

MODEL SAMPLE PAPER

PHYSICAL EDUCATION (048) CLASS 12 SESSION 2021-22

TERM 1

TIME 1 HOUR 30 MINUTES

MM 35

General Instructions

1. There are three sections in the Question paper namely Section A, Section B and Section C.
2. Section A consists of 24 questions amongst which 20 questions have to be attempted.
3. Section B consists of 24 questions amongst which 20 questions have to be attempted.
4. Section C consists of 12 questions amongst which 10 questions have to be attempted.

SECTION A (KNOWLEDGE AND UNDERSTANDING)

1. What is the other name for Vitamin B₆?
(a) Niacin (b) Thiamin (c) Pyridoxine (d) Riboflavin
2. What is the formula to determine the number of matches in a single league tournament in which N is the number of participants?
(a) $\frac{N+1}{2}$ (b) $\frac{N-1}{2}$ (c) $\frac{N(N-1)}{2}$ (d) $\frac{N(N+1)}{2}$
3. In Barrow Three Item Test for motor ability, which test is used to measure the power of legs?
(a) Medicine Ball (b) Standing Broad Jump
(c) Zigzag Run (d) Rockport Test
4. Which action is shown in the illustration given alongside?
(a) Flexion (b) Extension
(c) Adduction (d) Abduction
5. For every action there is an equal and opposite reaction. Which law of motion is this?
(a) Law of inertia (b) Law of counterforce
(c) Law of acceleration (d) Law of friction



6. Which of the following is not a type of tournament?
(a) Knockout (b) Round Robin (c) League (d) Mixtures
7. Which of the following is not a non-nutritive component of diet?
(a) Fibre and roughage (b) Water
(c) Flavour and colour compounds (d) Iodine
8. What does deficiency of Vitamin K cause?
(a) Gum bleeding (b) Scurvy (c) Cancer (d) Paralysis
9. Which of the following is not an objective of intramural?
(a) Establishing physical education
(b) Accommodating greater number of participants
(c) Increasing harmony and unity
(d) Introducing new games
10. Which of the following exercise/asana is practiced to correct flat foot?
(a) Garudasana (b) Skipping (c) Tadasana (d) Trikonasana
11. Which of the following Senior Fitness test requires just a measuring tape and a stopwatch?
(a) Eight foot up and go test (b) Chair sit and reach test
(c) Back stretch test (d) Six minute walk test
12. What is Fullerton Functional Fitness Test meant for checking?
(a) Lower and upper body strength (b) Agility
(c) Aerobic endurance (d) All of these
13. Which of the following are counted amongst the commonly known postural deformities?
(a) Spinal curvature (b) Flat foot (c) Bow legs (d) All of these
14. Which of the following factor does not affect motor development?
(a) Environmental factors (b) Opportunities
(c) Spinal curvature (d) Sensory impairments
15. Which of the planes pass through the human body?
(a) Saggital (b) Coronal/frontal
(c) Transverse or horizontal (d) All of these
16. Who developed the Harvard Step Test?
(a) Dr Harold M Barrow
(b) Lucien Brouha, C W Health and A Graybiel
(c) Dr Harvard Fatigue
(d) Kline, Porcari and Hintermeister

17. Which of the following are salient aspects of a tournament?
- (a) Nurturing social skills
 - (b) Means of recreation
 - (c) Promoting national and international integration
 - (d) All of the above
18. Malnutrition, illness, ageing, deficiency of pure air, etc. can cause _____.
- (a) lordosis
 - (b) kyphosis
 - (c) scoliosis
 - (d) none of these
19. Which of the following is not a type of vitamin?
- (a) Fat-soluble vitamins
 - (b) Water-soluble vitamins
 - (c) Ascorbic acid
 - (d) None of these
20. Which of the following outlines the importance of biomechanics in sports?
- (a) Improvement of training
 - (b) Understanding the human body
 - (c) Development of new methods
 - (d) All of these
21. What is the daily value for magnesium?
- (a) 1 g
 - (b) 3.5 g
 - (c) 0.4 g
 - (d) 2.3 g
22. Which of the following is not a disadvantage of Round Robin tournaments?
- (a) Huge amount of time involved in determining the winner
 - (b) Weak players continue to play till their quota is exhausted
 - (c) There is no such thing as getting lucky in round robins
 - (d) Repeated losers get disheartened instead of getting encouraged
23. Which of the following exercise is used to correct scoliosis?
- (a) Roller foam exercise
 - (b) Stability ball exercise
 - (c) Table pose
 - (d) All of these
24. Which of the following movement decreases the angle between two body parts?
- (a) Flexion
 - (b) Extension
 - (c) Abduction
 - (d) Adduction

SECTION B (APPLICATION + HOTS)

25. Look at the given picture.



Which component is measured by this test?

- (a) Endurance (b) Speed
(c) Flexibility (d) Muscular strength

26. Name the type of deformity shown in the figure given alongside.

- (a) Lordosis (b) Kyphosis
(c) Scoliosis (d) Bow legs



27. In Medicine Ball Put Test, what is the recommended weight of ball for girls?

- (a) 1 kg (b) 2 kg
(c) 3 kg (d) 4 kg



28. How many matches will be played if there are 21 teams for the knockout fixture?

- (a) 12 (b) 15
(c) 20 (d) 21



29. How many byes will be given if there are 19 teams in the league tournament?

- (a) 8 (b) 11
(c) 13 (d) 15



30. Padmasana is suggested for curing which of the following deformities?

- (a) Kyphosis (b) Knock knee (c) Lordosis (d) Flat foot

31. Match the following:

Match list – I with list – II and select the correct answer from the code given below:

List I – Macronutrient

List II – Source

- (a) Carbohydrates
(b) Proteins
(c) Fats
(d) Water

- (1) Cucumber
(2) Cotton seed
(3) Soyabean
(4) Colocasia

Select the correct set of options:

	Code			
	(i)	(ii)	(iii)	(iv)
(a)	3	2	1	4
(b)	4	4	2	3
(c)	2	1	3	2
(d)	1	3	4	1

32. Match the following:

Match list – I with list – II and select the correct answer from the code given below:

List I – Test

List II – Developer

(a) Motor Fitness Test

(1) Rikli and Jones

(b) Barrow Three Item Test

(2) Lucien Brouha

(c) Harvard Step Test

(3) Dr Herald M

(d) Senior Citizen Fitness Test

(4) AAPHERD

Select the correct set of options:

Code				
	(i)	(ii)	(iii)	(iv)
(a)	3	2	1	4
(b)	4	4	3	3
(c)	2	1	4	2
(d)	1	3	2	1

33. Match the following:

Match list – I with list – II and select the correct answer from the code given below:

List I – Postural Deformities

List II – Causes

(a) Scoliosis

(1) Long distance running

(b) Lordosis

(2) Lack of phosphorus

(c) Flat foot

(3) Obesity

(d) Knock knee

(4) Uncomfortable shoes

Select the correct set of options:

Code				
	(i)	(ii)	(iii)	(iv)
(a)	3	2	1	4
(b)	4	4	3	3
(c)	2	1	4	2
(d)	1	3	2	1

34. Match the following:

Match list – I with list – II and select the correct answer from the code given below:

List I – Motion

List II – Gross Movements

(a) Flexion

(1) Throwing

(b) Abduction

(2) Star jump

(c) Internal Rotation

(3) Walking

(d) Horizontal flexion

(4) Baseball swing

Select the correct set of options:

Code				
	(i)	(ii)	(iii)	(iv)
(a)	3	2	1	3
(b)	4	1	3	2
(c)	2	3	4	1
(d)	1	4	2	4

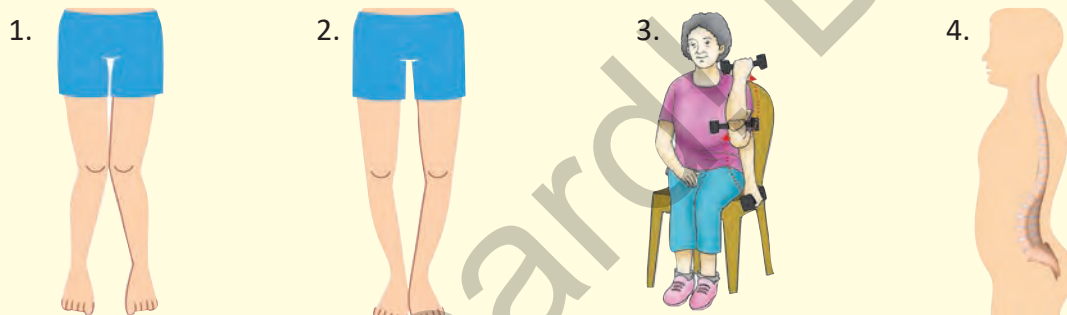
35. Which of the following is not a micromineral?

- (a) Iodine (b) Copper (c) Phosphorus (d) Chromium

36. How many rounds will be played if the number of teams are 6 on a league basis to the cyclic method?

- (a) 3 (b) 4 (c) 5 (d) 6

37. Identify the odd one.



- (a) 4 (b) 3 (c) 2 (d) 1

38. **Assertion (A):** Even what is considered nutritious, such as carbohydrates, should be consumed in appropriate amounts.

Reason (R): A balanced diet, therefore, has a standard structure.

- (a) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
 (b) Both (A) and (R) are true and (R) is the correct explanation of (A).
 (c) (A) is true, but (R) is false.
 (d) (A) is false, but (R) is true.

39. **Assertion (A):** The children in their middle childhood run faster, are able to jump higher, throw farther and their balancing and coordination becomes perfect.

Reason (R): In this age group, the urge for competition among children in their own age group declines due to growing pain in their limbs.

- (a) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
 (b) Both (A) and (R) are true and (R) is the correct explanation of (A).
 (c) (A) is true, but (R) is false.
 (d) (A) is false, but (R) is true.

40. Identify the movement.



- (a) Rotation (b) Adduction (c) Flexion (d) Extension

41. How many tests are there in Senior Fitness Test?

- (a) Five (b) Seven (c) Six (d) Three

42. Match the following:

Match list – I with list – II and select the correct answer from the code given below:

List I – Category

List II – Name

- | | |
|-------------------------------|--------------------------|
| (a) Tournament | (1) Health Run |
| (b) Fixture Procedure | (2) Talent Scouting |
| (c) Intramural Objective | (3) Knockout |
| (d) Specific Sports Programme | (4) Staircase and Cyclic |

Select the correct set of options:

Code				
	(i)	(ii)	(iii)	(iv)
(a)	3	2	1	4
(b)	4	4	2	3
(c)	2	1	3	2
(d)	1	3	4	1

43. Match the following:

Match vitamins with the diseases caused due to their deficiency given below.

- | | |
|---------------|---------------------|
| (a) Vitamin A | (1) Rickets |
| (b) Vitamin B | (2) Night blindness |
| (c) Vitamin C | (3) Beri Beri |
| (d) Vitamin D | (4) Scurvy |

Select the correct set of options:

Code				
	(i)	(ii)	(iii)	(iv)
(a)	1	2	3	4
(b)	4	3	2	1
(c)	3	4	1	2
(d)	2	1	4	3

44. Formula $F = m \times a$ is related to which law of motion?

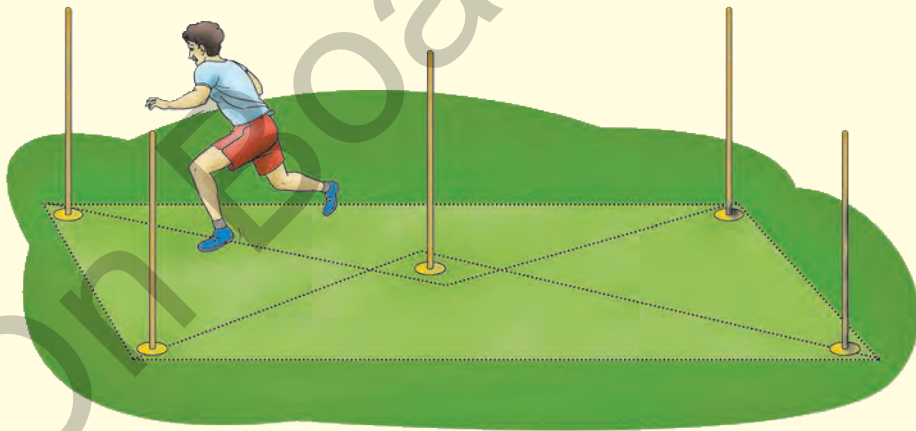
- (a) First law of motion
- (b) Second law of motion
- (c) Third law of motion
- (d) First and third law of motion

45. **Assertion (A):** In sports, biomechanics has a crucial role both in injury prevention and enhancement of performance.

Reason (R): The laws of mechanics are applied to understand the activities and techniques of the players and the implications that mechanics have for human movements using quantitative data for its analysis, obtained through mathematical modelling, measurement, computer simulation, etc.

- (a) (A) and (R) are true, but (R) is not the correct explanation of (A).
 - (b) Both (A) and (R) are true and (R) is the correct explanation of (A).
 - (c) (A) is true, but (R) is false.
 - (d) (A) is false, but (R) is true.
46. What is the process of arranging expected activities so that a certain goal or target can be achieved called?
- (a) Processing
 - (b) Planning
 - (c) Preparation
 - (d) Performing

47. Identify the test for which this pattern is followed.



- (a) 600 m Run/Walk
 - (b) Zigzag Run
 - (c) Shuttle Run
 - (d) Standing Broad Jump
48. Calculate the BMI of a boy and identify the category if his weight is 84 kg and height is 178 cm.
- (a) Underweight
 - (b) Normal weight
 - (c) Overweight
 - (d) Obesity class I

SECTION C (CASE STUDIES)

49. The Body Mass Index or the BMI of a male was found to be 30.1.

On the basis of the case given, answer the following question:

What does the person need to do in order to achieve the ideal weight?

- (a) Have a normal and wise attitude towards food selection and portion.
- (b) Have only cooked carrots.
- (c) Only opt for fat-free products and avoid potato.
- (d) Reduce the calorie intake to nil.

50. Harvard Step Test was conducted on 5 individuals and the data collected indicated that 3 people fell in the below average category.

On the basis of the case given, answer the following question:

What is the advantage of this test?

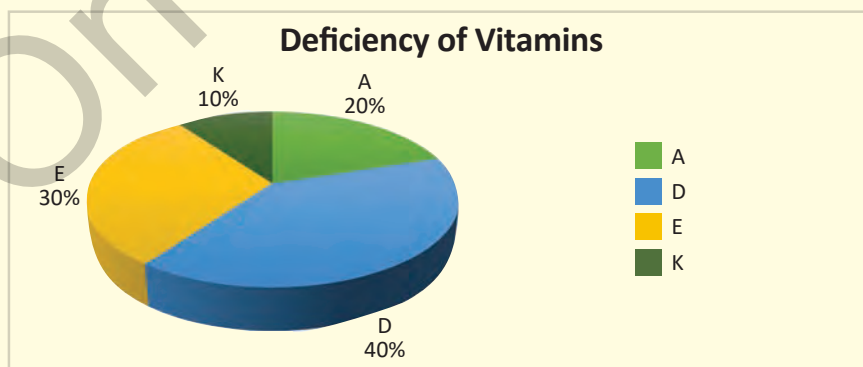
- (a) Simplicity
- (b) Complexity
- (c) Ample rest
- (d) Several equipment requirement

51. In the game of cricket, the batsman tries to change the direction of ball using different techniques. Look at the given picture and find out the law of motion applicable to it.

- (a) Newton's First Law of Motion
- (b) Newton's Second Law of Motion
- (c) Newton's Third Law of Motion
- (d) Action – Reaction



52. Given below is the data which depicts the percentage of school students suffering from the deficiency of various vitamins:



What is common about the vitamins given above in the pie-chart?

- (a) They are all water soluble.
- (b) They are all fat soluble.
- (c) They are all fat insoluble.
- (d) They all affect the immune system.

53. A fixture has to be prepared for a knockout tournament between 15 teams.
On the basis of the case given, answer the following question:
How many teams will the lower half have?

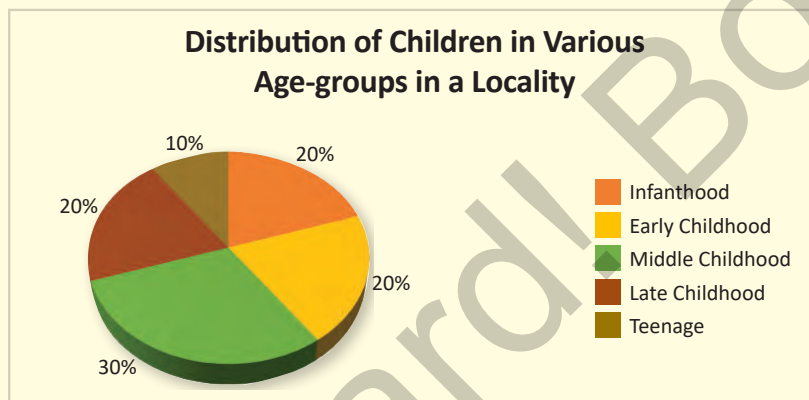
- (a) 8 (b) 10 (c) 7 (d) 12

54. Tarun is diagnosed with postural deformity of the spine. Excessive inward curvature of spine was found resulting in a forward curve in the lumbar region. It happened due to spondylosis.

What kind of postural deformity doctors found in Tarun?

- (a) Scoliosis (b) Kyphosis (c) Lordosis (d) Flat foot

55. Given below is the chart which depicts the distribution of children in various age-groups in a locality:

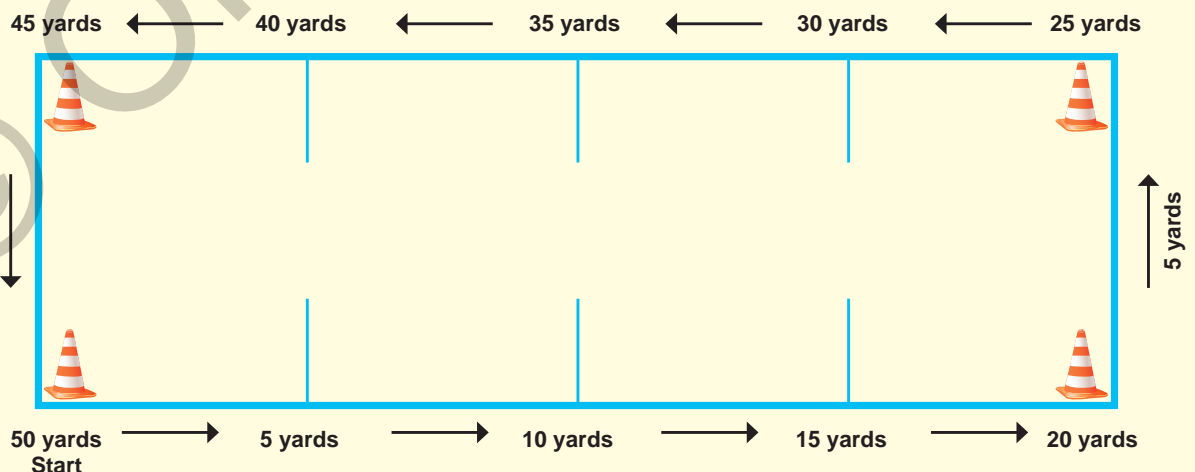


On the basis of the pie-chart given above, answer the following question:

The locality has a jungle gym. Which age-group(s) do you think it would benefit?

- (a) Early and middle childhood (b) Infanthood and teenage
(c) Late childhood and infanthood (d) None of these

56. The Six Minute Walk Test measures the distance an individual is able to walk over a total of six minutes on a hard and flat surface. The goal of Six Minute Walk Test is for the individual to walk as far as possible in six minutes. The individual is allowed to walk on a rectangular path of 50 yards as shown in the diagram.



What is determined through this test?

- (a) Aerobic endurance (b) Muscular strength
(c) Flexibility (d) All of these

57. Every sports person does at least one of the four types of body movements at a time when she/he engages in a game.

On the basis of the situation given, answer the following question:

When the sports person squats, which of the following movement will she/he be performing?

- (a) Internal rotation (b) Extension (c) Side flexion (d) Adduction

58. Rakesh has a certain type of postural deformity. His doctor suggested him to do marble or pebble picking exercise using toes. He started the same as shown in the figure.



In which postural deformity marble picking exercise is helpful?

- (a) Lordosis (b) Knock Knee (c) Flat foot (d) Bow legs

59. Swimming is one of the oldest physical activities known to humankind and has been a competitive sport for millennia. In swimming, an individual uses her/his legs and arms to propel her/his body forward in water.

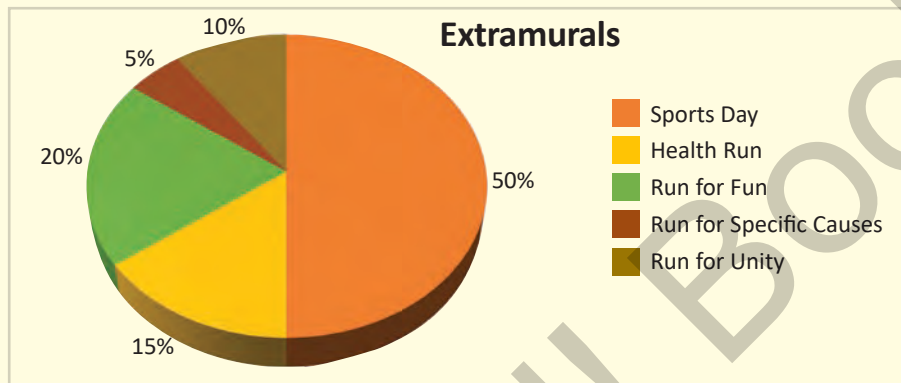


Which of the following law is pivotal in understanding the biomechanics involved in sports like swimming?

- (a) Newton's First Law of Motion (b) Newton's Second Law of Motion
(c) Newton's Third Law of Motion (d) Action – Reaction

60. Given below is the data which depicts the percentage of population participating in different extramurals:

On the basis of the pie-chart given above, answer the following question:



Which of the following extramural sports programme is organised at school level to perfect the physical and motor skills of the students?

- (a) Sports Day (b) Run for Fun (c) Run for Unity (d) Health Run

ANSWERS

SECTION A

- | | | | | | |
|---------|---------|---------|---------|---------|---------|
| 1. (c) | 2. (c) | 3. (b) | 4. (a) | 5. (b) | 6. (d) |
| 7. (d) | 8. (a) | 9. (c) | 10. (c) | 11. (d) | 12. (d) |
| 13. (d) | 14. (c) | 15. (d) | 16. (c) | 17. (d) | 18. (b) |
| 19. (d) | 20. (d) | 21. (c) | 22. (c) | 23. (b) | 24. (a) |

SECTION B

- | | | | | | |
|----------|----------|-----------|----------|---------|---------|
| 25. (d) | 26. (c) | 27. (a) | 28. (c) | 29. (c) | 30. (b) |
| 31. (iv) | 32. (iv) | 33. (iii) | 34. (iv) | 35. (c) | 36. (c) |
| 37. (b) | 38. (c) | 39. (c) | 40. (b) | 41. (c) | 42. (i) |
| 43. (ii) | 44. (b) | 45. (a) | 46. (b) | 47. (b) | 48. (c) |

SECTION C

- | | | | | | |
|---------|---------|---------|---------|---------|---------|
| 49. (a) | 50. (a) | 51. (b) | 52. (c) | 53. (c) | 54. (c) |
| 55. (a) | 56. (a) | 57. (b) | 58. (c) | 59. (c) | 60. (a) |