SAMPLE QUESTION PAPER - 1

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) Katichakrasana b) Dhanurasana

c) Ushtrasana d) Tadasana

2. In a _____ Tournament a player or team continues to play matches until it is defeated. **[1]**

a) Round Robin b) League

c) Combination d) Knock out

3. The main source of Vitamin C is: **[1]**

a) Guava
b) Milk
c) Egg
d) Banana

4. Which of the following is an important test for children with age group 5-8 years? **[1]**

a) Both Plate Tapping and Flamingo Balance
b) Plate Tapping
c) Flamingo Balance
d) 600m run/walk

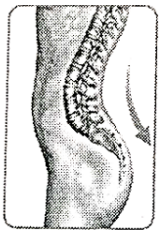
5. **Assertion (A):** During later childhood girls are temporarily taller and heavier than boys. **[1]**
Reason (R): Sexual maturation process begins in this period.

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. Which of the following is not an Axial Skeletal bone? **[1]**

a) Vertebral column
b) Upper limbs
c) Skull
d) Ribs

7. Among the given figure, which one represents the flatfoot? **[1]**

a) 
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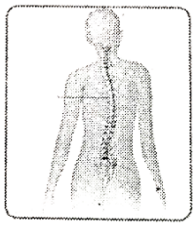
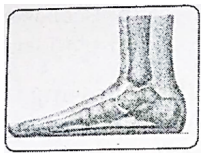
c) 
d) 

8. Identify the picture given below: **[1]**

a) Second-class lever system
b) Third-class lever system
c) First-class lever system
d) Forth-class lever system

9. Match the following **[1]**

(a) first bye	(i) first team of upper half
(b) second bye	(ii) first team of lower half
(c) third bye	(iii) last team of lower half
(d) fourth bye	(iv) last team of upper half

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

10. **Assertion (A):** In staircase method, the teams are arranged in sequential form. **[1]**
Reason (R): There are no byes and no problem of odd or even number of teams in staircase method.

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. Jung classified the personality types in the following ways: **[1]**

a) Calm and Even-tempered
b) Musculature Structure
c) Introvert and Melancholic
d) Introvert and Extrovert

12. Intrinsic motivation is related to: **[1]**

a) prize
b) pleasure
c) certificate
d) money

13. If BMI of a person is 28. It is considered as: **[1]**

a) Obese
b) Normal
c) Underweight
d) Overweight

14. _____ are actually the organic compounds that are important for different digestive operations in our bodies. **[1]**

a) Carbohydrates
b) Minerals
c) Proteins
d) Vitamins

15. In _____, one team will be fixed on the highest step. **[1]**

a) Staircase
b) Byes
c) Cyclic
d) Seeding

16. _____ pitches to different companies and attracts them for sponsorships for the event. **[1]**

a) Technical
b) Finance
c) Logistics
d) Marketing

17. Rockport test is used to measure **[1]**

a) Strength
b) Agility
c) Speed
d) Endurance

18. Which of the following is a group of macro-nutrients? **[1]**

a) Vitamins, Minerals, Water
b) Minerals, Carbohydrates, Vitamins
c) Fats, Fiber, Protein
d) Carbohydrates, Fats, Protein

Section B

Attempt any 5 questions

19. Which test would you suggest your grand mother for measuring lower body flexibility? **[2]**

20. What are the common problems faced due to Osteoporosis? **[2]**

21. What do you understand by senior citizen fitness test? **[2]**

22. You are practicing in extreme cold climate which illness may occur to you? **[2]**

23. What is the need of test in sports? **[2]**

24. What are the different types of diabetes? **[2]**

Section C

Attempt any 5 questions

25. How joint structure impacts athlete sports performance? **[3]**

26. Write down the merits & demerits of the league tournament. **[3]**

27. Evaluate the importance of equilibrium in sports with suitable examples. **[3]**

28. Define Flexibility and list down its types. **[3]**

29. Elucidate the effects of exercise on circulatory system? **[3]**

30. **Participation in physical activities is advantageous for children with special need.** Briefly explain any six advantages. **[3]**

Section D

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

Rahul, a student of class XII, has recently joined a gym near his house to get a toned and muscular body. He consults his gym trainer regarding his diet and is advised to increase the intake of protein in his diet.

1. Proteins are also known as:

a) Energy foods

b) Body building food

c) Growth promoters

d) Health boosters

2. Deficiency of protein can cause:

a) Anemia

b) Kwashiorkor

c) Diabetes

d) Obesity

3. How do proteins help in building the body?

a) They provide energy to the body

b) They help in digestion and absorption

c) They are used to make body cells, antibodies, enzymes, and hormones

d) They help in maintaining body temperature

4. What is included in a balanced diet?

a) Only carbohydrates and proteins

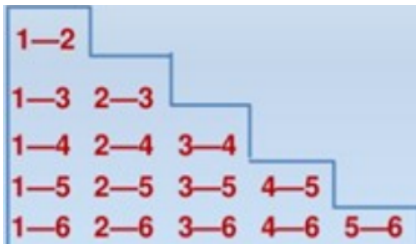
b) Only vitamins and minerals

c) Carbohydrates, Vitamins, Proteins, Minerals, Fats, etc.

d) Only fruits and vegetables

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

Below given is the Tournament fixture procedure of a CBSE Volley ball National competition.



1. The formula for calculating the number of matches in Round Robin tournament is:

a) N(N+1)/2

b) N(N-1)/2

c) 2N

d) N/2

2. In League tournaments, the winner is decided by which method?

a) Knockout method

b) British method

c) Seeding method

d) Draw method

3. The total number of matches in a knockout tournament of 34 teams is:

a) 32

b) 33

c) 34

d) 35

4. What is the other name of the Round Robin Tournament?

a) Knockout Tournament

b) League Tournament

c) Seeding Tournament

d) Draw Tournament

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

Posture plays a very significant role in our daily activities. Correct posture means the balancing of body in accurate and proper manner. Various types of postural deformities can be identified in individuals.

1. From the above-given picture, the deformities seen on the left most is caused due to deficiency of which nutrients?

a) Vitamin B and Iron

b) Vitamin C and Potassium

c) Protein and Fiber

d) Calcium and Vitamin D

2. Walking on the inner edge of the feet can be a remedy for:

a) Knock knees

b) Bow legs

c) Flat feet

d) Club foot

3. The person in the middle is suffering from:

a) Knock knees

b) Bow legs

c) Flat feet

d) Club foot

4. Horse-riding is the best exercise for clearing which deformity?

a) Bow legs

b) Knock knees

c) Flat feet

d) Club foot

Section E

Attempt any 3 questions

34. Which are the Asanas practiced for preventing Hypertension? Write in detail about any two of them. **[5]**

35. What are the physical impairments in Paralympics? **[5]**

36. Draw ten stations circuit training programme for improving the jumping ability of a player. **[5]**

37. Discuss various types of aggression? **[5]**

Solution

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Section A

1.

(b) Dhanurasana

Explanation:

Dhanurasana

2.

(d) Knock out

Explanation:

In a Knock-Out Tournament a player or team continues to play matches until it is defeated.

3. **(a)** Guava

Explanation:

Guava

4. **(a)** Both Plate Tapping and Flamingo Balance

Explanation: Both Plate Tapping and Flamingo Balance

5.

(b) Both A and R are true but R is not the correct explanation of A.

Explanation:

Both A and R are true but R is not the correct explanation of A.

6.

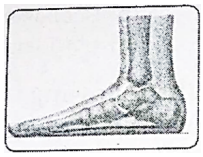
(b) Upper limbs

Explanation:

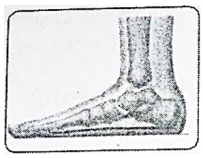
Upper limbs

7.

(d)



Explanation:



8.

(c) First-class lever system

Explanation:

First-class lever system

9.

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

Explanation:

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

10.

(b) Both A and R are true but R is not the correct explanation of A.

Explanation:

Staircase method is the easiest method to draw fixture for league tournament because there is no clause of bye and odd or even numbers. Team are arranged in stair form.

11.

(d) Introvert and Extrovert

Explanation:

Introvert and Extrovert

12.

(b) pleasure

Explanation:

pleasure

13.

(d) Overweight

Explanation:

If the BMI of a person is between 25-30, he/she is considered as Overweight.

14. **(a)** Carbohydrates

Explanation:

Carbohydrates is the nutrient that is required in maximum quantity in growing children followed by proteins.

15. **(a)** Staircase

Explanation:

In Staircase Method, one team will be fixed on the highest step

16.

(b) Finance

Explanation:

Finance committee pitches to different companies and attracts them for sponsorships for the event.

17. **(a)** Strength

Explanation:

Strength

18.

(d) Carbohydrates, Fats, Protein

Explanation:

Carbohydrates, Fats, Protein

Section B

19. The test I would suggest grand mother for measuring upper body flexibility is Chair sit and reach test
20. There is higher risk of bone fracture or further disability. There can be sudden back pain and risk of falling. Because of fall there is increased risk of wrist, spine, shoulder and hip fracture. There is also a balance disorder and movement disorder.
21. Senior citizen fitness test are easy to understand and effective tests to measure aerobic fitness, strength and flexibility using minimum and inexpensive equipments.
22. Hypothermia, Frost bite, Frost nip etc.
23. Test in sports is needed to check content knowledge, fitness levels, motor skills as well as attitude and feelings required for a particular sport.
24. There are two main types of diabetes:
    a. **Type -1 Diabetes:** It occurs most frequently in children and young adults, although it can occur at any age. It is caused due to genetic reasons.
    b. **Type- 2 Diabetes:** This is much more common and account for 90-95 % of all diabetes. Type-2 diabetes primarily affects adults. Main causes are physical inactivity and obesity.

Section C

25. Joint structure impacts on sports performance of athlete. Increasing the quality of feedback from your joints to your brain results in increase in muscle power, flexibility, contraction speed and reflexes, and accuracy of movement. In human body, there are numerous types of joints. A number of joints intrinsically have a larger range of motion in comparison to others. For instance, the ball and socket joint of the shoulder has the maximum range of motion in contrast to a knee joint.
26. i. **Merits**
    a. It gives ranking of all the competitors.
    b. More number of matches can be played by teams.so that more chances to prove theirselves.
    c. Keeps the interest alive upto the end as all participants have to play upto the end of the league.

    ii. **Demerits**
    a. It involves lots of money , time and facilities.

b. There is no provision of seeding for outstanding players or teams.

c. Need so many officials.

27. In today's world of sports, injuries are the part of athlete's career. There are lots of reason to be injured but lack of stability or equilibrium is also a cause of sports injuries. During practice session and competitions, athletes get injured due to wrong technique, slippery surface, low friction, instability. At present, through the study of mechanics, coaches can correct wrong techniques, improve efficiency of body movements which can prevent sports injuries. Static and dynamic equilibrium allows player to play sports fearlessly and achieve optimum result.

28. **Flexibility refers to the range of movement in a joint. Types of flexibility:-**

i. Active flexibility

ii. Passive flexibility

Active flexibility:- It is the ability to do a movement with greater amplitude without any external support.

Passive flexibility:- It is the ability to do a movement with external support (or static and dynamic).

29. Regular exercise improves fitness and has beneficial effects on the heart. The heart muscle, like any body muscle when exercised become stronger as do the chambers, particularly the left ventricle. This is commonly known as the athlete‘s heart. This is commonly known as the efficiency at a slower rate, Pumping more blood with each bear. Thus the heart works more efficiently even at slower rate.

30. Participation in physical activities is advantageous for children with special need.
The following are the advantages of physical activities for children with special need.

i. **Physical Improvement:** The physical fitness they require, such as aerobic efficiency, endurance, eye-hand coordination, strength, and flexibility, can be improved by engaging in physical activity. In addition to improving the necessary muscles and movement quality, physical fitness also helps keep the body weight stable.

ii. **Behavioural Improvement:** Children with particular difficulties can improve their cognitive abilities through physical activity. Every sport has its own set of rules and regulations, along with organisations, which encourage participants to practise selfcontrol and enhance the effectiveness of their decision-making. It imparts to kids a variety of abilities, including as teamwork, problem-solving skills, improved attention duration, and a focus on task-based behaviour.

iii. **Improved Social Interaction:** Many opportunities exist for developing social connection among special needs youngsters through physical activity. Participation in physical activities promotes the development of social relationships.

iv. **Better emotional and Psychological health:** Physical activities are beneficial for children with special needs because such activities improve psychological and emotional health.

v. **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.

vi. **Mode of recreation:** It has been shown that maintaining a healthy lifestyle includes physical activity. Physical activity can enhance well-being and general mood, which helps to empower the lives of children with special needs.

Section D

31. 1. b) Body building food
    2. b) Kwashiorkor
    3. c) They are used to make body cells, antibodies, enzymes, and hormones
    4. c) Carbohydrates, Vitamins, Proteins, Minerals, Fats, etc.
32. 1. b) N(N-1)/2
    2. b) British method
    3. b) 33
    4. b) League Tournament
33. 1. d) Calcium and Vitamin D
    2. b) Bow legs
    3. a) Knock knees
    4. b) Knock knees

Section E

34. The asanas practiced for preventing hypertension are:

Tadasana: In this asana, body imitates like a palm tree known as Tada in Sanskrit.

Procedure:

i. Stand erect, legs together, hands by the side of the thighs.

ii. Stretch the arms upward, over the head and parallel with each other, with palms facing each other.

iii. Slowly raise the heels and stand on the toes. Stay for a few seconds in this final position.

Benefits:

i. It strengthens thighs, knees and ankles.

ii. It helps in improving height of growing children.

iii. It helps to remove laziness.

Contraindication: Those who have complaints of reeling sensation should not practice this.

Ardha Chakrasana:

Procedure:

i. Stand straight with feet together and arms alongside the body.
ii. Balance your weight equally on both feet.
iii. Breathing in, extend your arms overhead, palms facing each other.
iv. Breathing out, gently bend backwards pushing the pelvis forward, keeping the arms in line with ears, elbows and knees straight, head up and lifting your chest towards the ceiling.

Benefits:

i. It stretches the front upper torso.
ii. It tones the arms and shoulder muscles.

Contraindications:

i. Pregnant women should avoid this pose.
ii. Hernia patient should avoid this pose.

Bhujangasana: Bhujanga in Sanskrit means 'Cobra'. In Bhujangasana, one imitates a cobra with its hood fully expanded.

Procedure:

i. Bend the arms at the elbow, place the palms by sides of the shoulders on the floor.
ii. Inhaling slowly, raise the head, neck and shoulders. Raise the trunk up to navel and arch the back. Maintain the posture for 10-15 seconds.

Benefits:

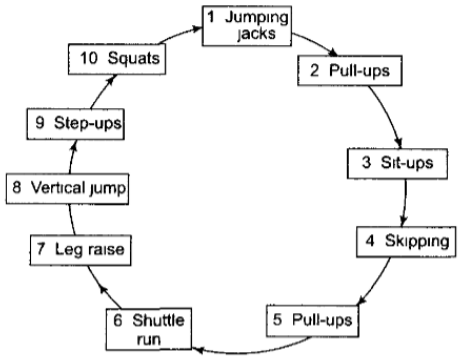
i. This asana makes spine flexible.
ii. It solves many digestive problems.
iii. It helps in enhancing focus.

Contraindications: Person suffering from peptic ulcer, hernia and intestinal tuberculosis should not practice this asana.

35. There are eight different types of physical impairments. These are
    - **Impaired Muscle Power:** In this impairment, the force generated by muscles, such as the muscles of one limb, one side of the body or the lower half of the body is reduced. For e.g., spinal cord injury, spina bifida and post-polio syndrome.
    - **Impaired Passive Range of Movement:** In this impairment, range of movement in one or more joints is reduced in a systematic way. Acute conditions such as arthritis are not included in this category.
    - **Loss of Limb or Limb Deficiency:** In this impairment, a total or partial absence of bones or joints from partial or total loss due to illness, trauma, or congenital limb deficiency can be observed. For e.g., amputation and dysmelia.

- **Leg-length Difference:** In this impairment, significant bone shortening occurs in one leg due to congenital deficiency or trauma.
- **Short Stature:** In this impairment, standing height is reduced due to shortened legs, arms and trunk, which are due to a musculoskeletal deficit of bone or cartilage structures. For e.g., achondroplasia, growth hormone deficiency, osteogenesis imperfecta.
- **Hypertonia:** In this impairment, hypertonia is marked by an abnormal increase in muscle tension and reduced ability of a muscle to stretch. Hypertonia may result from injury, disease, or conditions which involve damage to the central nervous system. For e.g., cerebral palsy.
- **Ataxia:** Ataxia is an impairment that consists of a lack of coordination of muscle movements. For e.g., cerebral palsy, Friedreich's ataxia, multiple sclerosis.
- **Athetosis:** Athetosis is generally characterised by unbalanced, involuntary movements and a difficulty maintaining a symmetrical posture. For e.g., cerebral palsy, choreoathetosis.

36. Circuit training is a form of body conditioning or resistance training using high-intensity aerobics. It targets strength building and muscular endurance. An exercise 'circuit' is one completion of all prescribed exercise in the programme. When a circuit is complete, one begins the first exercise again for the new circuit. A specific circuit however, can consist of several exercises evolving the same muscle groups.
    An example of circuit training is given below



37. The various types of aggression are:
    Hostile aggression: Hostile aggression is inflicting or causing harm whether it is physical or psychological on someone else. It is sometimes referred as reactive aggression and can be accompanied by anger. In hostile aggression the main aim is to cause injury to other person. The intention is on causing pain and suffering.
    Instrumental aggression: Instrumental aggression is displaying aggressive behavior in pursuit of a non-aggressive goal. It is also known as channeled aggression is not accompanied by anger. Instrumental aggression is behavior that has intent to hurt in order to achieve money, praise or victory.

Assertive behavior: Assertive behavior is different type of aggression/aggressive behavior. This is defined as behavior that involves the use of legitimate physical or verbal force to achieve one's purpose. In Assertive behavior, the intention is to establish dominance rather than to harm the opponent.