

Multiple-Choice Questions



— A TEXTBOOK OF —

Physical Education

Class XII

On
Board!
BOOKS

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Chapter 1: PLANNING IN SPORTS

1. 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
2. Which of the following is not an objective of planning?
 - a. Efficiently supervise all activities
 - b. Make room for innovation
 - c. Strengthening sports culture
 - d. Get the best performance out of the participants
3. Which of the following is not one of the organising committees for games and sports?
 - a. Committee for publicity
 - b. Community for perfecting skills
 - c. Committee for officials
 - d. Reception Committee
4. 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
5. Which of the following is not a kind of a tournament?
 - a. Knockout
 - b. Round Robin
 - c. League
 - d. Mixed tournament
6. Which of the following is not an advantage of knockout?
 - a. Saving cost and time
 - b. Matches are taken seriously
 - c. Require fewer people to organise a knockout
 - d. An overall weaker team might advance further
7. What are the types of league tournaments?
 - a. Single and Double league tournament
 - b. Single and Mixed double league tournament
 - c. Double and Combination league tournament
 - d. Simple and Complex league tournament
8. 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
9. How many types of combination tournaments are there?
 - a. 4
 - b. 2
 - c. 6
 - d. 8
10. What are the procedures to draw fixtures?
 - a. Knockout (bye and seeding)
 - b. Combination (seeding and cyclic)
 - c. League (staircase and cyclic)
 - d. Both (a) and (c)

11. Which of the following is not a procedure of fixture in a league tournament?
 - a. Cyclic method
 - b. Linear method
 - c. Staircase methods
 - d. Tabular method
12. Which of the following is not a part of the intramurals?
 - a. Football, hockey, swimming and wrestling
 - b. Kho-kho, tag, obstacle race and judo
 - c. Marching, dancing, painting and clay modelling
 - d. None of these
13. Which of the following is not an objective of intramurals?
 - a. Establishing physical education
 - b. Accommodating greater number of participants
 - c. Increasing harmony and unity
 - d. Introducing new games
14. Which of the following is not a significance of extramurals?
 - a. Boost popularity of physical education
 - b. Channel the energy of the student
 - c. Improve knowledge of sports
 - d. Participants train harder and perform better
15. Which of the following is not a category of run?
 - a. Run for identity
 - b. Run for fun
 - c. Run for specific cause
 - d. Run for unity

ANSWER KEY

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|-------|-------|-------|-------|-------|
| 1. b | 2. c | 3. b | 4. d | 5. d |
| 6. d | 7. a | 8. c | 9. a | 10. d |
| 11. b | 12. b | 13. c | 14. b | 15. a |

Chapter 2: SPORTS AND NUTRITION

1. Which of the following points must be taken into consideration while planning a balanced diet?
 - a. Age, gender and body weight
 - b. Activity level and eating habits
 - c. Income level and social customs
 - d. All of these
2. The science which deals with the interaction of food in relation to the well-being of a person is called _____?
 - a. nutrition
 - b. health
 - c. food tolerance
 - d. none of these
3. Which of the following are not macronutrients?
 - a. Carbohydrates
 - b. Minerals
 - c. Water
 - d. Proteins
4. Which of the following is not a micromineral?
 - a. Iodine
 - b. Copper
 - c. Phosphorus
 - d. Chromium
5. 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

6. 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
7. Which of the following is not a step to maintaining a healthy body weight?
 - a. Goal setting
 - b. Yoga
 - c. Intake of calories through drinking
 - d. Avoiding carbohydrate rich food
8. What are the three aspects that we study under food intolerance?
 - a. Myths
 - b. Symptoms
 - c. Causes
 - d. Management
9. Cut _____ calories a day if you have exceeded your ideal weight.
 - a. 200
 - b. 100
 - c. 250
 - d. 150
10. Which of the following are the benefits of stretching?
 - a. Reduces muscle fatigue and risk of injury
 - b. Increases soft tissue temperature and enhances elasticity
 - c. Increases blood supply and nutrients to joint structures
 - d. All of the above
11. Which of the following can be listed under food myths?
 - a. Potatoes make you fat
 - b. Spicy food causes ulcer
 - c. Fat-free products help you lose weight
 - d. All of these
12. What does deficiency of Vitamin K cause?
 - a. Gum bleeding
 - b. Scurvy
 - c. Cancer
 - d. Paralysis
13. What is the DV for magnesium?
 - a. 1 g
 - b. 3.5 g
 - c. 0.4 g
 - d. 2.3 g

ANSWER KEY

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|-------|-------|-------|------|-------|
| 1. d | 2. a | 3. b | 4. c | 5. d |
| 6. d | 7. c | 8. a | 9. b | 10. d |
| 11. d | 12. a | 13. c | | |

Chapter 3: YOGA AND LIFESTYLE

1. Asanas as a preventive measure are useful for _____.
 - a. mental health
 - b. healthy bones
 - c. dealing with obesity and diabetes
 - d. all of these
2. _____ makes the spine flexible and increases its elasticity.
 - a. Ardha chandrasana
 - b. Paschimottanasana
 - c. Ardha matsyendrasana
 - d. Shavasana

3. Which of the following asana is good for mental health?
 - a. Balasana
 - b. Chakrasana
 - c. Vajrasana
 - d. Hastasana
4. Which of the following factors does not cause obesity?
 - a. Genetics
 - b. Frequency of eating
 - c. Psychological factors
 - d. None of these
5. What is the complete name of hastasana?
 - a. Ardha hastasana
 - b. Urdhva hastasana
 - c. Utthita hastasana
 - d. Badhha hastasana
6. Which of the following is not a benefit of trikonasana?
 - a. Relieves gastritis
 - b. Stretches armpits and shoulders
 - c. Improves flexibility of spine
 - d. Massages and strengthens pelvic muscles
7. Which asana helps in increasing the supply of oxygen to the lungs?
 - a. Ardha matsyendrasana
 - b. Paschimottanasana
 - c. Vakrasana
 - d. Bhujangasana
8. What is type 3 diabetes also known as?
 - a. Insulin dependent diabetes
 - b. Gestational diabetes
 - c. Insulin independent diabetes
 - d. Both (b) and (c)
9. What are the symptoms of Asthma?
 - a. Extra production of mucus
 - b. Excessive coughing
 - c. Wheezing and shortness of breath
 - d. All of these
10. What should be the normal blood pressure range at rest?
 - a. 80–120 mm/Hg systolic and 60-90 mm/Hg diastolic
 - b. 100–120 mm/Hg systolic and 60-100 mm/Hg diastolic
 - c. 100–140 mm/Hg systolic and 60-90 mm/Hg diastolic
 - d. 80–140 mm/Hg systolic and 50-90 mm/Hg diastolic

ANSWER KEY

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|------|------|------|------|-------|
| 1. d | 2. c | 3. a | 4. d | 5. b |
| 6. b | 7. a | 8. b | 9. d | 10. c |

Chapter 4: PHYSICAL EDUCATION AND SPORTS FOR CWSN

1. The Americans with Disabilities Act 1990 recognises a disabled person as one who:
 - a. has physical or mental impairment which limits major life activities
 - b. has a record of such an impairment
 - c. is regarded as having such an impairment
 - d. all of the above

2. Which of the following cannot be categorised under cognitive disability?
 - a. Toxicity
 - b. Memory disorder
 - c. Hyperactivity
 - d. Dyslexia
3. Factors like typical community environment, peer group, cultural exposure, linguistic background and exposure and family culture can cause _____.
 - a. cognitive disability
 - b. intellectual disability
 - c. physical disability
 - d. all of these
4. How can physical disabilities be diagnosed?
 - a. Through observation of child's development
 - b. Behaviour and physical performance
 - c. Understanding of the mental status
 - d. Only through (a) and (b)
5. Tourette Syndrome is an example of _____.
 - a. cognitive disability
 - b. intellectual disability
 - c. physical disability
 - d. speech defect
6. What do poverty, hormonal imbalance, radiation, etc. cause?
 - a. Accidents
 - b. Disabilities
 - c. Disorders
 - d. All of these
7. Which of the following is not a symptom of ADHD in adults?
 - a. Anxiety attacks
 - b. Low self-esteem
 - c. Talking excessively
 - d. Short attention span
8. Artificial food colours and sodium benzoate have been found to cause _____.
 - a. OCD
 - b. SPD
 - c. ODD
 - d. ADHD
9. Which of the following is not a symptom of ASD?
 - a. Failing to respond to their name
 - b. Hateful and vengeful
 - c. Obsession with certain objects & activities
 - d. Inability to give or sustain eye contact
10. A person who has a liking for annoying people, is unable to negotiate or compromise, has poor social skills and is pessimistic and negative can be said to be suffering from _____.
 - a. ASD
 - b. ODD
 - c. SPD
 - d. ADHD
11. What will the obsessive thoughts of a person suffering from OCD include?
 - a. Hostile behaviour
 - b. Paranoia about safety for oneself or loved ones
 - c. Particular about symmetry and specific order
 - d. All of these

ANSWER KEY

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|-------|------|------|------|-------|
| 1. d | 2. a | 3. b | 4. d | 5. c |
| 6. b | 7. c | 8. d | 9. b | 10. b |
| 11. d | | | | |

Chapter 5: CHILDREN AND WOMEN IN SPORTS

- Which of the following factor does not affect motor development?
 - Environmental factors
 - Opportunities
 - Spinal curvature
 - Sensory impairments
- Which of the following are counted amongst the commonly known postural deformities?
 - Spinal curvature
 - Flat foot
 - Bow legs
 - All of these
- Malnutrition, illness, ageing, deficiency of pure air, etc. can cause _____.
 - lordosis
 - kyphosis
 - scoliosis
 - none of these
- Running on an uneven terrain can cause _____.
 - lordosis
 - kyphosis
 - scoliosis
 - none of these
- Toe-touching exercises and halasana are some of the preventive measures for _____.
 - lordosis
 - kyphosis
 - scoliosis
 - none of these
- Which of the following exercise is used to correct scoliosis?
 - Roller foam exercise
 - Stability ball exercise
 - Table pose
 - All of these
- Which of the following exercise/asana is practiced to correct flat foot?
 - Garudasana
 - Skipping
 - Tadasana
 - Trikonasana
- Which yogic poses help in correcting round shoulders?
 - Bhujangasana and Ustrasana
 - Gomukhasana and Padmasana
 - Ardh Matsyendrasana and Garudasana
 - Chakrasana and Dhanurasana
- When was women's boxing included in the Olympics?
 - Tokyo Olympics in the winter of 2012
 - Paris Olympics in the winter of 2002
 - Greece Olympics in the summer of 2002
 - London Olympics in the summer of 2012
- Which of the following are the reasons behind fewer women participating in sports?
 - Lack of time to dedicate to sports
 - Fewer number of women coaches
 - Lack of education among women
 - All of these
- Amenorrhoea, dysmenorrhoea and Menorrhagia are the types of _____.
 - menarche
 - menstrual dysfunctions
 - osteoporosis
 - anorexia nervosa
- Which of the following is not a cause of Anorexia Nervosa?
 - Psychological factors
 - Social factors
 - Biological factors
 - Performance pressure in sports

ANSWER KEY

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|-------|-------|------|------|-------|
| 1. c | 2. d | 3. b | 4. c | 5. a |
| 6. b | 7. b | 8. a | 9. d | 10. d |
| 11. b | 12. d | | | |

Chapter 6: TEST AND MEASUREMENT IN SPORTS

- Which of the following motor fitness test items is meant exclusively for girls?
 - Modified push ups
 - Standing broad jump
 - Sit and reach
 - Partial curl up
- What is common between 50 m dash and shuttle run?
 - They are both meant to measure power.
 - They are both meant to measure muscle strength.
 - They are both meant to measure speed.
 - They are both meant to measure endurance.
- Barrow three item test for motor ability includes _____.
 - Standing broad jump, zigzag run and medicine ball put.
 - Standing broad jump, push ups and shuttle run.
 - Partial curl up, sit and reach test and medicine ball put.
 - Zigzag run, shuttle run and 50 m dash.
- 17.0 – 17.9 seconds for girls is a _____ score as per agility norms.
 - average
 - good
 - fair
 - excellent
- Boys use a _____ ball in medicine ball put.
 - 5 kg
 - 2 kg
 - 1 kg
 - 3 kg
- Who developed the Harvard Step Test?
 - Dr Harold M Barrow
 - Lucien Brouha, C W Health and A Graybiel
 - Dr Harvard Fatigue
 - Kline, Porcari and Hintermeister
- Which method of testing fitness was invented by Roberta E Rikli and C Jessie Jones?
 - Fullerton Functional Fitness Test
 - Senior Fitness Test
 - Rockport Fitness Walking Test
 - Both (a) and (b)
- How many tests are there in Senior Fitness test?
 - Five
 - Seven
 - Six
 - Three
- What is Fullerton Functional Fitness Test meant for checking?
 - Lower and upper body strength
 - Agility
 - Aerobic endurance
 - All of these

10. 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

ANSWER KEY

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|------|------|------|------|-------|
| 1. a | 2. c | 3. a | 4. b | 5. d |
| 6. b | 7. d | 8. c | 9. d | 10. d |

Chapter 7: PHYSIOLOGY AND INJURY IN SPORTS

1. Which of the following is not a physiological factor that determines strength?
 - a. Size of the muscle
 - b. Gender
 - c. Point of tendon insertion
 - d. Flexibility
2. What is the possible range of movement in a joint or a series of joints called?
 - a. Flexibility
 - b. Explosive strength
 - c. Mobility
 - d. Muscle composition
3. Which of the following physiological factors determine endurance?
 - a. Aerobic capacity
 - b. Oxygen intake, transport and uptake
 - c. Energy reserves
 - d. All of these
4. Joint structure, age and gender, internal environment and previous injury are the physiological factors that determine _____.
 - a. endurance
 - b. speed
 - c. flexibility
 - d. strength
5. How many process of adaptations does our cardio-respiratory system undergo when we exercise regularly for a long-time?
 - a. 12
 - b. 18
 - c. 15
 - d. 9
6. Increase in size of lungs and chest is one of the process of adaptations that our _____ system undergoes when we exercise regularly for a long-time.
 - a. respiratory
 - b. cardiovascular
 - c. cardio-respiratory
 - d. none of these
7. Changes in metabolism, hearing, taste, etc. come from _____.
 - a. ageing
 - b. exercising
 - c. bodybuilding
 - d. resting
8. Which of the categories fall under classification of sports injuries?
 - a. Direct and Indirect Injury
 - b. Overuse Injury
 - c. Underuse Injury
 - d. Only (a.) and (b.)
9. Which injuries can be of varying degrees?
 - a. Sprain and Strain
 - b. Strain and Abrasion
 - c. Contusion and Incision
 - d. Laceration and Hematoma

10. PRICE and MICE are methods to treat _____.
- a. contusion b. hematoma c. sprain d. strain
11. How many types of fractures are classified under bone injuries?
- a. Seven b. Nine c. Six d. Four

ANSWER KEY

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|-------|------|------|------|-------|
| 1. d | 2. a | 3. d | 4. c | 5. b |
| 6. c | 7. a | 8. d | 9. b | 10. c |
| 11. b | | | | |

Chapter 8: BIOMECHANICS AND SPORTS

1. "The study and analysis of human movement patterns in sports is called biomechanics." Who gave this statement?
 - a. Isaac Newton
 - b. H Hatze
 - c. Watson
 - d. Stedman's Medical Dictionary
2. Which of the following outline the importance of biomechanics in sports?
 - a. Improvement of training
 - b. Understanding the human body
 - c. Development of new methods
 - d. All of these
3. Which of the following is not a type of a movement?
 - a. Flexion
 - b. Reflection
 - c. Extension
 - d. Abduction
4. Which of the planes pass through the human body?
 - a. Saggital
 - b. Coronal/frontal
 - c. Transverse or horizontal
 - d. All of these
5. Which of the following movement decreases the angle between two body parts?
 - a. Flexion
 - b. Extension
 - c. Abduction
 - d. Adduction
6. What are the three types of dynamic friction?
 - a. Sliding friction, Rolling friction and Fluid friction
 - b. Rolling friction, Static friction and Solid friction
 - c. Fluid friction, Solid friction and Passive friction
 - d. Active friction, Fluid friction and Static friction
7. 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
8. Which of the following is known as a necessary evil?
 - a. Inertia
 - b. Friction
 - c. Counterforce
 - d. Acceleration

9. In cycling every cyclist has to overcome the resistance provided by air, it is called _____.
- a. fluid friction
 - b. sliding friction
 - c. rolling friction
 - d. none of these
10. Where do the frictional forces come from in skiing?
- a. snow
 - b. air
 - c. surface of ski
 - d. all of these

ANSWER KEY

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|------|------|------|------|-------|
| 1. c | 2. d | 3. b | 4. d | 5. a |
| 6. a | 7. b | 8. b | 9. a | 10. d |

Chapter 9: PSYCHOLOGY AND SPORTS

1. Which type of personality is most prone to depression?
- a. Type A
 - b. Type B
 - c. Type C
 - d. Type D
2. Who argued that traits will direct the individual to act same way in a variety of situations, and that they are acquired and not inherited, and hence could be unlearned?
- a. Meyer Friedman
 - b. Ray Rosenman
 - c. Gordon Allport
 - d. W H Sheldon
3. Carl Jung gave the classification of personality into three types namely _____, _____ and _____.
- a. introvert, extrovert, ambivert
 - b. ectomorphy, mesomorphy, endomorphy with viscerotonia
 - c. cardinal, central, secondary
 - d. both (a.) and (b.)
4. Big Five is also known as _____.
- a. OCEAN
 - b. BEACH
 - c. BEAR
 - d. POND
5. Extraversion, Conscientiousness and Neuroticism are a part of _____.
- a. Types of personality traits
 - b. Types of motivation
 - c. Big Five theory
 - d. Theory of aggression
6. Goal setting and self-endorsement are types of _____.
- a. endurance
 - b. motivation
 - c. skill
 - d. strength
7. Who all make for external sources of motivation?
- a. Friends
 - b. Coaches
 - c. Spectators
 - d. All of these
8. Which of the following does not help in increasing adherence to exercise?
- a. Exercise should be a part of everyday school activities
 - b. Exercise should be introduced as a subject to kids
 - c. Regularity must be maintained to develop a healthy habit
 - d. Benefits o exercise should be made clear

9. What are the three factors involved to deem an act as aggressive?
- The act must happen either physically or verbally
 - The act must harm another person either physically or emotionally
 - The act must be intentional
 - All of these
10. Instrumental and hostile are the types of _____.
- injuries
 - exercise
 - aggression
 - none of these

ANSWER KEY

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|------|------|------|------|-------|
| 1. d | 2. c | 3. a | 4. a | 5. c |
| 6. b | 7. d | 8. b | 9. d | 10. c |

Chapter 10: TRAINING IN SPORTS

- Isotonic Strength is also called _____.
 - static strength
 - dynamic strength
 - maximum strength
 - explosive strength
- What is the ability of a muscle to overcome resistance for as long as possible known as?
 - Strength endurance
 - Explosive strength
 - Maximum strength
 - Isometric strength
- What are the two variations of isometric exercises?
 - Enhancing and Coordinating
 - Maintaining and Toning
 - Practicing and Succeeding
 - Overcoming and Yielding
- In which form of exercise resistance is accommodated throughout the range of motion and the contractions are performed at a dynamic preset fixed speed?
 - Isokinetic exercises
 - Isometric exercises
 - Isotonic exercises
 - All of these
- General, middle term and basic are types of _____.
 - strengths
 - endurance
 - exercise
 - treatments
- The principal of 'effort and recovery' is the foundation of which training method?
 - Continuous training
 - Interval training
 - Periodic training
 - Fartlek method
- Which of the following is not a type of speed?
 - Reaction ability
 - Acceleration ability
 - Pacing ability
 - Locomotor ability
- Which of the following factors does not influence flexibility?
 - The anatomical structure of a joint
 - Proper warming-up
 - Body temperature
 - None of these

9. Which of the methods for improving flexibility is based on Proprioceptive Neuromuscular Facilitation (PNF) technique?
- a. Post-isometric stretch
 - b. Pre-isometric stretch
 - c. Static stretch
 - d. Dynamic stretch
10. Which of the following is not a characteristic and significance of coordinative abilities?
- a. Be a source of recreation and recovery
 - b. Decide the lifestyle and physical ailments
 - c. Determine the pace of learning and modification of skills
 - d. Decide the quality of a performance

ANSWER KEY

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|------|------|------|------|-------|
| 1. b | 2. a | 3. d | 4. a | 5. b |
| 6. b | 7. c | 8. d | 9. a | 10. b |