



MODEL SAMPLE PAPER

TIME: 3 HRS

MAX MARKS: 70

General Instructions

1. The question paper consists of 5 sections and 34 questions.
2. Section A consists of questions 1–18 carrying 1 mark each and is multiple-choice questions. All questions are compulsory.
3. Section B consists of questions 19–23 carrying 2 marks each and are very short answer types and should not exceed **60–90** words. There is internal choice available.
4. Section C consists of questions 24–28 carrying 3 marks each and are short answer types and should not exceed **100–150** words. There is internal choice available.
5. Section D consists of questions 29–31 carrying 4 marks each and are case studies. There is internal choice available.
6. Section E consists of questions 32–34 carrying 5 marks each and are long answer types and should not exceed **200–300** words. There is internal choice available.

(SECTION A)

(1 × 18 = 18)

1. Identify the asana given alongside:

- (a) Tadasana (b) Halasana
(c) Katichakrasana (d) Dhanurasana



2. Emotionally unstable, anxiety, sadness are attributes of which personality dimension?
(a) Extraversion (b) Neuroticism (c) Agreeableness (d) Openness
3. In which of the following condition, the base of support widens and centre of gravity is closer to the base of support?
(a) Stable Equilibrium (b) Unstable Equilibrium (c) Neutral Equilibrium (d) None of these
4. Higher percentage of which type of muscle is ideal for a marathon runner?
(a) Fast-twitch (b) Concentrated (c) Slow-twitch (d) All of these
5. Given below are two statements labelled Assertion (A) and Reason (R).
A: We, each of us, are unique individuals.
R: No two persons will behave the same way, have the same preferences, the same mannerisms.
In the context of the above two statements, which one of the following is correct?
(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. When a person pushes a concrete wall, this is an example of exercise.
 (a) Isometric (b) Isotonic (c) Isokinetic (d) Isokinesthetic
7. The amount of oxygen which the lungs can take in from the atmosphere is called
 (a) Oxygen Uptake. (b) Aerobic capacity. (c) Oxygen Transport. (d) Oxygen Intake.
8. Identify the law based on the picture given alongside:
 (a) Newton's First Law of Motion
 (b) Newton's Second Law of Motion
 (c) Newton's Third Law of Motion
 (d) Law of Action and Reaction
9. Match List I with List II and select the correct answer from the code given below:



S. No.	List I – Types of Personality	List II – Traits
1.	Type A	(i) Generally patient and relaxed, low-stress level, lack of urgency.
2.	Type B	(ii) Quieter, emotional suppression, difficulty in decision-making.
3.	Type C	(iii) Suppression of emotions leading to depression and negative outlook.
4.	Type D	(iv) Outgoing and extroverted personality with ambitious nature.

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

10. Given below are two statements labelled Assertion (A) and Reason (R).
A: Vitamin K is necessary for normal blood clotting.
R: The daily value for vitamin K is 80 mg.
 Which one of the following statement is correct?
 (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. Complex carbohydrates are also known as polysaccharides. Which of the following is/are an example/s complex carbohydrates?
 (a) Starch (b) Glycogen (c) Dextrin (d) All of these
12. Which of the following is an example of a macromineral?
 (a) Iodine (b) Calcium (c) Iron (d) Chromium
13. In Single Knockout tournament, total number of matches with 16 teams will be
 (a) 8 (b) 7 (c) 11 (d) 15
14. How many byes will be given if there are 19 teams participating in a tournament?
 (a) 1 (b) 8 (c) 13 (d) 15

15. Which of the following is not ataxia impairment?
(a) Cerebral palsy (b) Friedreich's ataxia (c) Down's syndrome (d) Multiple sclerosis
16. Which asana improves the function of thyroid glands?
(a) Katichakrasana (b) Tadasana (c) Bhujangasana (d) Ushtrasana
17. Absence or cessation of menstrual periods in women during the reproductive years is called
(a) Amenorrhea. (b) Anorexia Nervosa. (c) Osteoporosis. (d) Scoliosis.
18. What is the Arm Curl Test primarily used to assess?
(a) Cardiovascular fitness (b) Lower body strength
(c) Upper body strength (d) Flexibility

(SECTION B)

19. List down any four effects of exercise on the cardiorespiratory system. (0.5 × 4)
20. List down any four benefits of mental imagery by athletes in sports. (0.5 × 4)
21. List down any four factors on which interval training method depends. (0.5 × 4)
22. List any four types of soft tissue injuries. (0.5 × 4)
23. Write down the purpose and objective of modified push ups. (1 + 1)

OR

What are fats? Why does the weightlifter's diet include lots of proteins? (1 + 1)

(SECTION C)

24. Write any three criteria of participating in Deaflympics. (1 + 1 + 1)
25. Create a mind map showing any six components of food. (0.5 × 6 = 3)
26. How many rounds will be there in a knockout of (i) 10 teams and (ii) 13 teams? (1.5 + 1.5)
27. What are the different dimensions of personality? Write in brief about two. (1 + 2)
28. Explain any three physiological factors determining endurance. (1 + 1 + 1)

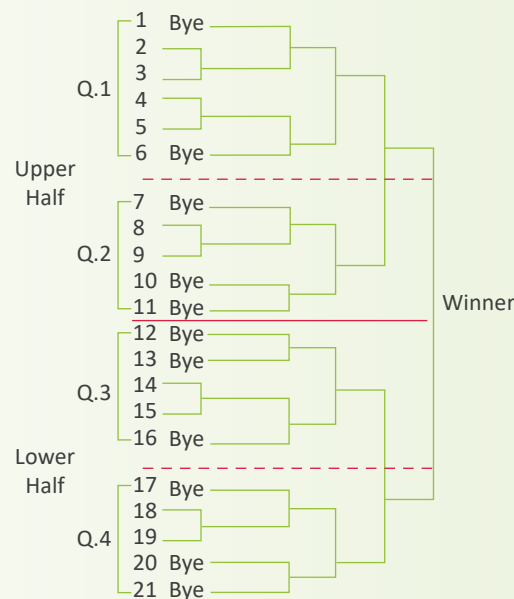
OR

Explain briefly about any three factors that lead to osteoporosis. (1 + 1 + 1)

(SECTION D)

(4 marks each)

29.



On the basis of given fixture, answer the following questions:

- (a) Total number of matches played in the above tournament
- (b) The formula to calculate the total number of matches is
- (c) Total number of teams in fourth quarter is
- (d) Total number of rounds played in this tournament is

OR

- (d) The number of byes in the lower half is

30. Cricket is a bat-and-ball game played between two teams of 11 players. It is played on a field that has a 22-yard pitch at the centre with a wicket at each end. In this game, 2 members of first team come on ground to bat, and 11 players of the bowling team (second team) taking up roles such as that of a bowler, a wicket-keeper, and 9 fielders positioned at various points of the field. The batsmen try to score runs by hitting the ball at a distance, while the bowling team attempts to get them out by striking the stumps with the ball before the targeted batsman has reached that end of the pitch.



- (a) When the batsman hits a ball in cricket, the change in speed depends on
- (b) Force = Mass \times
- (c) Law of Acceleration is also known as
- (d) In case of a person moving forward during swimming, which law of Newton is applicable?

OR

- (d) In cricket, a fielder pulls his arms back while catching a fast moving cricket ball to avoid any injury. This example refers to which law of motion?

31. In relation to the picture given alongside, answer the following questions.

- (a) The logo shown in the picture is related to which movement?
- (b) What is the motto of this organisation?
- (c) The acronym IPC stands for



- (d) Which country is going to host the summer international tournament in 2024 related to the IPC?

(SECTION E)

- 32. List down any four asanas used for prevention of hypertension. Explain the procedure for administration of any one of them with help of a stick diagram. (2 + 2 + 1)
- 33. Explain in detail about the purpose, equipment required, and procedure of the Flamingo Balance Test. (1 + 1 + 3)
- 34. Define endurance along with its types. Explain any two methods used to develop endurance. (3 + 2)

OR

Define the terms equilibrium and centre of gravity. Based on the position of centre of gravity, what are different types of equilibrium? (1 + 1 + 3)