

4. Which of the following is assessed by eight-foot up and go test? [1]
- a) Walking speed, Coordination and agility b) Physiology fitness
c) Upper body strength d) Lower body flexibility

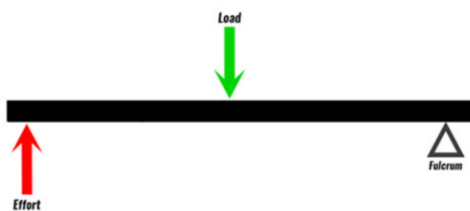
5. **Assertion (A):** In ancient times Indian women had faced the negative attitude of society towards sports participation. [1]

Reason (R): We had a male dominating society.

- 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. According to _____, personality is an attitude refers to a predisposition to behave in a certain manner. [1]
- a) Guilford b) Cattell
c) Carl Jung d) Allport

7. Weakening of bones due to loss of bone density and improper bone formation is [1]
- a) Amenorrhea b) Lordosis
c) Anorexia Nervosa d) Osteoporosis

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) pre tournament responsibilities	(i) provide daily progress of tournament to media
(b) during tournament responsibilities	(ii) plan out transportation for teams
(c) single knock out tournament	(iii) every losing team gets a second chance
(d) double knock out tournament	(iv) every team losing once is eliminated

a) (a) - (iii), (b) - (i), (c) - (iv), (d) - (ii) b) (a) - (ii), (b) - (iii), (c) - (iv), (d) - (i)

c) (a) - (ii), (b) - (i), (c) - (iv), (d) - (iii) d) (a) - (ii), (b) - (iv), (c) - (i), (d) - (iii)

10. **Assertion (A):** league tournament is very time-consuming. [1]

Reason (R): Teams have to play with selected teams.

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. A person having both traits of introvert and extrovert is known as? [1]

a) Extrovert b) Ambivert
c) Mesomorph d) Endomorph

12. Which of the following is a biological need of a person? [1]

a) self-esteem b) safety
c) hunger d) attitude

13. _____ can be defined as one which contains different types of foods in such quantities and proportions that the need for calories, minerals, vitamins and other nutrients is adequately met. [1]

a) Diet b) Balanced diet
c) Trace minerals d) Carbohydrate

19. Which fitness component can be assessed by partial curl-up test? [2]
20. What is weight training? [2]
21. What is cardio-respiratory endurance? [2]
22. What do you mean by biochemical changes in muscles? [2]
23. Why is it important to assess the functional fitness of senior citizens (older adults)? [2]
24. Write any two benefits of Vajrasana in obesity. [2]

Section C

Attempt any 5 questions

25. Discuss two techniques used to avoid sports injuries. [3]
26. Write a short note on **Paralympic Games**. [3]
27. How does projectile motion affect sports? [3]
28. Comment on the concept of Talent Identification and Talent Development. [3]
29. Enlist various types of dislocations. And explain any two. [3]
30. Write a short note on how Paralympics started. [3]

Section D

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

Shruti, a student of class XI is struggling with Obesity due to which she has low self esteem and low confidence. As a result she has started dieting to control her weight. But this dieting program is self designed and lacks knowledge about nutrition.



1. As a physical education student, what do you feel will be the pitfalls of this dieting plan?

- a) Eating too little, more drinking than eating, skipping meals, intake of labeled

foods, not doing exercises

b) Eating too much, less drinking than eating, regular meals, intake of labeled foods, doing exercises

c) Eating too much, less drinking than eating, regular meals, avoiding labeled foods, doing exercises

d) Eating too little, less drinking than eating, regular meals, avoiding labeled foods, not doing exercises

2. What will be your advice to Shruti to control her weight?

a) Follow a sedentary lifestyle, increase calories, eat junk foods, take an unbalanced diet, avoid physical exercises, and overeat

b) Follow an active lifestyle, cut down calories, avoid junk foods, take a balanced diet, do physical exercises, and avoid overeating

c) Follow a sedentary lifestyle, cut down calories, eat junk foods, take an unbalanced diet, do physical exercises, and overeat

d) Follow an active lifestyle, increase calories, eat junk foods, take a balanced diet, avoid physical exercises, and overeat

3. The meaning of the term Pitfalls of dieting is:

a) Benefits of dieting

b) Drawbacks of dieting

c) Advantages of dieting

d) Disadvantages of exercise

4. A major component of a pre-competition diet is:

a) Proteins

b) Fats

c) Carbohydrates

d) Vitamins

32. **Read the following text carefully and answer the questions that follow:** [4]

Pooja and Kavita were given the responsibility to conduct an Inter-school girls' football tournament in their school. 7 teams agreed to participate in the tournament. The committee responsible for making a fixture made a league fixture for 7 teams.

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

1-2						
1-3	2-3					
1-4	2-4	3-4				
1-5	2-5	3-5	4-5			
1-6	2-6	3-6	4-6	5-6		
1-7	2-7	3-7	4-7	5-7	6-7	

1. What is a league tournament?

- a) A tournament where each team plays a fixed number of matches
- b) A tournament where each team plays every other team
- c) A tournament where teams are eliminated after a single loss
- d) A tournament where teams play in a circular format

2. What type of league fixture is drawn?

- a) Circular fixture
- b) Ladder fixture or Staircase fixture
- c) Cyclic fixture
- d) Knockout fixture

3. Write the formulae for finding the total number of matches in a single league tournament.

- a) $N(N+1)/2$
- b) $N(N-1)/2$
- c) $N(N+1)$
- d) $N(N-1)$

4. If the tournament was a knock-out tournament, what would be the total number of matches for deciding the winner?

- a) N
- b) $N-1$
- c) $N+1$
- d) $N/2$

33. **Read the following text carefully and answer the questions that follow:** [4]

Tushar is an adolescent whose both the knees touch or overlap each other in normal standing position. Because of this deformity, he usually faces difficulties during

walking and running.



1. Tushar is suffering from which deformity?
 - a) Flat foot
 - b) Club foot
 - c) Bow leg
 - d) Knock knee
2. Adolescent are the children in the age-group:
 - a) 13-18 years
 - b) 19-22 years
 - c) 23-25 years
 - d) 10-12 years
3. What is/are the causes of Knock knee?
 - a) Improper walking and running
 - b) Wearing high heels
 - c) Weakness of bone and joints
 - d) Weakness of muscle and ligaments, Lack of vitamin D, and being Overweight
4. Horse-riding is the best exercise for clearing ____ deformity.
 - a) Club foot
 - b) Flat foot
 - c) Knock knee
 - d) Bow leg

Section E

Attempt any 3 questions

34. Discuss the procedure, benefits and contraindications of Trikonasana and Ardha Matsyendrasana. [5]
35. Mention the Advantages of Physical Activities for children with special needs. [5]
36. What do you mean by coordinative abilities and elaborate on the types of coordinative abilities? [5]

37. Elucidate the big five personality theory.

[5]

Solution
SAMPLE QUESTION PAPER - 5
Physical Education (048)
Class XII (2024-25)
Section A

1.
(b) Matsayasana
Explanation:
Matsayasana
2. (a) Creating a manager
Explanation:
Creating a manager is an educational process. Selection of good manager is a part of management.
3.
(c) Micronutrient
Explanation:
Vitamins and minerals are required in small amounts and are called micronutrients.
4. (a) Walking speed, Coordination and agility
Explanation:
Walking speed, Coordination and agility are assessed by 8 feet up and go test.
5. (a) Both A and R are true and R is the correct explanation of A.
Explanation:
Both A and R are true and R is the correct explanation of A.
6.
(c) Carl Jung
Explanation:
According to Carl Jung, personality is an attitude refers to a predisposition to behave in a certain manner.
7.
(d) Osteoporosis
Explanation:
Weakening of bones due to loss of bone density and improper bone formation is Osteoporosis
8.
(d) Second-class lever system
Explanation:
Second-class lever system

9.
(c) (a) - (ii), (b) - (i), (c) - (iv), (d) - (iii)
Explanation:
(a) - (ii), (b) - (i), (c) - (iv), (d) - (iii)
10.
(c) A is true but R is false.
Explanation:
A is true but R is false.
11.
(b) Ambivert
Explanation:
Ambivert is a part or personality trait of Carl Jung's classification.
People who possess ambivert trait behaves with people according to their surroundings in which surrounded people are comfortable.
12.
(c) hunger
Explanation:
Hunger is a biological need of a person. It exists in all humans.
13.
(b) Balanced diet
Explanation:
Balanced diet can be defined as one which contains different types of foods in such quantities and proportions that the need for calories, minerals, vitamins and other nutrients is adequately met
14.
(b) carbohydrate
Explanation:
carbohydrate
15.
(d) (N - 1)
Explanation:
(N - 1)
16. **(a)** Marketing
Explanation:
The Committee responsible for liaison with Print media is the marketing Committee.

17. (a)



Explanation:



18. (a) Prevent dental disease

Explanation:

Prevent dental disease

Section B

19. Muscular strength and endurance of the abdominals and hip flexors can be assessed by partial curl-up test.
20. Weight training is the different sets of exercises with weight or dumb-bell for the development of strength in the body. Weight training exercise includes bench press, leg press, half squat, full squat, two arm curl, shoulder shrug, etc. It exercises our muscles and makes them stronger.
21. The heart's ability to deliver blood to working muscles and their ability to use , it is called Cardio respiratory endurance.
22. Changes due to aerobic and anaerobic effects of exercises are included as biochemical changes in muscles. Here mitochondria, glycogen and ATP-CP are mainly used to produce energy.
23. It is important to assess the fitness of senior citizens for understanding the physical attributes needed for mobility task in later years. We can also target for individualized programming. The senior citizen fitness tests the daily movement as a bending, lifting, reaching and walking. Most of the older adults are at risk of mobility problems and falls. Early identification of physical decline can help to prevent functional impairments.
24. Two benefits of Vajrasana are as follows:
 - Slow and rhythmic breathing in this position can induce a meditative state.
 - Cures constipation, acidity, increases digestion process.

Section C

25. One of the important objectives of sports medicine is preventing injuries. It also prevents other physical, mental, social and financial harm accompanying sports injuries. General techniques that can prevent sports injuries are

- i. Warm-up and Cool-down A well structured warm-up and cool-down is necessary to increase blood and nutrient flow and concentration. Also it helps in relaxation, improved flexibility and recovery of muscles. Planning a Session Careful planning of training and rehabilitation sessions allows gradual specific adaptations. It reduces the damage to the tissues as a result of training.
- ii. Using Protective Equipment The use of protective equipment like proper footwear, helmets, goggles, gum shield, shin pads and gloves prevents many sports injuries.

26. The Paralympic Games is a periodic series of international multisport events involving athletes with a range of disabilities. These were held for the first time in 1960 in Rome. They are held following the respective summer and winter Olympic games. All Paralympic games are governed by the international Paralympic Committee. The Paralympic athletes compete in six different disability groups Amputee, cerebral palsy, visual impairment, spinal cord injuries, intellectual disability and 'Les autres' i.e. Dwarfism.

Beyond the athletic competition, the Paralympics serve as a catalyst for social change, advocating for the rights and inclusion of people with disabilities in all aspects of society.

27. In real life, the projectile motion find applications in sports. Playing basketball, football is examples of projectile motion in real life. While throwing a basketball into the basket, the player shoots the ball in such a way that the flight taken by the ball is in the form of a parabola.

28. **Talent Identification:** Recognizing participants with the potential at an earlier age to become elite performers in the future. For the talent identification process Physiological, Physical Fitness, Psychological, and Technical Components are taken into consideration. For the identification, various methods such as drills, test batteries, electronic gadgets, parameters, standard norms, performance and other techniques are adopted.

Talent Development: Providing athletes with a suitable learning environment to accelerate or realize their potential. It is a complete systematic, scientific and long-term process.

29. There are following types of dislocation

- a. Dislocation of lower jaw
- b. Dislocation of shoulder joint
- c. Dislocation of hip joint: By putting maximum strength spontaneously may cause dislocation of hip joint. The end of the femur is displaced from the socket.

d. Dislocation of wrist: A sportsperson who participates in a sports or game in which he may fall, runs the risk of getting a dislocation.

30. Paralympics were started due to the efforts of Dr Ludwig Guttmann. He was a neurologist who treated British war casualties during World War II. He founded the National Spinal Injuries Centre at Stoke Mandeville Hospital in England. Then in July 1948, Guttmann organised a sports competition for patients with spinal cord injuries which became immensely popular. This was the first event of this type after which the Paralympics were organised regularly every four years.

Section D

31. 1. a) Eating too little, more drinking than eating, skipping meals, intake of labeled foods, not doing exercises
2. b) Follow an active lifestyle, cut down calories, avoid junk foods, take a balanced diet, do physical exercises, and avoid overeating
3. b) Drawbacks of dieting
4. c) Carbohydrates
32. 1. b) A tournament where each team plays every other team
2. b) Ladder fixture or Staircase fixture
3. b) $N(N-1)/2$
4. b) $N-1$
33. 1. d) Knock knee
2. a) 13-18 years
3. d) Weakness of muscle and ligaments, Lack of vitamin D, and being Overweight
4. c) Knock knee

Section E

34. Procedure of Trikonasana: First of all stand with your legs apart. Then raise the arm sideways up to the shoulder level. Bend the trunk sideways and raise the right hand upward. Touch the ground with left hand behind left foot. After sometime, do the same asana with opposite arm in the same way.

Benefits of Trikonasana:

- a. It strengthens the legs, knees, arms and chest.
- b. It helps in improving digestion and stimulates all body organs.
- c. It increases mental and physical equilibrium.
- d. It reduces stress, anxiety, back pain and sciatica.
- e. It helps in increasing height.
- f. It helps in reducing obesity.
- g. It enhances blood circulation.
- h. It is also helpful in reducing extra fat around the waistline.

Contraindications of Trikonasana:

- a. If you are suffering from diarrhea, low or high blood pressure, back injury or migraine, avoid the practice of trikonasana.
- b. The individuals having cervical spondylosis should not perform this asana.

Procedure of Ardha Matsyendrasana: the left heel is kept under right thigh and the right leg is crossed over the left thigh. After that hold the right toe with left hand and turn your head and back to the right side. In this position move the trunk sideways. Then Perform the same asana in the reverse position.

Benefits of Ardha Matsyendrasana:

- a. It keeps gall bladder and prostate gland healthy.
- b. It enhances the stretch ability of back muscles.
- c. It alleviates digestive ailments.
- d. It regulates the secretion of adrenaline and bile and thus is recommended in yogic management of diabetes.
- e. It is also helpful in treating sinusitis, bronchitis, constipation, menstrual disorder, urinary tract disorder and cervical spondylitis.

Contraindications Ardha Matsyendrasana:

- a. Women, who are two or three months pregnant, should avoid practicing this asana.
- b. The individuals who suffer from peptic ulcers, hernia, and hypothyroidism should practice this asana under expert guidance.
- c. The individuals who have the problem of sciatica or sleep disc may benefit from asana but they need to take great care while doing this asana.

35. Physical activities and exercise play an essential role in the development of children with special needs. Here are some advantages of physical activities for children with special needs:

- **Improved motor skills:** Physical activities such as running, jumping, crawling, and climbing can help children with special needs develop their gross motor skills and improve their balance and coordination.
- **Better social skills:** Participating in physical activities and sports can help children with special needs develop better social skills, including communication, teamwork, and cooperation.
- **Increased self-confidence:** Regular physical activity can help children with special needs develop a sense of self-confidence and self-esteem, which can help them feel more confident in their abilities.
- **Better overall health:** Physical activity can help improve cardiovascular health, strength, flexibility, and endurance, which can help children with special needs stay healthy and active.

- **Improved mood and behavior:** Physical activity can help reduce stress and anxiety, improve mood, and reduce disruptive behavior in children with special needs.
- **Enhanced cognitive function:** Physical activity can help improve cognitive function, including attention, memory, and problem-solving skills.
- **Better sleep:** Regular physical activity can help improve sleep quality and duration, which is important for children with special needs who may struggle with sleep.

36. Coordination is the ability to repeatedly execute a sequence of movements smoothly and accurately. This may involve the senses, muscular contractions and joint movements. Everything that we participate in requires the ability to coordinate our limbs to achieve a successful outcome – from walking to the more complex movements of athletic events like the pole vault.

Basic coordination abilities:

Adaptive ability enables modifications of motor activity on the basis of comparison or anticipation of new or changing conditions during performing motor activity.

Balance ability is understood as an ability to keep body or its parts in a relatively stable position.

Combinatory ability is understood as an ability to simultaneously put partial movements together into more complex movement structures.

Orientation ability is an ability to realize position of the body or its parts in space and time. Rhythm ability enables to grasp and meteorically express rhythm which is externally determined or contained in the motor activity it self.

37. The big five traits of personality are described below:

- i. **Openness:** persons who like to hear new things, new concepts and enjoy new experiences usually remain on the top in openness. It includes traits like being imaginative, insightful and having a variety of interests.
- ii. **Conscientiousness:** Persons who have a high degree of conscientiousness are reliable and prompt. Such persons remain organized, systematic, laborious and complete in all respects.
- iii. **Extroversion:** Extroverts gets their energy from interacting with other individuals where as introverts get their energy from within themselves. Extroversion includes the traits of being energetic, talkative and assertive.
- iv. **Agreeableness:** Such individuals are friendly, cooperative, compatible, kind and gentle. Persons with too agreeableness may be more distant or aloof. They are usually kind, generous, affectionate and sympathetic.
- v. **Neuroticism:** Neuroticism is also called emotional stability. This domain or dimension relates to one's emotional stability and the degree of negative emotions. Persons who

have high neuroticism usually experiences emotional instability and negative emotions. Such individuals remain moody and tense.