assertion and reason both are correct statements but the reason is not the correct explanation for the assertion.
 - The assertion is a correct statement but the reason is the wrong statement.

d. The assertion is the wrong statement but the reason is a correct statement.





12. Anorexia Nervosa is related to _____.

- a. Eye Disease
- b. Mental disorder
- c. Eating disorder
- d. Physical disorder

13. Identify the below-given Asanas and write their names.

	_____
	_____
	_____
	_____

14. Identify the below-given Postural Deformities and write their names.

	_____
	_____
	_____
	_____

15. Differentiate between state the trait anxiety.
16. Elucidate about Autism Spectrum Disorder.

OR

Write any one advantage of physical activity.

17. The cyclic **fixture** is a **method** of arranging participating teams in a particular manner so that each team gets a chance to compete with another team, in sufficient time. Shagun has appointed as a technical official in 11 team league tournament. So she has to prepare a cyclic fixture of matches. Based on this case answer the following questions:
 - i. How many rounds will be there in the fixture?
 - a. 10
 - b. 11
 - c. 9
 - d. 4
 - ii. The total number of matches will be played throughout the competition.
 - a. 110
 - b. 10
 - c. 55
 - d. 11
 - iii. How many byes Shagun have to give in the fixture?
 - a. 10
 - b. 5
 - c. 11
 - d. 21
18. Sakshi is a very intelligent girl. She always got 1st position in her class. But at the same time, she has the tendency to disrupt people around her. She often argues with her parents and struggles to control her anger. She also faces difficulty in making friends.

Based on the above case, answer the following questions.

- i. From which disorder Sakshi is suffering?
 - a. OCD
 - b. ODD
 - c. ASD
 - d. SPD
- ii. What is the full form of ODD?
 - a. Oppositional Defiant Disorder
 - b. Obsessive Defiant Disorder
 - c. Opposition Defiant Disability
 - d. Offensive Defiant Disorder
- iii. Which of the following can be the cause of ODD?
 - a. Genetic factors
 - b. Social factors
 - c. Psychological factors
 - d. All of these

19. Briefly explain the functions and sources of fat-soluble vitamins.

OR

Briefly explain any two food myths.

20. List down three types of Continuous training method.

21. While taking medicine by Rony's grandfather, a pill was dropped which slipped under the bed. The old man was not able to bend down. Seeing this, Rony quickly picked up the pill from under the bed and also poured a glass of water to his grandpa to swallow the pill.

- i. What values are shown by Rony?
- ii. Which test can be suggested to measure the fitness of grandpa?
- iii. Who prepared the physical fitness tests for the elderly people?

22. Explain any-five common postural deformities.

23. Define Strength and explain the types of strength.

- 24. What is intellectual disability?
- 25. Write down the procedure of fixing byes.
- 26. Write briefly about the techniques of Stress management.

OR

What is extrinsic motivation?

- 27. Elucidate Newton's laws of motion and their application in the field of sports.
- 28. Give five physiological differences between males and females.

OR

What are the adaptive effects that take place in our cardiovascular system after engaging in exercise for a longer period?

- 29. What are the procedures of Tadasana, Pawanmuktasana, and Ardha Chakrasana?

OR

Discuss the procedure, benefits and contraindications of Trikonasana and Ardha Matsyendrasana.

- 30. Describe the procedure for Administering the Rikli and Jones Senior Citizen Fitness Test.

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Solution

Section A

1. (d) Proper Planning

Explanation: Because Planning is the systematic way to achieve our goals.

OR

(b) $\frac{N(N-1)}{2}$ Here N stands for Total number of teams

2. (d) Two-third

3. (a) Vajrasana

Explanation: This asana Enhances blood circulation in the lower abdomen, thus improves digestion. OR

(c) Lifestyle diseases

4. (d) Cognitive disability Explanation: Cognitive disability

5. (d) Gross motor development

6. (c) 50 m standing start

7. (d) Bigger than. OR

(a) Aerobic capacity

8. (b) Four

9. (c) analyse the behaviour of sportsperson.

10. (c) Flexibility

11. (a) Assertion and reason both are correct statements and reason is the correct explanation for the assertion.

Explanation: Planning is thinking in advance about how to do when to do, where is to be done etc.

12. (c) Eating disorder Explanation: Eating disorder

13. i. Pavan Muktasana

ii. Tadasana

iii. Vajrasana

iv. Ardh Matsyendrasana

14. i. Knock Knee
ii. Scoliosis
iii. Kyphosis
iv. Lordosis
15. Trait anxiety is an integral part of an individual's personality. It refers to the individual's tendency to classify environmental events as either threatening or non-threatening. Whereas state anxiety is an emotional response to a specific situation. It results in a feeling of fear, tension or apprehension.
16. Autism Spectrum Disorder is a disorder that affects development. Here, the word spectrum refers to the range of symptoms and their severity. Generally, young children with ASD have difficulties with communication, language, social skill and behavior. In other words, Autism Spectrum Disorder is characterized by social interaction difficulties, communication challenges and a tendency to engage in repetitive behavior.

OR

It strengthens the heart. The heart is a muscle like other muscles, its performance improves when it's regularly challenged by exercise. The heart responds to exercise by becoming stronger and more efficient.

17. i. (b) 11
ii. (c) 55
iii. (c) 11
18. i. (b) ODD
Exp- ODD is a disorder in which a person has disobedient and hostile behaviour.
ii. (a) Oppositional Defiant Disorder
Exp- ODD stands for Oppositional Defiant Disorder.
iii. (d) All of these
Exp- ODD can occur due to genetic factors, Social factors and Psychological factors.
19. **Functions of fat-soluble vitamins:**

Vitamin A - It helps your vision, immune, and reproductive systems. It is essential to bone growth and tooth development. It also keeps your heart, lungs, and kidneys

working properly.

Vitamin D - It along with calcium, keeps your bones strong by preventing diseases such as rickets, a disorder that causes bones to become soft and weak in children. It also helps prevent osteoporosis, which makes your bones weak and more likely to break. Vitamin D also helps your muscles move, improves your immune function and helps reduce inflammation.

Vitamin E - It acts as an antioxidant that protects your body from free radicals, which are molecules that damage your cells. It also boosts your immune system and keeps blood moving through your blood vessels without clotting.

Vitamin K - It allows your blood to clot. It also helps your body by making proteins for healthy bones and tissues.

Sources of fat-soluble vitamins:

Vitamin A - It Can Be Obtained Through Natural Sources. Some Sources Include Fish Liver Oil, Liver Of Animals, Butter, Kale, Carrots, Spinach.

Vitamin D - Fish Oil, Fatty Fish, Mushrooms Exposed To Ultraviolet Light, Fortified Dairy Products.

Vitamin E - Wheat Germ Oil, Sunflower Seeds Or Oil, Hazelnuts, Almonds.

Vitamin K - Vitamin K-1 And K-2 Are Found In A Variety Of Sources. Some Of These Sources Include Kale, Liver, Spinach, Parsley, Butter, Egg Yolks.

OR

The two food myths are as follows:

- a. Eggs increase cholesterol levels so avoid them: There is no doubt that eggs are a good source of health. An egg provides you various nutrients. It is as per daily requirements of cholesterol by our bodies. So, if you take one egg daily there is no problem of cholesterol level.
- b. Drinking while eating makes you fat: The actual fact behind this misconception is that enzymes and their digestive juices will be diluted by drinking water while

eating which slows down your digestion which may lead to excess body fat.

20. The continuous training method is a type of physical training that involves activity without rest intervals. It is divided into three parts:
- Slow continuous running- intensity will be low and heartbeat 60%-80% of HR max.
 - Fast continuous training- Intensity will be high and heartbeat 85%-95% of HR max, the duration will be 15- 20 minutes,
 - variable pace- It is the combination of both the running. This type of training may be of high intensity, or moderate-intensity with an extended duration, or fartlek training.

Exercise modes noted as suitable for continuous training include indoor and outdoor cycling, jogging, running, walking, rowing, stair climbing, simulated climbing, Nordic skiing, elliptical training, aerobic riding, aerobic dancing, bench step aerobics, hiking, in-line skating, rope skipping, swimming, and water aerobics.

21. i. The values are shown by Ronyare helpfulness, kindness, care and respect for the elderly.
- ii. The test that can be suggested is Chair Sit and Reach Test as it measures- lower body flexibility.
- iii. The tests for the elderly were prepared by Rikli and Jones. That is why these tests are called Rikli and Jones Senior Citizen Fitness Test.

22. Five common postural deformities are

Knock Knee a postural deformity in which both the knees touch or overlap each other in normal standing position. **Flat Foot** is a deformity of the feet. In this deformity, there is no arc in the foot and the foot is completely flat.

Round Shoulder It is a postural deformity in which the shoulders are drawn, the head is extended with the chin pointing forward.

Kyphosis is a deformity of the spine in which there is an increase or exaggeration of a backward curve.

Bow Legs is a deformity opposite knock knee. In fact, if there is a wide gap between the knees, the deformity can be observed easily.

23. Strength is the ability to overcome resistance or to act against resistance.
- Maximum Strength:-** It is the ability to overcome or to act against resistance. It is the maximum force that is applied by the muscles to perform any certain activity. For developing maximum strength intensity is high and repetitions are less.
 - Explosive Strength:** It is a combination of strength and speed abilities. It is the ability to overcome resistance with high speed. For developing explosive strength, the intensity is sub maximum and repetitions are performed as fast as possible.
 - Strength Endurance:** It is the ability to overcome resistance or to act against resistance under conditions of fatigue.
24. Intellectual disability is a disability characterized by significant limitations both in intellectual functioning (reasoning, learning, problem-solving) and in adaptive behavior, which covers a range of everyday social and practical skills. Indeed, this disability is related to the individual's thought process, communication, money, learning, problem solving and judgment.
25. The procedure of giving byes is as follows:
- The first bye is given to the last team of the lower half.
 - The second bye is given to the first team of the upper half.
 - The third bye is given to the first team of the lower half
 - The fourth bye if given to the last team of the upper half.
 - The next bye or byes will be given in the same order as described above.
26. i. Participation in physical activities.
ii. Achieve a high level of physical fitness.
iii. Cognitive strategies to change the perception of the stressor.

OR

Extrinsic Motivation This motivation depends on environmental factors. It has a great impact on an individual's performance. It is of various types like rewards, punishment, active participation, test evaluation, teaching methods, equipment and surroundings

27. The three laws of motion formulated by Newton are described below :

1. Law of inertia: According to this law a body at rest will remain at rest and a body in motion will remain in motion at the same speed and in the same direction unless acted upon by an external force. There are great examples of this law in sports such as starting in rowing, starting in sprinting, starting in throwing the hammer. Basically, if an object is in motion, it remains in motion unless something or some external force stops it. The external force may be a gravitational force, the surface of the playing field or a defensive player etc.
2. Law of acceleration: According to this law, A change in motion is directly proportional to the force producing it and inversely proportional to its mass. If two unequal forces are applied to objects of equal mass, the object that has a greater force applied will move faster. Conversely, if two equal forces are applied to objects of different masses, the lighter mass will travel at a faster speed.
3. Law of reaction: According to this law ' For every action there is an equal and opposite reaction.' There are so many examples in sports where this law is applied. e.g., In swimming, a swimmer pushes the water backward (action) and the water pushes the swimmer forward (reaction) with the same force.

28. Physiological differences between males and females are:-

Basis	Males	Females
Muscular Strength	Men are stronger than women because they have greater muscle mass. and more strength than women.	Women are not as strong as men because of their muscle mass is less. On average, women possess, women possess 2/3rd the strength possessed by men. In fact, the contraction and extension of muscles in females is less forceful than in males.
Blood Circulation	There is more amount of blood in females than males. In intense exercises, men have a better cardiac output than women.	There is less amount of blood in females than males Women have lower cardiac output than men.

Respiratory Organs	The respiratory functions are better in men They have more Hemoglobin content and VO_2 . lungs size of men are large and the capacity of a normal man is approximately 10% larger than women.	The respiratory functions in women lack in certain parameters related to hemoglobin content and VO_2 . Lungs size of woman are small and the capacity of a normal man is approximately 10% smaller than women.
Endurance	The endurance level in main in high by around 10% because of high Hemoglobin content and better blood circulation.	The endurance level in women is even higher due to the greater number of white fiber in the muscle.
Bones and ligaments	Men have longer and stronger bones and ligaments but due to a narrow pelvis and higher Centre of gravity, they have poor balance.	Women's bones and ligaments are not strong, but they have a wider pelvis and lower centre of gravity that provides better balance.

OR

Adapting effects in our cardiovascular system for a longer period are:

- i. Cardiac output increases: The cardiac output at the maximum level of exercise it increases considerably. This increases results mainly from the increase in maximal stroke volume. For highly endurance-trained athletes the cardiac output is 40 l/min. or more.
- ii. Increases in stroke volume: Physical exercise, especially endurance training, increase the stroke volume. In trained athletes, who endure for a long duration, the left ventricle of the heart holds more blood during a relaxed state than it does in an untrained athlete's heart. It means more blood is available to enter the ventricle, which ultimately increases stroke volume. It also results in a decrease in heart rate at rest.
- iii. Lung volume: With endurance training lung volume and capacities increase. Vital

capacity is also increased after long-duration workouts.

- iv. Tidal volume increases: The tidal volume is the amount of air inspired or expired per breath. It also increases as a result of long hours of training. In untrained individuals, the tidal volume is 500 ml/breath, whereas in trained persons it increases to more than 600-700 ml/breath.
- v. Blood flow: It is a well-known fact that active muscles require more oxygen and nutrients. To fulfill this requirement more blood must be supplied to these muscles during exercise. The adaptive effect that takes place is that the muscle becomes better trained and the circulatory system adapts to increase blood flow to them.

29. The procedure of Tadasana (In standing position)

- Stand straight on the ground, and take a small gap between your feet.
- With deeply breathing (inhale), raise your both arms.
- Keep your arms upward by interlocking your fingers.
- Now come on the toes by raising your heels simultaneously
- Feel the pressure of stretching from toes to fingers.
- Try to maintain this pose as long as you can with slow and deep breathing.
- Now come to the original position with deep breathing (exhale).
- You can perform the number of rounds as per your convenience after having relaxation for a while.

The procedure of Pawanmuktasana

- Lie flat on your back on a smooth surface, ensuring that your feet are together, and your arms are placed beside your body.
- Take a deep breath. As you exhale, bring your knees towards your chest, and press your thighs on your abdomen. Clasp your hands around your legs as if you are hugging your knees.
- Hold the asana while you breathe normally. Every time you exhale, make sure you tighten the grip of the hands-on the knee and increase the pressure on your chest. Every time you inhale, ensure that you loosen the grip.
- Exhale and release the pose after you rock and roll from side to side about three to five times. Relax.

The procedure of Ardha Chakrasana (Half Wheel Pose)

- Stand straight and bring your hands together in a clamped position.
- Raise and rotate your hands above the shoulders.
- Slowly bend the upper part of your body along with the hands, as far as you can go.
- Remain in this position for a few seconds to a minute, according to your capacity.
- To release the pose, bring back slowly to the standing position with hands on your side.
- There is a variation of Ardha Chakrasana, where the hands are placed behind the hips and then the back bending is attempted.

OR

The procedure of Trikonasana: First of all stand with your legs apart. Then raise the arm sideways up to the shoulder level. Bend the trunk sideways and raise the right hand upward. Touch the ground with left hand behind left foot. After some time, do the same asana with the opposite arm in the same way.

Benefits of Trikonasana:

- a. It strengthens the legs, knees, arms and chest.
- b. It helps in improving digestion and stimulates all body organs.
- c. It increases mental and physical equilibrium.
- d. It reduces stress, anxiety, back pain and sciatica.
- e. It helps in increasing height.
- f. It helps in reducing obesity.
- g. It enhances blood circulation.
- h. It is also helpful in reducing extra fat around the waistline.

Contraindications of Trikonasana:

- a. If you are suffering from diarrhea, low or high blood pressure, back injury or migraine, avoid the practice of trikonasana.
- b. The individuals having cervical spondylosis should not perform this asana.

The procedure of Ardha Matsyendrasana: the left heel is kept under the right thigh and the right leg is crossed over the left thigh. After that hold the right toe with your left hand and turn your head and back to the right side. In this position move the trunk sideways. Then Perform the same asana in the reverse position.

Benefits of Ardha Matsyendrasana:

- a. It keeps the gall bladder and prostate gland healthy.
- b. It enhances the stretchability of back muscles.
- c. It alleviates digestive ailments.
- d. It regulates the secretion of adrenaline and bile and thus is recommended in the yogic management of diabetes.
- e. It is also helpful in treating sinusitis, bronchitis, constipation, menstrual disorder, urinary tract disorder and cervical spondylitis.

Contraindications Ardha Matsyendrasana:

- a. Women, who are two or three months pregnant, should avoid practicing this asana.
- b. The individuals who suffer from peptic ulcers, hernias, and hypothyroidism should practice this asana under expert guidance.
- c. The individuals who have the problem of sciatica or sleep disc may benefit from asana but they need to take great care while doing this asana.

30. The Rikli and Jones Senior Citizen Fitness Test for assessing the functional fitness of older adults describe easy to understand and effective tests to measure aerobic fitness, strength and flexibility using minimal and inexpensive equipment. The Individual fitness test items involve common activities such as getting up from a chair, walking, lifting, bending and stretching.

The tests were developed to be safe and enjoyable for older adults while still meeting scientific standards for reliability and validity. The tests are

- i. Chair Stand Test-testing lower body strength
- ii. Arm Curl Test-testing upper body strength
- iii. Chair sit and Reach Test-lower body flexibility test

- iv. Back Scratch Test-upper body flexibility test
- v. 8 Foot Up and Go Test-agility test
- vi. Walk Test (6 min) or Step in Place Test (2 min)-The Walk Test is used to assess aerobic fitness; however, if the person uses orthopedic devices when walking or has difficulty balancing, they do the Step in Place Test.