

CBSE Class 12 Physical Education
Sample Paper 01 (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.
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Section A

1. Name the type of tournament in which the defeated team gets eliminated and does not have another chance to play.
 - a. Bye
 - b. League
 - c. Fixture
 - d. Knockout

2. Which of the following is NOT an objective of planning in sports?
 - a. Finding out the causes of failure
 - b. Distribution of work
 - c. Timely achievements of the targets
 - d. Training of empires and coaches

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3. Almost _____ part of our body is made up of water.
- One forth
 - One-third
 - Three-fourth
 - Two-third
4. If BMI of a person is 28. It is considered as
- Obese
 - Normal
 - Underweight
 - Overweight
5. Which of the following is NOT part of AAHPER test?
- Pull-ups
 - 50 Yard Dash
 - Kraus Weber Test
 - Shuttle Run
6. Which of the following is NOT part of General Motor Fitness Test?
- Medicine Ball Put
 - Zig-zag Run
 - Standing Broad Jump
 - 600 Yard Run-Walk
7. Which of the following is NOT an example of isometric exercise?
- Running fast
 - Lifting heavy weight
 - Holding a static position
 - Pushing the wall

OR

When the body is working so hard that the demand for oxygen and fuel exceed the rate of supply and the muscles have to rely on the stored reserves of fuel is _____ endurance.

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

8. The common symptoms of this disorder are hyperactivity, trouble focusing on a task, very short span of attention and missing details. It is _____.

- a. ASD
- b. SPD
- c. ADHD
- d. OCD

9. Any kind of impairment or permanent reduction in the physical or mental capacity is called _____.

- a. Disease
- b. Disorder
- c. Discomfort
- d. 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. The totality of sentiments, attitudes, ideas, habits, skills and behaviours of an individual is _____.

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- a. Personality
 - b. Motivation
 - c. Self esteem
 - d. Positivity

12. Obesity and Diabetes are _____.

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

OR

Who is called the founder of Yoga in India?

- a. Sushruta
- b. Patanjali
- c. Araybhata
- d. Balmiki

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

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

OR

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

- a. Anaemia
- b. Pregnancy

-
- c. Menarche
 - d. Dysmenorrhea
14. For every action, there is equal and opposite reaction. It is _____.
- a. None of these
 - b. Newton's second law
 - c. Newton's third law
 - d. Newton's first law
15. The body will remain in its state of rest or of constant linear velocity unless it is acted upon by some external force. It is _____.
- a. Newton's first law
 - b. Newton's third law
 - c. None of these
 - d. Newton's second law
16. Bone density _____ with increasing age.
- a. Do not change
 - b. Either increase or decrease
 - c. Decreases
 - d. Increases
17. When the body is working so hard that the demand for oxygen and fuel exceed the rate of supply and the muscles have to rely on the stored reserves of fuel is _____ endurance.
- a. Aerobic
 - b. Strength
 - c. Speed
 - d. Anaerobic

OR

Which of the following is NOT part of AAHPER test?

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

18. Which of the following is NOT component of physical fitness?

- a. Agility and Flexibility
- b. Muscular Strength
- c. Eating Habits
- d. Age and Gender

19. Which of the following is NOT part of four stages of motor development in children?

- a. Later childhood
- b. Infanthood
- c. Adulthood
- d. Early childhood

20. For every action, there is equal and opposite reaction. It is _____.

- a. None of these
- b. Newton's second law
- c. Newton's third law
- d. Newton's first law

Section B

21. Write down the benefits of circuit training.

OR

Define Strength and explain the types of strength.

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22. What do you mean by axis? Discuss various types of axes.
 23. What are the personality types as formulated by Carl Jung?
 24. Your friend is under a lot of stress as he is not able to take even a single wicket in a cricket match series. Suggest ways by which you can help him to come out of stress.
 25. What are the factors affecting the motor Development of Children?
 26. A correct posture commands respect, Justify.
 27. Discuss about the treatment procedure of Amenorrhoea.

OR

What are the factors affecting motor development in children.

28. What are the advantages and disadvantages of sit and reach test for measurement of flexibility? Explain.
29. Sports are good for all age groups. Growing children, middle-aged people and older people, everyone can reap the benefits of physical fitness. The physiological benefits of sports can be felt by everyone. This is the reason why people are motivated to play sports as there are lot of physiological benefits?
 - i. Write two physiological benefits.
 - ii. What are the general disadvantages if old people do not maintain their physical fitness.

OR

Discuss any two aims of sports medicine.

30. Mention the uses of any two minerals in our diet.

Section C

31. What are the main causes of bad posture?
32. What is hypertension? Discuss the benefits and contraindications of Ardha

Chakrasana and Vajrasana.

33. Distinguish between Intramural and Extramural Programmes.

34. Explain following sports injuries briefly.

- a. Fracture
- b. Dislocation
- c. Green stick
- d. Stress fracture
- e. Concussion

OR

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Solution
Section A

1. (d) Knockout

Explanation: Knockout

2. (d) Training of empires and coaches

Explanation: Training of empires and coaches

3. (d) Two-third Explanation: Two-third

4. (d) Overweight

Explanation: Overweight

5. (c) Kraus Weber Test Explanation: Kraus Weber Test

6. (d) 600 Yard Run-Walk Explanation: 600 Yard Run-Walk

7. (a) Running fast Explanation: Running fast

OR

(d) Anaerobic Explanation: Anaerobic

8. (c) ADHD Explanation: ADHD

9. (d) Disability

Explanation: Disability

10. (c) analyse the behaviour of sportsperson. Explanation: analyse the behaviour of sportsperson.

11. (a) Personality Explanation: Personality

12. (c) Lifestyle diseases

Explanation: Lifestyle diseases

OR

(b) Patanjali Explanation: Patanjali

13. (c) Menarche

Explanation: Menarche

OR

(c) Menarche

Explanation: Menarche

14. (c) Newton's third law Explanation: Newton's third law
15. (a) Newton's first law Explanation: Newton's first law
16. (c) Decreases Explanation: Decreases
17. (d) Anaerobic Explanation: Anaerobic

OR

(c) Kraus Weber Test Explanation: Kraus Weber Test

18. (c) Eating Habits

Explanation: Eating Habits

19. (c) Adulthood

Explanation: Adulthood

20. (c) Newton's third law Explanation: Newton's third law

Section B

21. Benefits of circuit training

1. It is the best method for beginners as it develops strength and endurance. Maximum functioning of muscles can be gained in a single circuit.
2. It gives relief from any kind of tension. The trainee gains good result in a short period. It doesn't create boredom as lot variety of exercise can be included etc.
3. It is a workout routine that combines cardiovascular fitness and resistance training.
4. The initial routines were arranged in a circle, alternating between different muscle groups.
5. Circuit training plays an integral role in the offseason workouts of many professional athletes.

OR

Strength is the ability to overcome resistance or to act against resistance.

- a. Maximum Strength:- It is the ability to overcome or to act against resistance. It is the maximum force which is applied by the muscles to perform any certain

activity. For developing maximum strength intensity is high and repetitions are less.

- b. 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, intensity is sub maximum and repetitions are performed as fast as possible.
- c. Strength Endurance: It is the ability to overcome resistance or to act against resistance under conditions of fatigue.

22. An axis is a straight line around which an object rotates. Movements at the joints of human musculoskeletal system are mainly rotational and take place about a line perpendicular to the plane in which they occur. This line is known as axis of rotation. There are following types of axes of rotation:

- a. Sagittal axis: The sagittal axis passes horizontally from posterior to anterior. It is formed by the intersection of the sagittal and transverse plane. Sagittal axis passes from front to back.
- b. Frontal axis: The frontal axis passes horizontally from left to right. It is formed by the intersection of frontal and horizontal plane. Frontal axis passes from side to side.
- c. Vertical axis: The vertical axis passes vertically from inferior to superior. It passes straight through the top of the head down between feet. It is formed by the intersection of sagittal and frontal plane. It is also known as longitudinal axis. It is the longest axis.

23. The personality types on a mental basis are formulated by Carl Jung.

These are as follows:-

- 1. Introverts: – Introverts are shy, self-conscious, quiet, retiring, interested in their own thoughts and feelings, inclined to worry and easily upset.
- 2. Extroverts: - Extroverts are social, open, frank, outgoing, eager to do things, adaptable, not easily worried or embarrassed and willing to work with others.
- 3. Ambiverts: - In ambiverts, both the characteristics of introverts and extroverts are found. In every person, mostly both the characteristics are found, though one of them may be predominant. Sports play a very important role in personality development.

24. There are two ways by which I can help him to come out of stress First is by adopting the problem-focused coping strategy, in which I will ask him to find the root cause of his problems such as to check the bowling speed, pace, style, and length of delivery. Then suggest him to find out ways of improving it. For this, he can take the help of his coach. Second is by adopting the emotion-focused coping strategy.

Here I will ask him to disengage from that situation by doing some new activity or simply relaxing, watching TV, take him to movies, listen to music etc.

The best solution is to maintain the rule policy of game n be obedient to coach as he will suggest him the best way to get out from this situation. The best way is to be the part of a team and take training under a good coach as the good coach knows how to tackle these type of situations. Under the leadership of the best coach, he will maintain properly the guidelines of a team n can improve his skill perfectly More important is that he has to involve his body parts and mind because by this there comes perfection and efficiency in his work and the result will be positive.

25. The factors affecting motor development of children are:

- a. Nutrition :- Nutritious food promotes good motor development. Sensory motor development is dependent upon nutrition that the child gets to a great extent. Children get stronger and development is good if they get nutritious food.
- b. Immunization:- If mother and child both are immunized at a proper time it leads to good sensory motor development.
- c. Environment:- Encouragement, love and security help the child to take risk to explore fearlessly and to know more about environment which leads to a better sensory development .
- d. Opportunities:- Children who get more opportunities to do more activities, motor development is better in them. Opportunities to play to gain knowledge give a better chance of developing sensory motor activities.

26. For creating a good impression on other people so that you command respect, good appearance is a prerequisite, this good appearance, in term, depends on the posture of an individual. This leaves a good first impression on others. Good posture also contributes to grace and efficiency in movement, which will make other people appreciate and respect you. Confident, successful and assertive people have a good

upright: and relaxed posture. Confidence gives you power and strength. Conversely, when our posture shows a slump, we will soon experience low confidence; we will feel tired, low on energy, sad and vulnerable. This will show to others and make them lose respect in us.

27. Treatment depends upon the causes as well as health status of individual. It includes:
1. Weight: Attaining and maintaining a healthy weight often helps balance hormone level and restores menstrual cycle. Overweight and severe underweight can affect menstrual cycle.
 2. Stress: Reduce the things that are causing stress, assess the areas of stress and seek professional help.
 3. Level of physical activity: Adjust physical activity level to help restart menstrual cycle. Maintain health, do not overstrain the body.
 4. Birth control pills or other types of hormonal medication may help restart the menstrual cycle.
 5. There is 'Surgical treatment for secondary Amenorrhoea.

OR

The factors affecting motor development in children are

- i. Biological
 - ii. Environmental
 - iii. Nutrition related
 - iv. Physical activity related
 - v. Opportunity related
 - vi. Sensory impairments related
 - vii. Postural deformities related
 - viii. Obesity related
28. The most logical measure is to use the level of the feet as recording zero, so that any measure that does not reach the toes is negative and any reach past the toes is positive. A box is made with 9 inches (23 cm) at the level of the feet, so reaching 2 inches past the toes is recorded as 11 inches. A limitation of the traditional sit and reach procedure is that people with long arms and short legs would get a better result

while those with long legs and short arms are at disadvantages. The modified sit and reach test controls for this, as the zero mark is adjusted for each individual, based on their sitting reach level.

29. i. The physiological benefits are
- a. It improves the cardiovascular system
 - b. It improves the circulatory system
- ii. If old people do not maintain their physical fitness then they can become obese, unhealthy as the internal systems will not work properly. There will be more stress, greater chances of injury and less flexibility.

OR

The two main aims of sports medicine are as follows:

To provide information to athletes about injuries: It is the foremost aim of sports medicine, Generally, the sportsperson do not have complete information & knowledge about injuries which usually occur during training or competition. A coach is expected to provide such knowledge to the sportsperson.

To provide knowledge about the causes of injuries: sports medicine provides knowledge about the causes of injuries. There may be various causes of injuries such as improper conditioning, faulty techniques, improper fitness etc.

30. Use of minerals in our diet:

1. Iodine for creativity as well as the proper activity of the thyroid gland, iodine is essential. Its deficiency may stop the growth of hair. It is found in rich quantity in sea fish. Iodised salt is normally the main source of iodine in a normal diet.
2. Calcium is helpful in the formation of teeth and bones. It helps in clotting of blood. It also maintains the balance between acids and bases in our bodies. Milk, cheese, oranges, and green vegetables have a rich amount of calcium.

Section C

31. Causes of bad posture are:

- i. Injury: When bone, ligaments or muscle is injured, it weakens the support to that part. Because of the injury, faulty posture may continue for a long time.

-
- ii. Disease: Disease causes the joints to lose their strength and mobility. Diseases causes partial or complete loss of function in certain muscle groups. This upsets the body control and balance which may cause deformed posture.
 - iii. Habit: One must be conscious while sitting, standing or walking. We neglect our movements in causal position and it becomes a habit which causes poor posture. This may be wrong habit of studying, lying, sitting, etc.
 - iv. Heredity: Defects like kyphosis and other genetic defects may cause poor posture.
 - v. Malnourishment: An improper diet results in various diseases due to deficiency of Vitamins and Minerals.
 - vi. Overload: Overload may develop round shoulders and problem in spine by continuously lifting heavy load on shoulders.
 - vii. Lack of exercise: Exercise tones up spinal nerves, improves coordination and reduces mental strain, improves physical ability and efficiency. Lack of exercise leads to postural deformity.
 - viii. Obesity: Overweight puts extra stress or strain on the muscular as well as Skeletal structure of the body which may results in postural deviations.
32. Hypertension means increased blood pressure. The normal blood pressure of an adult is considered 120/80 mm Hg. A person, whose blood pressure readings are beyond 140/90 mm Hg, is said to be having hypertension.

Benefits of Ardha Chakrasana:

- a. It helps to make ankles, spine, thigh, chest, shoulders, spine and abdomen stronger.
- b. It relieves stress and tension.
- c. It improves digestion.
- d. It cures menstrual disorders.
- e. It cures pain in legs.
- f. It reduces fat in the waist and thigh.
- g. It helps to alleviate upper back pain.
- h. It relieves stress in the neck and shoulders.

Contraindications of Ardha Chakrasana:

- a. Avoid performing this asana if you have migraine, headache, low blood pressure,

diarrhea and insomnia.

- b. Avoid practicing this asana if you have peptic ulcers and hernia.
- c. Avoid this asana in case of hip or spinal problems.
- d. Pregnant women should avoid this asana.

Benefits of Vajrasana:

- a. It is helpful for concentration.
- b. It is helpful in curing dysentery, back pain and chest diseases.
- c. It enhances memory.
- d. It cures problems related to menstruation.
- e. It cures mental stress.
- f. It strengthens the pelvic muscles.
- g. It removes postural defects.
- h. It prevents hernia and gives relief from piles.

Contraindication of Vajrasana:

- a. person suffering from joint pain should not perform vajrasana.
- b. The individuals who have any spinal column problem should not perform vajrasana.
- c. The individuals who have some difficulty in movement should practice vajrasana with a lot of care.

33.

Intramural	Extramural
Intramural activities refer to activities conducted within the boundaries of the institute/school.	Extramural Sports refers to sporting activities carried outside the walls of the school/institute.
It does not involve competitions between teams representing different schools.	It involves competition between other schools, friendly matches against other school teams or practice matches.
Its main purpose is to provide opportunities for participation in sports to maximum number of	Because these are properly organized tournaments or matches, only selected students get the chance to represent their

students of a school.	school outside.
Such activities create interest in school sports activities.	These are much beneficial activities which an individual can choose as his profession.
For Example: Inter-house competitions, Inter-class competitions, Inter-section competitions, etc.	For Example: Inter-school competitions, Inter-state competitions, Open nationals, etc.

34. 1. Fracture: - Fracture is a crack or full break in a bone or bones. It can be closed or open It has symptoms of intense pain, loss of function, swelling, bruising and possible deformity.
2. Dislocation:- It is a joint injury. It is a dislocation of surfaces of bones. The joint is displaced from its original position either luxation or subluxation. Dislocation means partial or total separation of a joint. It most commonly affects ball and socket joints. Its symptoms include pain, bruising, swelling, loss of function and deformity.
3. Green Stick:- Greenstick is a fracture in a young, soft bone. The break occurs only partway through the bone. It develops crack without being completely broken. It is common in children. In green stick, the bone bends and breaks. This fracture is very difficult to detect.
4. Stress Fracture:- Stress fracture is a microfracture in bones. It occurs usually in the tibia. It leads to localized pain and tenderness. It is an overuse injury. It occurs when muscles become fatigued and are unable to absorb added shock. The fatigued muscle transfers the overload of stress to the bone causing a tiny crack called a stress fracture.
5. Concussion:- Concussion is a head injury with a temporary loss of brain function. Concussion can cause a variety of physical, cognitive and emotional symptoms in athletes. A blow anywhere on the surface of the body, causing bleeding from ruptured small capillaries below the skin while the outer skin remains unbroken. The part becomes blue-black in color. Such injury occurs in hockey, boxing, gymnastics, etc.

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