

Time Allowed: 3 hours

SAMPLE QUESTION PAPER - 5
SUBJECT- PHYSICAL EDUCATION (048)
CLASS XII (2023-24)

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) Katichakrasana

b) Dhanurasana

c) Ushtrasana

d) Tadasana

2. Name the type of tournament in which the defeated team gets eliminated and does not have another chance to play. **[1]**

a) Bye

b) League

c) Challenging

d) Knockout

3. Which of the following are water soluble vitamins?

[1]

a) Vitamin D & K

b) Vitamin A & C

4. When was SAI Khelo India Fitness Test introduced? **[1]**

- a) 9th Jan 2019 b) 10th Jan 2019
c) 7th Jan 2019 d) 2nd Jan 2019

5. **Assertion (A):** Excessive body weight can be a contributing factor to Genu valgum. **[1]**
Reason (R): As extra weight puts additional strain on the legs and knees, and this can cause knock-knees to worsen.

- 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.

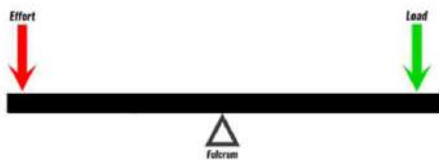
6. Which of the following is a part of external motivation? [1]

- a) Hunger
b) Safety and security
c) Reward and punishment
d) Self-esteem

7. It is defined as a decrease in the amount of RBC in blood. **[1]**

- a) Bulimia
b) Amenorrhoea
c) Diabetes
d) Anaemia

8. Identify the picture given below: [1]



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

9. Match the following: [1]

(a) knock out	(i) ladder tournaments
(b) league	(ii) knock out cum knock out
(c) combination	(iii) elimination tournament

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

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

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. Which of the following is not an Axial Skeletal bone? [1]

a) Vertebral column

b) Upper limbs

c) Skull

d) Ribs

12. How many personality traits are there in Robert McCrae and Paul Costa's model of personality? [1]

a) 4

b) 6

c) 5

d) 3

13. Role of water in human body is to _____. [1]

a) regulate body temperature

b) repair cell

c) protect from disease

d) give energy

14. Identify the non-nutritive component of a diet. [1]

a) Carbohydrate

b) Protein

c) Fats

d) Water

15. Identify the correct option for role of finance committee. [1]

a) To look into infrastructure

b) To deal with the protest of teams

c) To see about finance

d) To receive teams

16. League tournament is also known as: [1]

c) Knock-out

d) Consolation

17. After how many falls Flamingo Balance Test is Terminated in Khelo India Fitness Assessment Battery of Tests? [1]
- a) 15 b) 18
- c) 12 d) 10
18. Anorexia Nervosa is related to _____. [1]
- a) Eye Disease b) Mental disorder
- c) Eating disorder d) Physical disorder

Section B

Attempt any 5 questions

19. How to calculate BMR? [2]
20. What is menopause? [2]
21. Name the tests which we use for cardiovascular fitness. [2]
22. How movement economy is important to increase endurance? [2]
23. Enlist the name of test for the assessment of flexibility. [2]

Section C

Attempt any 5 questions

- | | | |
|------------------|--|-----|
| 2 . | Regular Physical activities cannot stop the clock of ageing; but definitely it can slow the process. Justify ? | [3] |
| 2 . | What do you mean by single elimination tournament? | [3] |
| 2 . ⁴ | Explain the different methods of reducing friction. | [3] |
| 2 . ⁵ | State two advantages and two disadvantages of isometric exercises. | [3] |
| 2 . ⁶ | Recall the adaptive effects that take place in our cardiovascular system after engaging in exercise for a longer period. | [3] |
| 7 | | |
| 8 | | |

29. Food is the basic requirement of every individual to fulfill the energy needs and to meet the development of the body. The nutritious diet directly affects the health of an individual. It contains various types of nutrients in it.



- The bottom-most part of the food pyramid is occupied by _____, indicating large quantities of intake.
- Major portion of individuals diet constitute _____ nutrients
- What are fat-soluble vitamins?
- What is known as the body-building nutrient?

OR

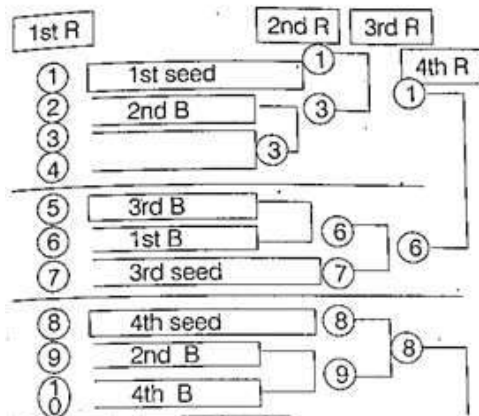
Nutrients are _____ substances present in food.

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

[4]

Below given is the Tournament fixture procedure of a CBSE National Football competition.

0



- What is the number of Non-Seeded Teams in the Tournament?
- The provision which places good teams in separate halves or pools so that they do not play with other good teams at earlier Rounds is known as _____ .

- (iv) The formula for calculating number of matches in Round Robin tournament are where **N** is number of teams is _____.

OR

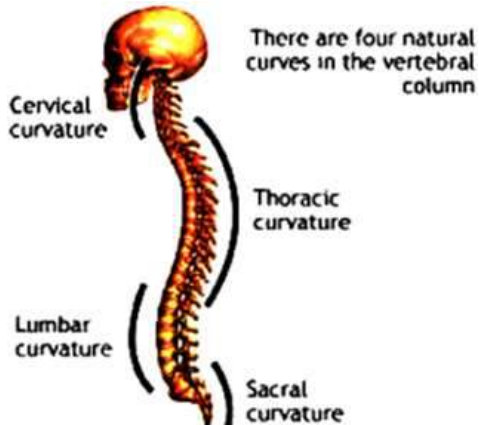
Total number of matches will be _____.

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

[4]

Physical Education teacher at XYZ School observed that Ravi a student of class VI has outward curve of vertebral column at Thoracic region. He suggested some exercises to rectify this problem.

1



- (i) What is this deformity known as?
- (ii) Kyphosis is commonly known as _____ .
- (iii) Kyphosis is a deformity related to _____ .
- (iv) Adolescents are the children in which age-group?

Section E

Attempt any 3 questions

3 . What do you mean by obesity? Discuss the benefits and contraindications of Pada Hastasana and Vajrasana. **[5]**

3 . Explain Paralympics and Deaflympics. **[5]**

3² . What is circuit training? Make a diagram of circuit training for 8 stations. write two benefits of circuit training. **[5]**

3

4

Section A

Answers

1.
(b) Dhanurasana
Explanation: Dhanurasana
2.
(d) Knockout
Explanation: The knockout tournament is the tournament in which the teams get eliminated from the tournament once defeated.
3.
(d) Vitamin B & C
Explanation: Vitamin B & C
4. **(a)** 9th Jan 2019
Explanation: The Khelo India National Fitness Programme for Schools was introduced on 09.01.2019.
5. **(a)** Both A and R are true and R is the correct explanation of A.
Explanation: Excessive body weight can be a contributing factor to Genu valgum as extra weight puts additional strain on the legs and knees, and this can cause knock-knees to worsen. A person who is overweight should lose weight through a combination of diet and exercise.
6.
(c) Reward and punishment
Explanation: Reward and punishment is part of external motivation.
7.
(d) Anaemia
Explanation: In anaemia, RBC count decreases which is harmful for proper functioning of the body.
8.
(c) First-class lever system
Explanation: First-class lever system
9. **(a)** (a) - (iii), (b) - (iv), (c) - (ii), (d) - (i)
Explanation: (a) - (iii), (b) - (iv), (c) - (ii), (d) - (i)
10.
(c) A is true but R is false.
Explanation: A is true but R is false.
11.
(b) Upper limbs
Explanation: Upper limbs

Explanation: There are five personality traits in Robert McCrae and Paul Costa's model of personality

13. (a) regulate body temperature

Explanation: regulate body temperature

14.

(d) Water

Explanation: Water is essential for body in large amount but it doesn't consist any type of nutritive substance.

15.

(c) To see about finance

Explanation: All type of investment or expenses related duties are the sole responsibilities of finance committee.

16.

(c) Knock-out

Explanation: Knock-out

17. (a) 15

Explanation: 15

18.

(c) Eating disorder

Explanation: Anorexia nervosa is an eating disorder.

Section B

19. Harris-Benedict equation is used to calculate BMR.

For men: $BMR = 88.36 + (13.4 \times \text{weight in kg}) + (4.8 \times \text{height in cm}) - (5.7 \times \text{age in years})$

For women: $BMR = 447.6 + (9.2 \times \text{weight in kg}) + (3.1 \times \text{height in cm}) - (4.3 \times \text{age in years})$

20. Menopause is the time when women stop having menstrual cycle, it occurs when menstruation ceases due to hormonal changes. In other words "It is permanent, Cessation of primary functions of the Ovaries.

21. The tests which we use for cardiovascular fitness as follows:-

1. Harvard Step Test-Aerobic Fitness (Recovery time)
2. Rockport Fitness Test-One mile Walking test

22. With less energy expenditure, a runner can run at a set speed for longer duration. In endurance sports, a good technique can save energy.

23. Sit and reach test will be used for the assessment of flexibility.

Section C

- of an individual! Regular exercise also makes muscle strong. Following are the points
- 4 which delay ageing process by regular exercise
 1. Increase in hear rate and stroke volume
 2. Increase in cardio output
 3. Increase in size of lungs and chart.
 - 2 . In single elimination tournament only the winner progresses to the next round. All other competitors are eliminated. This ensures the winner is decided with the minimum number of fixtures. However, most competitors will be eliminated after relatively few matches; a single bad or unlucky performance can nullify many preceding excellent ones. It takes less time to complete the tournament. The tournament can be completed with less economy.
 - 2 . i. **Use of lubricants:** Friction in machines is reduced by lubrication. The lubricant fills the tiny pores and depressions in the surfaces making them smooth, thus reducing friction.
 - 6 ii. **Use of ball bearings:** In rotating machines such as wheels of a cycle, motor-car axles- the shafts are mounted on ball bearings to reduce friction.
 - iii. **Polishing:** Unevenness of the surface is reduced by polishing. It can also be achieved by rubbing the surface with sandpaper or energy powder.
 - 2 . Advantages of isometric exercises:
 - i. Develop static strength.
 - ii. Need less time.
 - 7 iii. Can be performed anywhere because no equipment is required.
 - Disadvantages of isometric exercises:
 - i. Muscles gain most strength at the angle used in exercise.
 - ii. Avoid if you have heart problems as they cause a rise in blood pressure due to a drop in blood flow to the muscle during the contraction.
 - iii. Do not develop dynamic strength.
 - 2 . The adaptive ejects that take place in our cardiovascular system alter engaging in exercise for a longer period are crease in heart size We cannot do the exercise on our heart directly, but when we perform exercise regularly, our heart size increases. Exercising develops the muscles of the heart. Again Increase in heart rate Generally an adult has a heart rate of 72 beats per minute while resting, beat when he exercises, his heart rate increases as per the intensity and duration of the exercise. Increase in stroke volume Stroke volume is the quantity of blood which the heart pumps out in single stroke. Due to the heart's size increasing, the stroke volume increases. Decrease in cholesterol level Regular exercise reduces the cholesterol level in our blood, which has a direct link with the blood pressure, increases in number and efficiency of capillaries Regular exercise increases the number of capillaries and their efficiency. Reduced risk of heart diseases Regular exercise gradually reduces stress related hormones from

Section D

Read the text carefully and answer the questions:

Food is the basic requirement of every individual to fulfill the energy needs and to meet the development of the body. The nutritious diet directly affects the health of an individual. It contains various types of nutrients in it.



(i) carbohydrates

The bottommost part of the food pyramid is occupied by carbohydrates. It is required in large amounts by the body as it is a body-building food. Major energy needs in the body is provided by carbohydrates.

(ii) macro

Major portions of an individual's diet consist of macro nutrients, Carbohydrates, fats and proteins are called macronutrients. They give energy to the body and maintain the body's structure and systems.

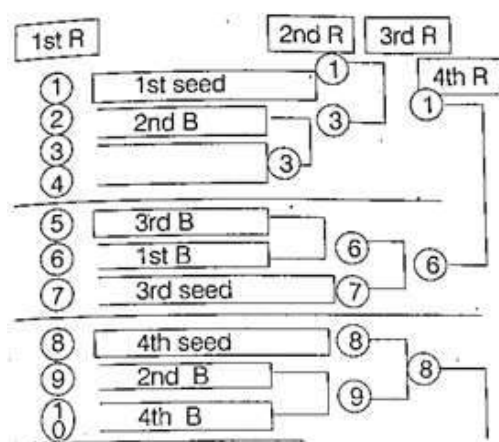
(iii) Vitamin A, D, E and K are called fat-soluble vitamins because they are absorbed in the intestine in the presence of fat. Rest of the vitamins are water-soluble vitamins.

(iv) Proteins are body-building foods. They contain amino acid that helps in muscle growth. They are useful in maintaining all types of body tissues.

OR

Nutrients are the essential element of any food.

3 . Read the text carefully and answer the questions:



(i) 09, In the given question, 9 teams are not seeded team and one team is seeded team. Seeded team do not play the match in the preliminary or first round.

(ii) Seeding method

Seeding method is a type of provision in which teams are separated in such a way that they do not play with other good teams in the initial rounds. This is done so that good teams play in quarter final, semi final and final rounds.

(iii) Team 10,

From the given option, team no. 10 is not a seeded team. Seeded teams do not play the match in the initial rounds of a tournament.

(iv) $\frac{N(N-1)}{2}$

The formula for calculating the number of matches in Round Robin tournament is

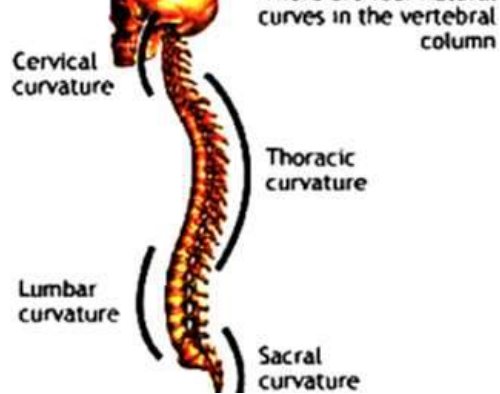
$\frac{N(N-1)}{2}$. N is the number of teams participating in the tournament.

OR

Total numbers of matches will be 34. As formula for total number of matches is : total number of teams (N-1).

3 . Read the text carefully and answer the questions:

Physical Education teacher at XYZ School observed that Ravi a student of class VI has outward curve of vertebral column at Thoracic region. He suggested some exercises to



- (i) Kyphosis,
This deformity is known as kyphosis.
- (ii) Hunch back,
Kyphosis is commonly known as Hunch back.
- (iii) Vertebral column,
Kyphosis is a deformity related to the vertebral column.
- (iv) Between 13 to 18 years

Section E

- 3 . Obesity is that condition of the body in which the amount of fat increases to extreme levels.

Benefits of Pada Hastasana:

- 2 a. It makes the body very flexible.
- b. It stretches the leg and back muscles.
- c. It helps to eliminate excess belly fat.
- d. It makes the spine flexible and tones the nerves.
- e. It improves blood circulation.
- f. It improves digestion and removes constipation.

Contraindications Pada Hastasana: The individuals who have back pain should avoid this asana. At least, they should not bend forward fully. They can bend themselves only as far as comfortable.

Benefits of Vajrasana:

- a. It is helpful for concentration.
- b. It is helpful in curing dysentery, back pain and chest diseases.
- c. It enhances memory.
- d. It cures problems related to menstruation.
- e. It cures mental stress.
- f. It strengthens the pelvic muscles.
- g. It removes postural defects.
- h. It prevents hernia and give relief from piles.

- b. The individuals who have any spinal column problem should not perform vajrasana.
- c. The individuals who have some difficulty in movement should practice vajrasana with a lot of care.

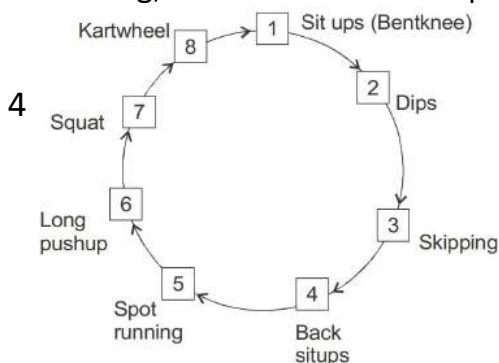
3 . Paralympics:

- The Paralympic Games is a global multi-sport event designed for athletes with physical, intellectual, and visual impairments.
- 3 ○ The event features a variety of sports, including athletics, swimming, cycling, wheelchair basketball, and more.
- Athletes are categorized based on their level of impairment to ensure fair competition.
- The primary goal of the Paralympic Games is to promote social inclusion and break down stereotypes and stigma surrounding disability.
- The event encourages individuals with disabilities to participate in sports and pursue physical activity, regardless of their level of impairment.

Deaflympics:

- Deaflympics is a multi-sport event that is specifically designed for athletes who are deaf or hard of hearing. The event features a variety of sports, including athletics, swimming, basketball, football, and more. The first Deaflympics was held in 1924 in Paris, France, and since then, the event has grown to become a global event, attracting athletes from all around the world.
- The primary goal of the Deaflympics is to provide a platform for athletes who are deaf or hard of hearing to showcase their talents and abilities in sports, and to promote social inclusion and equality for people with hearing disabilities. Through the event, athletes have the opportunity to compete at the highest level and to connect with others who share similar experiences.

- 3 . **Circuit training:-** is a specific training used to develop physical fitness. In the circuit training, all the exercises are performed in a circuit without any recovery period.



Benefits of Circuit Training:-

- i. Help to improve physical fitness.
- ii. Help to improve cardiovascular fitness.