CBSE Class 12 Physical Education

Sample Paper 05 (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. Which of the following is NOT a type of tournament?
    a. Challenge Tournament
    b. Knockout
    c. Fixture
    d. League
2. What are intramural competitions?
    a. Competition within students of same institute
    b. Competition among citizens of different countries
    c. Inter-institute competitions
    d. Competition within same country

3. Vitamin makes _____ strong.

    a. Muscles
    b. Lungs
    c. Bones
    d. Heart

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

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

5. The formula to measure BMI (Body Mass Index) is

    a. Weight + Height
    b. Weight × Height
    c. Weight/Height
    d. Height/Weight

6. _____ is used to test cardiovascular fitness.

    a. AAHPER
    b. Shuttle Run Test
    c. Rockport Test
    d. Kraus Weber Test

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. 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. Which of the following is NOT a disorder?

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

10. The intention to cause mental or physical harm to a person is called _____ in sports.

a. aggression
b. support
c. attitude
d. strength

11. Identify the biological need of a person.

a. self-esteem

b. safety
c. hunger
d. attitude

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. Araybhatta
d. Balmiki

13. In this deformity, there is no arch in the foot and the foot is completely flat. It is _____.

a. Short foot
b. Plain foot
c. Normal foot
d. Flat foot

OR

Which of the following is NOT part of female athlete triad?

a. Osteoporosis
b. Amenorrhoea
c. Menarche
d. Anaemia

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. Our hamstrings are made up of _____ muscle parts on the pack of out thighs.

    a. Two
    b. Four
    c. Five
    d. Three

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

    a. Agility and Flexibility

    b. Muscular Strength

    c. Eating Habits

    d. Age and Gender

17. 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

OR

The formula to measure BMI (Body Mass Index) is

a. Weight + Height

b. Weight × Height

c. Weight/Height

d. Height/Weight

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

a. Equal to

b. Smaller than

c. None of these

d. Bigger than

19. Which of the following is NOT part of female athlete triad?

a. Osteoporosis
b. Amenorrhoea
c. Menarche
d. Anaemia

20. Our hamstrings are made up of _____ muscle parts on the pack of out thighs.

a. Two
b. Four
c. Five
d. Three

Section B

21. What do you mean by Flexibility?

OR

What do you mean by the term 'training' in sports?

22. What is axis? What are its types?

23. Explain any two techniques to manage stress.
24. What are the symptoms of anxiety in sports?
25. How Lordosis can be cured?
26. What are the factors affecting the motor Development of Children?
27. Explain any three points on advantage/importance of correct posture?

OR

Explain the developmental characteristics during infancy.

28. What is muscular strength? Write its importance.
29. Discuss the management of contusion in brief.

OR

Discuss about meal intake guidelines for pre, during and post sports event.

30. What are the uses of any two minerals in our diet?

Section C

31. Explain five strategies to make physical activities accessible for children with special needs.
32. Elaborate the benefits of asanas of Sukhasana, Tadasana, and Shalabhasana.
33. Explain different steps to be followed for organising a health run in your school.
34. A trainer can improve the respiratory system with the help of exercise. Justify this statement.

OR

Describe physiological factors determining component of physical fitness.

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Solution

Section A

1. (c) Fixture
2. (a) Competition within students of same institute
3. (c) Bones Explanation: Bones
4. (d) Two-third Explanation: Two-third
5. (c)Weight/Height
6. (c)Rockport Test
7. (a) Isokinetic Explanation: Isokinetic

OR

(d) Anaerobic Explanation: Anaerobic

8. (c) ADHD Explanation: ADHD
9. (a) Having only one leg Explanation: Having only one leg
10. (a) aggression
11. (c) hunger Explanation: hunger
12. (c)Lifestyle diseases

OR

(b) Patanjali

13. (d) Flat foot

OR

(c) Menarche

14. (d)Lubrication
15. (b) Four
16. (c)Eating Habits
17. (d) Anaerobic

OR

(c)Weight/Height

18. (d) Bigger than
19. (c) Menarche
20. (b) Four

Section B

21. It is ability of joint to move to maximum range. Flexibility of individual varies from joint to joint due to many reasons like structure of joint, attachment of ligaments and tendon of joint, surrounding muscle etc. It is of two types an Active (to do the movement without external help and Passive (to the movement with internal help) flexibility.

OR

The term 'training' is a process of preparing an individual for any event or an activity or for some task. Sports training is considered a long term training programme which aims at improving the performance of a sportsman. It is a planned process by which sportsman acquire perfection. The purpose of sports training is to get peak performance at a particular time. Sports training programmes are spread overs with preparation period, competition period and transitional period. Sports training refers to the total planned and systematic process of making a sportsperson capable of attaining highest sports performance and develop an all-round personality. The planning, implementation and control of training is the sole responsibility of the coach.

22. An axis is a straight line around which an object rotates. Movements at the joints of human muscoskeletal 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:

    1. 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.

2. 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.
3. 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 it is also known as longitudinal axis. It is the longest axis.

23. Two techniques to manage stress are:

    1. Participation in Physical Activities Physical exercises of moderate to high intensity, like aerobic exercises, are one of the “best methods to relieve stress. Physically fit persons are more resistant to the effects of stress than others.
    2. Achieve a High Level of Physical Fitness Achieving fitness is important to manage stress advantageously, while not eliminating it totally. Too little or too severe stress both lower performance in sports.

24. Symptoms
    i) Feeling restlessness
    ii) Muscular tension
    iii) Nervousness
    iv) Headache
    v) Increased BP
    vi) Confusion

25. All forward bending asanas or exercise are helpful for correcting lordosis :

    a. Paschimotanasana,
    b. Halasana,
    c. Forward bending exercises,
    d. alternative toe touching,
    e. long stride walking

26. 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.

27. Importance:-

a. One‘s personality can be judged,
b. Better balance, agility and overall physical performance.
c. helps in maintaining proper manner of standing, sitting walking of one‘s body.
d. it is a measure of one‘s alertness.
e. has better alignment, which translates into less injury.
f. recovers quicker from exercise or physical exertion, and feels more energetic

OR

The developmental characteristics are as follows some of the body movements started by the infant are:-

- The child learns new motor skills.
- For instance, the stepping reflex promotes the development of areas of the cortex that govern voluntary walking.
- Lifts one foot after another in stepping response.
- Spontaneous grasp of an adult's finger.

28. Muscular strength is the amount of force the muscle or a group of muscle can exert against resistance for short duration as in aerobic activities. It is essential for performing daily routine work easily and smoothly such as lifting weight and climbing on stairs etc. It is also essential for maintaining good posture, avoiding injuries and remaining independent especially in old age.

29. Management of contusion:

    a. Cold compression should be used immediately. Ice or cold water should not be used for more than 40 minutes persistently.
    b. The cold compression should be performed 5 to 6 times daily.
    c. If there is more swelling at the sight of contusion, the anti-inflammatory medicine should be given.
    d. If the swelling persists, consult the Doctor immediately.
    e. For the purpose of rehabilitation, flexibility exercises should be performed

OR

Pre Sports Events: The athlete should stock up on the glycogen store by eating foods rich in complex carbohydrates. Less content of fat, Protein and fibre. Food should include cereals, whole grain, Pasta, Fruits and Vegetables.
During Sports Events: Athlete should stay hydrated and prevent onset of fatigue. Fluid intake should be continued in small sips. If the duration lasts for more than an hour the athlete should take small amount of carbohydrates at regular intervals, Energy drinks can be taken to supply energy. If the duration is shorter than an hour, than the athlete should drink water frequently every ten to twenty minutes.
Post Sports Events: To store lost energy, carbohydrate rich food should be taken within an hour after the activity. Plenty of water, fruits, juices and sports drinks to replace loss fluid. Two hours after the event, Full meal that is high in carbohydrate content such as potatoes, cereals, vegetables, fruits, meat and soyabean to be taken.

30. i. **Iodine:** For creativity as well as 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. Iodized salt is normally the main source of iodine in a normal diet.
    ii. **Calcium:** it 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, oran8es and green vegetables have a rich amount of calcium.

Section C

31. Strategies to make physical activities accessible for children with special needs

    1. Medical check-up: if we want to make physical activities accessible for the

children with special needs, we need to understand the type of disabilities of children and for this purpose complete medical check-up of the children is required. Because without a complete medical check-up, the teachers of physical education cannot come to know about the type of disability child is facing.

2. Activities based on interests: Physical activities must be based on interest, aptitudes, abilities, previous experience and limitations of children with special needs. The teachers of physical education should have deep knowledge of limitations, interest, and attitudes of children.
3. Different instructional strategies: A variety of different instructional strategies such as verbal, visual and peer teaching should be used for performing various types of physical activities. By this children get the opportunity to learn by their own and become independent.
4. Modification of rules: Rules can be modified according to the needs of the children. They can be provided with extra time or attempt to perform physical activity.
5. Specific environment: For special needs children the area should be limited. In the case of children who have autism, they must be provided in a specific area because they may need some time to relax.

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. Steps to be followed for organising hearth run in your school:

    - Committee will be made
    - Registration
    - Date/Time
    - No age group
    - Distance to be mentioned
    - Refreshment to all participants.

    The main aim to organize health run for school children is to create awareness and develop healthy citizens of India.

    i. Circular will be displayed on students notice board.
    ii. Registration will be done for the participates.
    iii. Date and time is fixed and informed to all registered.
    iv. On the day of health run, Chief Guest can be invited.

v. Distance to be covered for health run is 5-10 km. participants may jog/run and walk.
vi. After finishing of health run, refreshment must be distributed to all associated with programme of health run.
vii. Proper dispersal of students.

34. The respiration system consists of organs responsible for taking m oxygen for respiration and releasing carbon dioxide and water vapor, which are the waste products formed during respiration. The passages in the nose, windpipe (trachea), bronchi, lungs, and air sacs are the main organs of the respiratory system.
A trainer can improve the respiratory system with the help of exercise by

1. Increasing the Lung Volume and Capacity Vital capacity which is the maximal volume of air forcefully expired after a maximal inspiration, in a normal untrained person may be 3500 cc, but ma trained athlete this goes up to 5500 ccs.
2. The decrease in the rate of respiration: When a beginner starts exercising his rate of respiration increases. But when the same individual performs exercise daily, his rate of respiration decreases in comparison to the beginner at rest.
3. Maximizing the Minute Ventilation Maximum minute ventilation in an untrained individual is about 100 L/mm, whereas in trained athletes it Increases to more than 150-160 L/min.
4. Increase in Tidal air capacity: by doing regular exercise it has been noted that there is an increase in the amount of tidal air capacity of an individual.
5. Increasing the Ventilatory Efficiency Normally, 15 L of air is required to get 1L of oxygen but a trained individual gets the same amount of oxygen, i.e. one litre from less air i.e. 12L
6. Increasing the Pulmonary Diffusion During maximal level of exercise, more Alveoli become active for diffusion. The size of the alveoli is also increased. which provides more space for diffusion of gases such as oxygen (O_2) and carbon dioxide (CO_2).
7. Strong will power: regular exercise increases the will power of an individual. As Pranayama, the specific exercise for lungs increases the will power of the doer.
8. Unused alveolus becomes active: Regular exercise activates the unused alveolus because much amount of oxygen is required in vigorous activities of daily routine.

The passive alveolus become active.

9. Increase in vital air capacity: The capacity of vital air capacity varies from 3500cc to 4500cc in a normal adult. Due to regular exercise, its capacity increases up to 5500cc.

OR

Physiological factors determining components of physical fitness are:

i. Muscular strength: This is the maximum force or tension a muscle or a muscle group can exert against a resistance. Physiologically the muscle will increase in strength only if it has to increase its workload beyond what is ordinarily required of it.
ii. Power: This is the ability of the body to release maximum muscle contraction in the shortest possible time.
iii. Speed: This is the rapidity with which one can repeat successive movements in the same pattern.
iv. Muscular endurance This is the ability of a muscle or muscle group to perform repeated contractions against a resistance load or to sustain contraction for an extended period time with less discomfort and more rapid recovery.
v. Agility: This is the ability of a person to change direction or body position as quickly as possible and regain body control to proceed with another movement.
vi. Flexibility: This is a quality of the muscles, ligaments and tendons that enables the joints of the body to move easily through a complete range of movements.

"Most people say that as you get old, you have to give up things. I think you get old because you give up things. "Give your opinion what you think about this with the help of physiological changes due to ageing, the saying is correct because, by giving up your usual activities, you speed up the ageing process. In fact, the ageing process can be slowed down by continuing your usual activities, Regular exercise keeps the human body livelier, fitter and in better condition, thus delaying the ageing processes like Loss of elasticity from the lungs and chest wall, reduction in muscle strength and hypertrophy, increase in the fat content of the body, reducing flexibility.