SAMPLE QUESTION PAPER - 2
SUBJECT- PHYSICAL EDUCATION (048)
CLASS XII (2023-24)

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 19-23 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 24-28 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 29-31 carrying 4 marks each and are case studies. There is internal choice available.
6. Section E consists of Question 32-34 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) Tadasana
b) Matsayasana
c) Pavanmuktasana
d) Katichakrasana

2. In _____ winner/merit will be decided on the basis of points awarded to the teams. **[1]**

a) Combination
b) Staircase
c) Knock out
d) League

3. Oxalates are presents in **[1]**

a) nuts
b) green leafy vegetables
c) spices
d) bajra

Get More Learning Materials Here : CLICK HERE www.studentbro.in

4. Stadiometer is required for which Test in Khelo India Fitness Assessment Programme? **[1]**

a) Balance
b) Height
c) Flexibility
d) Weight

5. **Assertion (A):** Lordosis is treatable by doing the Bhujangasana and Tadasana. **[1]**
Reason (R): These asanas strengthen the muscles and help in maintaining the balance of the body.

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.

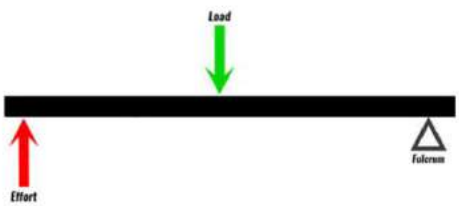
6. _____ is unplanned, reactionary, impulsive, and fuelled by intense emotion as opposed to desire to achieve a goal. **[1]**

a) Hostile aggression
b) Instrumental aggression
c) Proactive
d) Reactive

7. Perform chakrasana for _____. **[1]**

a) Scoliosis
b) Knock-Knees
c) Bow legs
d) Round shoulders

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



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

Get More Learning Materials Here : CLICK HERE www.studentbro.in

(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 a knockout tournament there is a possibility that strong teams will meet in the first round and any one of them will be eliminated. **[1]**
Reason (R): All the things are in organizers' hands they can put the teams at any place in the fixture.

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. Which of the following body type is good for weight lifting activity? **[1]**

a) Mesomorph
b) Introvert
c) Ectomorph
d) Endomorph

12. _____ aggression is harmful behavior engaged in without provocation to obtain an outcome or coerce others. **[1]**

a) Hostile aggression
b) Proactive aggression
c) Instrumental aggression
d) Reactive aggression

13. Which one of the following is not example of macro mineral? **[1]**

a) Iodine
b) Copper
c) Calcium
d) Cobalt

14. Sources of Proteins include: **[1]**

a) Cucumber
b) Spinach
c) Fish
d) Potato

15. In which method, no bye is given? **[1]**

a) Staircase
b) Round Robin
c) League
d) Combination

Get More Learning Materials Here : CLICK HERE www.studentbro.in

16. _____ plays an important role to make the event run smoothly, effectively and remain free from conflict. **[1]**

a) Controlling
b) Directing
c) Staffing
d) Planning

17. Arm Curl Test measures **[1]**

a) head strength
b) upper body strength
c) lower body strength
d) limb strength

18. _____ are chemical compounds produced by plants, generally to help them thrive or thwart competitors, predators, or pathogens. **[1]**

a) Artificial Sweeteners
b) Flavonoids
c) Phyton
d) Phytochemicals

Section B

Attempt any 5 questions

19. Name any three senior citizen fitness test of Rikli and Jones. **[2]**

20. What is anorexia nervosa? **[2]**

21. Enlist the names of equipments required for the administration of BMI test. **[2]**

22. What is sprain? **[2]**

23. What are the advantages of Harvard step test? **[2]**

Section C

Attempt any 5 questions

24. **Read the following paragraph and give the answer** **[3]**

Ram was playing cricket with his friends in the summer of June. Time was around 1000 am, suddenly his teammate Rohan fall down and was unconscious His body was very hot, skin was hot red and dry and having rapid pulse rate These were the signs of heat stroke. Ram told Pradeepto call ambulance and carried Rohan near cooler to reduce heat, removed his clothing and also tried to bring down his temperature with cold sponge Pradeep tried to give him water but Ram immediately stopped him. After some time ambulance came and took Rohan to hospital. All friends were looking at Ram proudly because his awareness savedRohan's life.

Get More Learning Materials Here : CLICK HERE www.studentbro.in

i. What happened to Rohan when he was playing cricket?

ii. How did Pradeep come to know that it was heat stroke?

iii. What was the first step Ram took?

iv. What first aid Ram gave to Rohan?

v. What values were shown by Ram?

25. Write down the procedure of fixing byes. **[3]**

26. Elaborate the angle of projection and its importance in sports? **[3]**

27. List down three types of Continuous training method. **[3]**

28. Briefly explain the effects of exercise on respiratory system. **[3]**

Section D

29. **Read the text carefully and answer the questions:** **[4]**

Below given is the Details of Different types of vitamins required for our body.

(i) The vitamins, minerals, and water are collectively called _____ food

(ii) Which is known as body-building food?

(iii) _____ Vitamin is a group of 8 water-soluble vitamins which are important for cellular metabolism.

(iv) What are fat-soluble vitamins? write their names.

OR

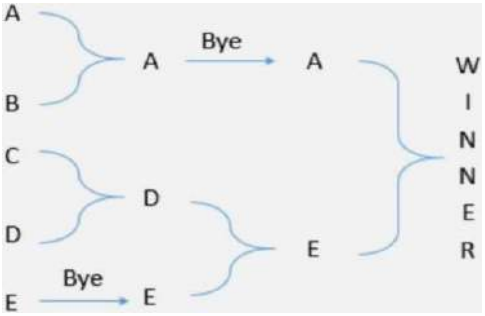
Vitamin makes _____ strong.

30. **Read the text carefully and answer the questions:** **[4]**

Competing in physical activities has been the natural tendency of humans. The competitions or tournaments are held according to the set rules and regulations.

Get More Learning Materials Here : CLICK HERE www.studentbro.in

The success of the tournament depends upon suitable fixture.



(i) The method followed in drawing the fixture is _____ .

(ii) The number of matches played can be calculated by the formula _____ .

(iii) What is the advantage of this tournament?

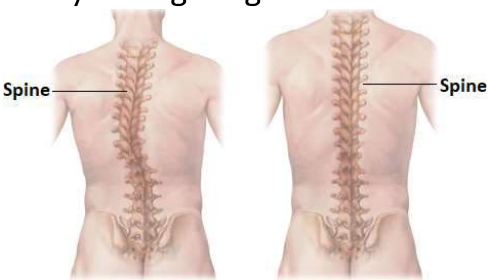
(iv) What is the term used if privilege is given to a team to play at a higher round?

OR

Total number of rounds will be _____.

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

Study the figure given below:



(i) The term used to define this deformity is _____ .

(ii) The asana/s which helps in rectifying such condition/s/is/are _____.

(iii) This deformity is also known by which name?

(iv) Scoliosis is associated with which of the following parts of the body?

Section E

Attempt any 3 questions

32. Elaborate the benefits of asanas of Sukhasana, Tadasana, and Shalabhasana. **[5]**

33. Disuss about **Deaflympics** in detail. **[5]**

34. What do you understand by Coordinative ability? Discuss about different types of coordinative abilities. **[5]**

Get More Learning Materials Here : CLICK HERE www.studentbro.in

Answers

Section A

1. **(b)** Matsayasana
   Explanation: Matsayasana
2. **(d)** League
   Explanation: In League or Round Robin Tournament winner/merit will be decided on the basis of points awarded to the teams.
3. **(b)** green leafy vegetables
   Explanation: Oxalates are presents in green leafy vegetables
4. **(b)** Height
   Explanation: Height
5. **(d)** A is false but R is true.
   Explanation: A is false but R is true.
6. **(a)** Hostile aggression
   Explanation: Hostile aggression is unplanned, reactionary, impulsive, and fuelled by intense emotion as opposed to desire to achieve a goal.
7. **(d)** Round shoulders
   Explanation: Round shoulders
8. **(d)** Second-class lever system
   Explanation: Second-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: Both A and R are true but R is not the correct explanation of A.
11. **(d)** Endomorph
    Explanation: Endomorphs are naturally suitable for activities like weightlifting as they have a lot of strength.
12. **(c)** Instrumental aggression

Get More Learning Materials Here : CLICK HERE www.studentbro.in

Explanation: Instrumental aggression is harmful behavior engaged in without provocation to obtain an outcome or coerce others.

13. **(c)** Calcium
Explanation: Calcium

14. **(c)** Fish
Explanation: Fish is a prominent source of protein.

15. **(a)** Staircase
Explanation: In Staircase method, each team competes with every other team playing the tournament once. So, no team is given a chance to move to the next round without playing the initial round.

16. **(d)** Planning
Explanation: Planning plays an important role to make the event run smoothly, effectively and remain free from conflict.

17. **(b)** upper body strength
Explanation: Arm Curl Test for Upper Body Strength measures the upper body strength and endurance.

18. **(d)** Phytochemicals
Explanation: Phytochemicals are chemical compounds produced by plants, generally to help them thrive or thwart competitors, predators, or pathogens.

Section B

19. The 3 test are :
    a. Chair stand test
    b. Arm curl test.
    c. Chair sit and reach test.
20. In this eating disorder the female athlete only think about food, dieting, and body weight all the time. They have distorted body structure. Other individuals usually feel them that are becoming thin but they do not believe this. In front of the mirror they see themselves obese.
21. Equipment required in BMI test are:
    i. Flat-clean surface
    ii. Weighing machine
    iii. Stadiometer/Measuring Tape pasted on a wall
22. Sprain is a ligament injury generally occurs due to overstretching of ligaments
23. The advantages are:
    a. Minimum equipments are required for conducting this test.
    b. It requires minimal cost.

Get More Learning Materials Here : CLICK HERE www.studentbro.in

c. It is simple to set up and conduct.

Section C

24. i. He fell down and was unconscious.
    ii. Pradeep came to know that It was heat stroke because body of Rohan was very hot, skin was hot red and dry and pulse rate was also rapid which are the signs of heat stroke.
    iii. Ram told Pradeep to call ambulance and earned Rohan near cooler to reduce heat.
    iv. Ram removed his clothing and also tried to bring down his temperature with cold sponge.
    v. Values shown by Ram were helpful, awareness and intelligence.
25. The procedure of giving byes is as follows:
    - The first bye is given to last team of lower half.
    - The second bye is given to first team of upper half.
    - The third bye is given to first team of lower half
    - The fourth bye if given to last team of upper half.
    - The next bye or byes will be given in the same order as described above.
26. The angle of release changes the relationship between the horizontal and vertical components of a projectile. The ideal angle of release is 45 degrees, assuming there is no air resistance and the take-off and landing points are at the same height. Example, for the shot put, the optimum release angle is 40- 42 degrees, and for the hammer throw it is 43-44 degrees.
27. Continuous training method is a type of physical training that involves activity without rest intervals It is divided into three parts
    a. Slow continuous running- intensity will be low and heart beat 60%-80% of HR max.
    b. Fast continuous training- Intensity will be high and heart beat 85%-95%- of HR max, duration will be 15- 20 minutes,
    c. 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
28. Regular exercises have following effects on the respiratory system:
    i. **Unused alveolus become active:** Regular exercise activates the unused alveolus, because much amount of O_2 is required in vigorous and prolonged exercise of daily routine. The passive alveolus becomes active.

Get More Learning Materials Here : CLICK HERE www.studentbro.in

ii. **Increase in residual air volume:** Residual air is the amount of air, which is left in the lungs after exhalation. If an individual performs regular exercise, his residual air capacity increases in comparison to an individual who does not perform regular exercise.

iii. **Increase in size of Lungs and Chest:** When a person performs exercise regularly, he requires more amount of O_2. He inhales more amount of air during exercise.

Consequently, his lungs and chest are exercised. After some time, the size of his lungs and chest increases.

iv. **Increase in Endurance:** An activity can be done for a longer period without taking any rest. Those who do not perform exercise, have less endurance. They cannot continue exercise for longer duration. Hence, it can be concluded that exercise increases the endurance of an individual.

v. **Strong Willpower:** Regular exercises increase willpower of an individual. Just as Pranayama, the specific exercise for lungs, increases the willpower of the doer.

Section D

29. **Read the text carefully and answer the questions:**

Below given is the Details of Different types of vitamins required for our body.

(i) Defensive

(ii) Proteins are known as body-building food as they help in building muscles and the whole body.

(iii) B Complex

Vitamin B Complex is actually a group of 8 water soluble vitamins which are very important for cellular metabolism.

Therefore, Vitamin B Complex is also known as compound vitamin.

Get More Learning Materials Here : CLICK HERE www.studentbro.in

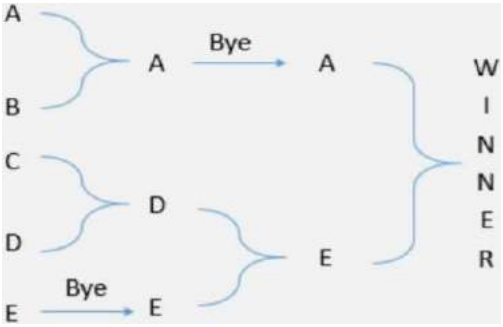
(iv) Vitamins A, D, E, and K are called fat-soluble vitamins because they are absorbed in the intestine in the presence of fat. The rest of the vitamins are water-soluble vitamins.

OR

Vitamins make our bones strong and healthy.

30. **Read the text carefully and answer the questions:**

Competing in physical activities has been the natural tendency of humans. The competitions or tournaments are held according to the set rules and regulations. The success of the tournament depends upon suitable fixture.



(i) knockout

In knockout tournaments, the team which loses the match gets automatically eliminated from the tournament. In the given question, B and D are eliminated from the tournament.

(ii) N - 1

The number of matches played in a knockout tournament can be calculated by the formula N - 1, where N is the number of teams. In the question total number of matches played is 5 - 1 = 4.

(iii) Knock out tournament takes less time and is economical as the teams loosing the match gets eliminated and cannot go into the next round. So less number of matches are played overall in the tournament.

(iv) Bye is a privilege given to a team so that it can skip the initial rounds and play at a higher round. It is done so that good teams do not meet at the initial rounds.

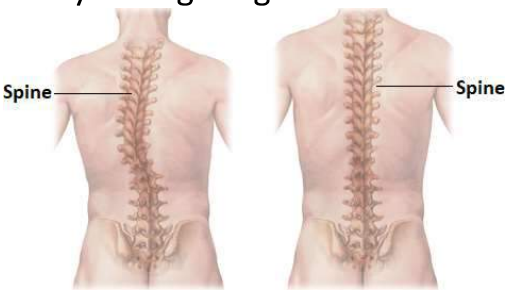
OR

Total numbers of rounds will be 5. If the number of teams is not a power of 2, then number of rounds will be equal to the multiple of next power of two.

31. **Read the text carefully and answer the questions:**

Get More Learning Materials Here : CLICK HERE www.studentbro.in

Study the figure given below:



(i) The term used to this deformity is scoliosis.
(ii) The asana which helps in rectifying such condition is trikonasana.
(iii) This deformity is also known as 'C curve'.
(iv) This deformity is associated with spine.

Section E

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.

Get More Learning Materials Here : CLICK HERE www.studentbro.in

6. It also helps reduce stress and tension.

33. Deaflympics are the world's second oldest multiple sports after Olympics.
The Deaflym pics is an International Olympic Committee sanctioned event at which deaf athletes compete at an international level. The Deaflympics games are held after every four years.
The first Deaflympics Games were held in Paris in 1924.
In that deaflympics, only 148 deaf athletes from nine European countries participated.
From 1924-1965, these games were officially known as the 'International Games for the Deaf '. From 1966-1999, they were called 'World Games for the Deaf '. Since,2001, these games are known as 'Deaflympics'.
In Deaflympics the starter's gun bullhorn commands or refree's whistles are not used, rather flags or any visual signals are used to alert participants.
The motto of Deaflympics is 'Equality through sports'.
The four colours of the logo i.e. red, green, yellow and blue, represent the four regional confederations of the International Committee of Sports for the Deaf viz.
Europe, Asia Pacific, Pan-America and Africa. The circle in the middle represents an eye as deaf people are very visual. The athletes, to compete in Deaflympics, must have a hearing loss of minimum 55 decible in their better ear.
So, it can be said the Deaflympics provide ample opportunities to persons with hearing disability to participates in sports competitions.

34. Coordinative abilities are those abilities which enable an individual to do various related activities accurately and efficiently. Coordinative abilities mainly depend on the central Nervous System.
Types:
i. Orientation ability
ii. Coupling ability
iii. Reaction ability:
    a. simple reaction ability
    b. Complex reaction Ability
iv. Balance Ability

Get More Learning Materials Here : CLICK HERE www.studentbro.in