CBSE Class 12 Physical Education

Sample Paper 03 (2019-20)

Maximum Marks:

Time Allowed: 3 hours

General Instructions:

i. The question paper consists of 34 questions
ii. All questions are compulsory.
iii. Question 1-20 carry 1 mark and are multiple choice questions.
iv. Question 21-30 carry 3 marks each and should not exceed 80 -100 words each.
v. Question 31-34 carry 5 marks and should not exceed 150-200 words.

Section A

1. For successful organization of the sports meet, committees are formed under three heads. Which of the following is NOT one of them?

   a. Post-meet committee

   b. Pre-meet committee

   c. During-meet committee

   d. First-meet committee

2. Which of the following is NOT run for specific cause?

   a. Run for awareness

   b. Run for unity

   c. Run for fun

   d. Run for cash

3. If BMI of a person is 28. It is considered as

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

4. Nutrients are _____ substances present in food.

    a. Irrelevant
    b. Essential
    c. Harmful
    d. Dangerous

5. Which of the following is NOT part of AAHPER test?

    a. Pull-ups
    b. 50 Yard Dash
    c. Kraus Weber Test
    d. Shuttle Run

6. Which of the following is NOT part of General Motor Fitness Test?

    a. Medicine Ball Put
    b. Zig-zag Run
    c. Standing Broad Jump
    d. 600 Yard Run-Walk

7. Swimming is an example of _____ exercise.

    a. Isokinetic
    b. Isotonic
    c. Isometric
    d. None of these

OR

When the body is working so hard that the demand for oxygen and fuel exceed the

rate of supply and the suscles have to rely on the stored reserves of fuel is _____ endurance.

a. Aerobic
b. Strength
c. Speed
d. Anaerobic

8. Which of the following is NOT a disorder?

a. Having only one leg
b. Hyper activity
c. Too much sensitivity to cleanliness
d. Overeating

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

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

10. Sports psychology is important because it _____

a. analyse the skills of the palyers.
b. analyse the weight of sportsperson.
c. analyse the behaviour of sportsperson.
d. analyse the size of the playground.

11. Which of the following in part of external motivation?

a. Hunger

b. Safety and security

c. Rewards and punishments

d. Self-esteem

12. Who is called the founder of Yoga in India?

    a. Sushruta
    b. Patanjali
    c. Araybhatta
    d. Balmiki

OR

Blood pressure is the force of blood in the arteries. When this pressure becomes abnormally high then it is called _____.

    a. Heart Attack
    b. Blood sugar
    c. Hypertension
    d. Cardiac arrest

13. _____ uses the larger muscles of the skeleton or group of larger muscles too maintain posture and balance.

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

OR

_____ uses the smaller muscles of the hand, feet and face for more precise activities.

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

14. Which of the following is the most helpful in reducing friction?

    a. Wearing shoes

    b. Running slow

    c. Applying greater force

    d. Lubrication

15. _____ is a type of movement which takes place when the angle decreased between the two bones attached to a joint.

    a. Flexion
    b. Extension
    c. Adduction
    d. Abduction

16. Which of the following is NOT standard technique for injury management?

    a. AAPHAR

    b. RICER

    c. No-HARM

    d. TOTAPS

17. Activities in circuit training are (a) Step-ups (b) Stomach crunch (c) Squat ups (d) Yoga.

    a. B and C
    b. only D
    c. only A
    d. A, B and C

OR

Which of the following is NOT part of General Motor Fitness Test?

a. Medicine Ball Put

b. Zig-zag Run
c. Standing Broad Jump
d. 600 Yard Run-Walk

18. Which of the following is not a long-term effect of the exercise?

a. Increase in heart rate
b. Decrease in cholesterol level
c. Increase in heart size
d. Increase in height

19. _____ is girl's first menstruation period. It happens between 9 to 15 years.

a. Anaemia
b. Pregnancy
c. Menarche
d. Dysmenorrhea

20. _____ is a type of movement which takes place when the angle decreased between the two bones attached to a joint.

a. Flexion
b. Extension
c. Adduction
d. Abduction

Section B

21. What do you mean by pace race or runs?

OR

What do you mean by active & passive flexibility?

22. What do you mean by Aerodynamics? Discuss the basic forces of aerodynamics?

23. What is anxiety?

24. What are the types of personality as given by Sheldon?
25. Write down any five reasons for less participation of women in sports.
26. Write the Psychological factors, affecting women participation in Sports?
27. What types of body movements does an infant start in the early stages of life?

OR

Suggest exercises as corrective measures for round shoulders.

28. What is General Motor Fitness? How can it be measured?
29. What is the scope of sports medicine? Explain in brief.

OR

Write down the tips for preventing sports injuries.

30. What are the Nutritive and Non-nutritive components of diet? Explain.

Section C

31. What do you mean by disability etiquettes? Mention any five general disability etiquettes.
32. Elaborate the benefits of asanas of Sukhasana, Tadasana, and Shalabhasana.
33. Draw a single knockout fixture of 17 teams.
34. Elaborate any three physiological factors determining endurance.

OR

Participation in physical activity for a longer duration maintains functional fitness among the aged population. Justify.

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Solution

Section A

1. (d) First-meet committee
   Explanation: First-meet committee
2. (d) Run for cash
   Explanation: Run for cash
3. (d) Overweight
   Explanation: Overweight
4. (b) Essential
   Explanation: Essential
5. (c) Kraus Weber Test
   Explanation: Kraus Weber Test
6. (d) 600 Yard Run-Walk
   Explanation: 600 Yard Run-Walk
7. (a) Isokinetic **Explanation:** Isokinetic

OR

(d) Anaerobic **Explanation:** Anaerobic

8. (a) Having only one leg
   Explanation: Having only one leg
9. (d) Cognitive disability
   Explanation: Cognitive disability
10. (c) analyse the behaviour of sportsperson.
    Explanation: analyse the behaviour of sportsperson.
11. (c) Rewards and punishments
    Explanation: Rewards and punishments
12. (b) Patanjali
    Explanation: Patanjali

OR

(c) Hypertension

Explanation: Hypertension

13. (d) Gross motor development

Explanation: Gross motor development

OR

(a) Fine motor development

Explanation: Fine motor development

14. (d) Lubrication

Explanation: Lubrication

15. (a) Flexion

Explanation: Flexion

16. (a) AAPHAR

Explanation: AAPHAR

17. (b) only D

Explanation: only D

OR

(d) 600 Yard Run-Walk

Explanation: 600 Yard Run-Walk

18. (d) Increase in height

Explanation: Increase in height

19. (c) Menarche

Explanation: Menarche

20. (a) Flexion **Explanation:** Flexion

Section B

21. pace run or races- A competitive pace race is a timed race in which the objective is not to finish in the least time, but to finish within the prescribed time and in the best physical condition. In some races, the prescribed time is very narrowly defined and the winner is the competitor who finishes closest to the prescribed time. Complete recovery is ensured between two repetitions. This means to running the whole distance of a race at a constant speed. In this the athlete runs the race with uniform

speed.

OR

Static strength:- It is also called as isometric strength . it is the ability of muscles To work/act against resistance. This type of strength is not seen directly. it is measured by an dynamometer.

Passive flexibility refers to someone physically moving a part of your body for you. This requires no effort on the part of the patient. For instance, a therapist may grasp your arm gently and move in a circular motion.

Active flexibility exercises are for people trying to increase or maintain flexibility on their own. They require no assistance to perform simple movements, such as arm circles or flexing of fingers.

22. Aerodynamics is the study of properties of moving air and the interaction between the air and solid bodies moving between it.
    The basic forces of aerodynamics are stated below:
    Lift: lift is the force that pushes the object to move upward. It is the force that is the opposite of weight.
    Weight: Weight is the force generated by the gravitational force of the earth. The weight of an object controls how strong the push has to be. A shot of 16 pounds requires more force (push) than a javelin.
    Drag: Drag is a force that tries to slow the object down. It makes hard for an object to move. It is harder to walk through the water than through the air. It is because water causes more drag than air.
    Thrust: Thrust is a force that is the opposite of drag. Thrust is the push that moves some objects forward.

23. Anxiety: It means a ‘disturbed state’ of the body. It is an emotional reaction to some situation in which nervous system and glands play a crucial role. This reaction raises the level of human mind. In medical terminology, anxiety is defined as “apprehension of danger accompanied by restlessness and a feeling of oppression in the epigastrium.” It leads to variety of Physiological reactions such as-
    - Increased heart rate
    - Rapid shallow breathing

- Sweating
- Muscle tention
- Drying of mouth.

24. W.H. Sheldon's classification of personality.

    Endomorph: Endomorphs have a pear-shaped and a rounded physique. They have short arms and legs. The upper parts of the arms and legs seem to be thicker than the lower parts. They have underdeveloped muscles. They are more inclined to become obese. Their excessive mass hinders their ability to compete in sports. These are most suitable for activities in which great strength is required.

    Mesomorph: Mesomorphs have a rectangular shaped body with athletic physiques and balanced body composition. They are able to increase their muscles size quickly and easily. They have thick bones and muscles. Their chest and shoulders are broader than the waistline. They can excel in sports which require great strength, short bursts of energy and lots of power because they have enough strength, agility, and speed.

    Ectomorphs: Ectomorphs are usually referred to as slim persons because their muscles and limbs are elongated. They have a weak constitution of busy and face great difficulty in gaining weight. They have a flat chest and have less muscle mass. They do not have a lot of strength but they dominate the endurance sports as their busy type is naturally suited to perform wonderfully in endurance sports. They are best suited for games and sports like gymnastics and long distance races.

25. The five reasons for less participation of women in sports are:

    a. Lack of time
    b. Lack of self confidence
    c. Lack of legislation
    d. Male dominated culture of sports
    e. Lack of interest of spectators.

26. The various psychological traits of women athletes are :

    1. Gender Role Orientation-Many Sports like wrestling, weight lifting, body building etc has been considered inappropriate for women because of the potentially

harmful masculinizing effects of sports.

2. Competitiveness - Males are found to be competitive in comparison to female. In fact Female are more goal oriented and perform magnificently in artistic activities such as Gymnastic.
3. Confidence: - Female sportsperson is less confidence the comparison to male sportsperson. While sports women is significantly confident than non sportsperson.
4. Self-esteem:- Female athletes have low self esteem in comparison to male athletes. Intensive training helps in enhancing self-esteem.

27. Some of type body movements starred by the infant are

i. Arm extended in front of eyes on the side to which the head is turned, other arm flexed.
ii. Lifts one foot after another in stepping response.
iii. Spontaneous grasp or adult's finger.
iv. Lifts self by arms when prone.
v. Rolls from side to back.
vi. Crawls

OR

Round Shoulder is a Postural Deformity in which the shoulders are drawn, the head is extended with the chin pointing forward The corrective measures are:-

- Stand and sit with correct posture.
- Keep the fingertips on your shoulders and encircle your elbows in a clockwise and anti-clockwise direction.
- Do more exercises of shoulders like yogic exercises Chakrasana and Dhanurasana.
- Hold the Horizontal Bar for some time.
- Do not allow the shoulders to drop

28. General motor fitness is an athlete'; general ability to perform different motor skills without getting too much fatigue. There are three tests to measure general motor fitness:-

1. Standing Broad Jump
2. Zig-Zag Run
3. Medicine Ball Put
    - **Standing Broad Jump** - This test measures the explosive leg power. The student has to stand behind the restraining line, keep His feet several inches apart and point his toes straight ahead. He has to swing his arms forward, extend his knees and jump forward as far as possible. By this test, the fitness of lower limbs is measured.
    - **Zig-Zag Run** - This test measures the agility. The student stands at a ready position at the starting point. When the signal Ready, Go! is given he has to run the course in a designated manner as fast as possible. He should not touch the cones throughout the run through the zig-zag path Athletes are not supposed to touch or knock the cones while running.
    - **Medicine Ball Put** - This test measures the arm and shoulder girdle explosive strength. The athletes are required to throw the medicine ball with specific weight as far as possible For boys It is 3 kg, for girls It is 1 kg.

29. In the field of physical education and sports, the fields of various sub-displines of sports medicine are utilize. Wityhout the knowledge of scope of sports medicine it is difficult to carry a sportsperson performance at apex leve. There are following scope of sports medicine:

    a. Sports and first aid
    b. Human anatomy and physiology
    c. Female and sports
    d. Study of optimal load for different age groups
    e. Scientific promotion of games and sports
    f. Sports injury rehabilitation
    g. Fitness for games and sports.

OR

Tips for preventing sports injuries:

a. Avoid training when you are tired.

b. Increase your consumption of carbohydrates during periods of heavy training.
c. Increase in training should be matched with increase in resting.
d. If you experience pain during training, stop training immediately.
e. Pay attention to hydration and nutrition.
f. Use appropriate training surface.
g. Equipments should be appropriate and safe to use.
h. Allow a lot of time for warm-up and cool down.

30. **Nutritive Components Of Diet**: There is a large number of nutrients required in our balanced diet. Some of them are “Nutritive components” like Carbohydrates, Fats, and Proteins.

    Non-Nutritive Components Of Diet: Whereas some of the other components of the diet are also required which are “Non-Nutritive Components” such as Vitamins, Minerals, Water and Roughage (Fibers).

Section C

31. Disability etiquettes is a set of guidelines dealing with specifically with how to approach persons with disabilities.

    The general disability etiquettes are stated below:

    a. Always put the person first i.e. say ’person with disability’ rather than ‘disabled person’.
    b. In case of introduction to a person with a disability, it is appropriate to shake hands.
    c. When you meet a person with visual impairment, always identify yourself and others who may be with you.
    d. When talking with a person on a wheel chair or a person who use crutches, keep yourself at eyelevel in front of the person to facilitate the talk.
    e. To get attention of a person who is deaf or having hearing impairment, tap the person on the shoulder or wave your hands.
    f. Always introduce yourself to persons who are blind using your name.
    g. Never patronize person who use wheel chairs by patting them on the head or shoulder.

32. There are various benefits of these asanas

The Benefits Of Sukhasana.

1. It spreads a sense of calm and peace through your mind and body.
2. It relaxes your brain.
3. You will feel all exhaustion, stress, and anxiety leave your being.
4. Your chest and collar bones are broadened.
5. Your body alignment is improved.
6. Practising this asana helps elongate your spine.
7. Your back becomes stronger and steadier.
8. This asana gives your knees and ankles a good stretch.

Benefits of Tadasana (Mountain Pose)

1. Improves posture.
2. Strengthens thighs, knees, and ankles.
3. Increases awareness.
4. Steadies breathing.
5. Increases strength, power, and mobility in the feet, legs, and hips.
6. Firms abdomen and buttocks.
7. Relieves sciatica.
8. Reduces flat feet.

The Benefits Of The Shalabhasana (Locust Pose)

1. This pose invigorates the entire body, stimulates the internal organs, as well as enhances the circulation of blood.
2. This asana helps to regulate the acid-base balance in the body.
3. The arms, thighs, shoulders, legs, calf muscles, and hips are strengthened through this asana.
4. The back is also toned and strengthened. This asana also encourages a healthy posture.
5. It regulates metabolism and helps you lose weight.
6. It also helps reduce stress and tension.

33. No. of teams = 17 ,

Total No. of matches = N-1 = 17-1 = 16

No. of teams in upper half N+1/2 = 17+ 1 = 9

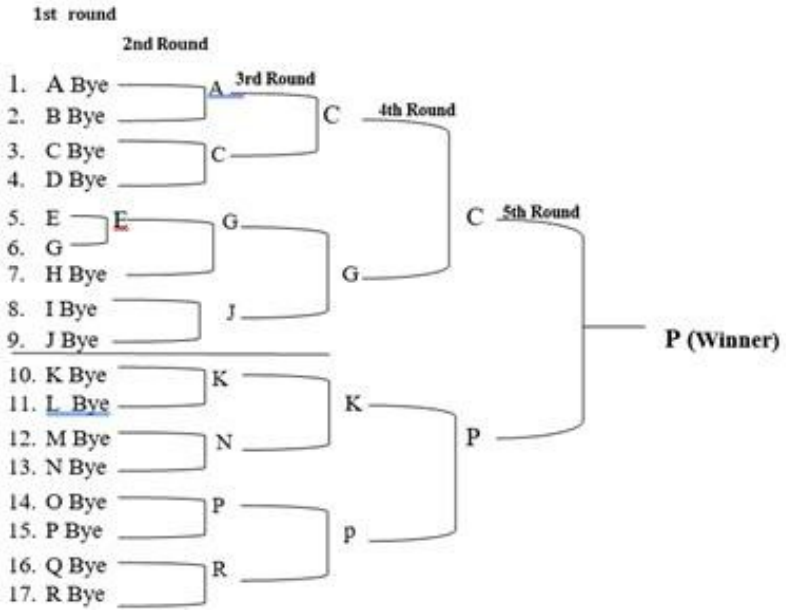
No. of teams in lower half N-1/2 = 17 - 1 = 8

Total no. of byes = 32- 17 =15 byes,

No. of byes in upper half = NB-1/2 = 15 - 1 = 7

No. of byes in lower half = NB + 1/2 = 15 + 1 = 8

Total rounds = 4



34. Aerobic capacity:-

i. oxygen intake
ii. oxygen transport
iii. oxygen uptake
iv. Energy reserves,
v. Lactic acid tolerance,
vi. Movement economy,
vii. Muscle composition

Oxygen Uptake:- It is highest rate at which oxygen can be taken up and consumed by the heart per minute.

Cardiac Output: - The cardiac output is simply the amount of blood pumped by the beat per minute.

Hydration and Endurance Exercise: - Sweating is normal physiological response to prolonged exercise, required for the dissipation of hear produced during energy metabolism.

OR

Regular physical activity keeps the human body livelier, fitter and in better condition for long years before any ageing sets in and keeps it functionally fit, as is discussed below

1. Respiratory Changes Endurance training in the elderly reduces the loss of elasticity from the lungs and chest wall. This is evident in the endurance-trained older athletes. who have very slightly reduced pulmonary ventilatory capacity
2. Muscular Strength Studies report an increase in the strength of males and females following strength training. Physical activity in the form of stimulus to the muscle plays a significant role in the fibre type distribution with advancing age. Moderate levels of physical activity tend to improve muscle strength even m the older women.
3. Body Composition Changes The body fat content of sedentary subjects (men and women) is significantly higher than their physically active counterparts. This is because the older athletes expend a high number of calories and moreover, their dietary habits are strictly monitored as compared to their sedentary counterparts.
4. Flexibility is dependent upon the arrangement of attachment of the ligaments to the bones as well as elasticity and length of the tendons that envelop the joints Low or medium intensity exercise e.g. walking. is reported to significantly improve flexibility. Exercise strengthens the musculoskeletal systems, thereby preventing the Joints from suffering in one position.
   Thus a regular and appropriately designed exercise and training programme can maintain functional fitness in most elderly persons.
5. Increase in stroke volume Stroke volume is the quantity of blood which the heart pumps out in a single stroke. Due to the heart's size increases, the stroke volume increases.
6. Increase in heart size We cannot do the exercise on our heart directly, but when we perform any exercise regularly, our heart size increases. Exercising develops the muscles of the heart.

7. Increase in heart rate Generally an adult has a heart rate of 72 beats per minute while resting, but when he exercises, his heart rate increases as per the intensity and duration of the exercise.
8. Increase in number and efficiency of capillaries Regular exercise increases the number of capillaries and their efficiency.