

**Time Allowed: 3 hours**

**General Instructions:**

**SAMPLE QUESTION PAPER - 3**  
**SUBJECT- PHYSICAL EDUCATION (048)**  
**CLASS XII (2023-24)**

**Maximum Marks: 70**

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) Bhujangasana   | b) Shalabhasana   |
| c) Pavanmuktasana | d) Katichakrasana |

2. In staircase method, the fixtures are made like a \_\_\_\_\_.

**[1]**

- |                    |                  |
|--------------------|------------------|
| a) Ladder          | b) Staircase     |
| c) Stepping stones | d) None of these |

3. Which among the following is not a beneficial non nutritive factors of food?

**[1]**

- |                          |                  |
|--------------------------|------------------|
| a) Spices                | b) Tannins       |
| c) Artificial sweeteners | d) Preservatives |

4. \_\_\_\_\_ is used to test cardiovascular fitness.

**[1]**

5. **Assertion (A):** In functional deformities, only the soft tissues i.e., the muscles and ligaments are affected. [1]

**Reason (R):** In case of functional deformities, correction of postural deformities is possible through various physical activities.

- 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.

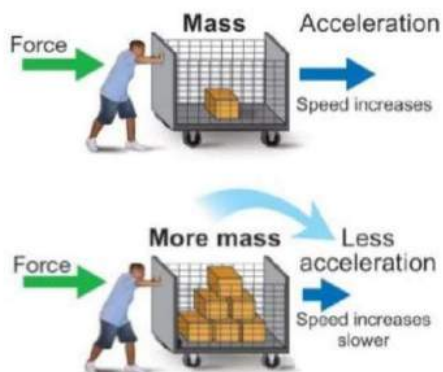
6. Neurotic people are \_\_\_\_\_. [1]

- a) Friendly      b) Composed  
c) Enthusiastic      d) Nervous

7. In which type of Anorexia does an individual lose weight by taking laxatives or diuretics [1]

- a) Bulimia Nervosa      b) Purging type  
c) Anorexia Nervosa      d) Restricting type

8. Identify the picture given below: [1]



- a) First Law of Motion      b) Law of Effects  
c) Second Law of Motion      d) Third Law of Motion

9. Match the following: [1]

(b) American method	(ii) Total points obtained are divided by total possible points
(c) If two teams have equal points	(iii) Team which won max no. of match declare as winner
(d) Match ends in draw	(iv) Match is held again

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

10. **Assertion (A):** A league tournament is a type of tournament in which each contestant gets eliminated after being defeated in the round. [1]

**Reason (R):** In league tournament, there has to be sufficient time to complete the tournament.

- 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 a part of the big five personality traits? [1]

- a) Openness      b) Helpfulness
- c) Agreeableness      d) Conscientiousness

12. Which of the following body type is good for adventurous activities? [1]

- a) Ambivert      b) Ectomorph
- c) Mesomorph      d) Endomorph

13. Which macro mineral helps in hydro balance in body? [1]

- a) Calcium      b) Sodium
- c) Phosphorus      d) Potassium

14. Which of the following is a Micro-nutrient? [1]

- a) Carbohydrates      b) Fats

- [illegible]

## Section B

**Attempt any 5 questions**

19. What is Sit and Reach Test? [2]
20. List down the symptoms of anaemia. [2]
21. What do you mean by Plate tapping test and its procedure? [2]
22. What is the full form of ATP? [2]
23. Which test would you suggest for your grandmother to test lower body flexibility? [2]

## Section C

**Attempt any 5 questions**

- 2 . What are the effects of exercise on our muscular system? [3]
- 2 . Write any two advantages and two disadvantages of league tournament. [3]

2. What do you mean by Isometric Exercises? [3]
26. Write any six effects of regular exercise on our Muscular system. [3]

7

### Section D

- 8 **Read the text carefully and answer the questions:** [4]

A balanced diet refers to the intake of food constituting all the necessary nutrients. Ram shares his knowledge of 'food and nutrition' with neighbors while visiting his grandparents in a village. Ram notices that few people living in that village are suffering with goiter and severe anemia.

29.



- (i) Minerals are placed under which nutrient category on the basis of the required quantity?
- (ii) Goiter is caused due to deficiency of \_\_\_\_\_.
- (iii) What conclusion you can derive from the picture?
- (iv) Fresh Vegetables and Fruits are rich sources of \_\_\_\_\_.

**OR**

Almost \_\_\_\_\_ part of our body is made up of water.

3. **Read the text carefully and answer the questions:** [4]

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

0

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	

- (i) The formula for calculating number of matches in Round Robin tournament are where **N** is number of teams is \_\_\_\_\_.
- (ii) In League tournaments, the winner is decided by which method?

(iv) What is the other name of the Round Robin tournament.

OR

Total number of byes in the fixture will be \_\_\_\_\_.

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

[4]

Sheethal spent her weekend checking the health status of all the security guards of her huge gated community as a part of project work assigned by PE teachers. She found out that more than half of them have shown a significant deformity in the upper part of their vertebral column.



- (i) The term used to define this deformity is \_\_\_\_\_ .
- (ii) Which are the asana/s that help in rectifying such condition/s?
- (iii) Bending head backward in standing position helps in getting rid of \_\_\_\_\_ .
- (iv) Due to Covid Pandemic, most of the children attending online classes with bad sitting posture may experience which condition later in their life?

**Section E**

**Attempt any 3 questions**

3 . What is hypertension? Discuss the benefits and contraindications of Ardha Chakrasana and Vajrasana.

[5]

3 . Explain the following Strategies to make Physical Activities Accessible for Children with Special Need:

[5]

- i. Communication
- ii. Space
- iii. Equipment
- iv. Graded Activities
- v. Psychological strategies

3 . Explain the methods to improve flexibility with help of examples.

[5]

## Section A

### Answers

1.  
**(b)** Shalabhasana  
**Explanation:** Shalabhasana
2.  
**(b)** Staircase  
**Explanation:** In designing this type of fixture, at every level one team gets reduced that has to compete with the remaining teams in the tournament, this gives an appearance of staircase to the fixture.
3.  
**(b)** Tannins  
**Explanation:** Tannins is not a beneficial non nutritive factor of food.
4.  
**(c)** Rockport Test  
**Explanation:** Rockport Test is used to test cardiovascular fitness.
5.  
**(b)** Both A and R are true but R is not the correct explanation of A.  
**Explanation:** Both the statements are correct about functional deformities but are not cause and effect.
6.  
**(b)** Composed  
**Explanation:** Neurotic people are composed.
7.  
**(c)** Anorexia Nervosa  
**Explanation:** In Anorexia nervosa an individual lose weight by taking laxatives or diuretics
8.  
**(c)** Second Law of Motion  
**Explanation:** Second Law of Motion
9.  
**(b)** (a) - (iii), (b) - (i), (c) - (ii), (d) - (iv)  
**Explanation:** (a) - (iii), (b) - (i), (c) - (ii), (d) - (iv)
10.  
**(d)** A is false but R is true.  
**Explanation:** A league tournament is a type of tournament in which each contestant meets all other contestants in turn. In this type of tournament, there has to be sufficient time to complete the tournament.

**Explanation:** Helpfulness is not a part of the big five personality traits.

12.

**(c) Mesomorph**

**Explanation:** Mesomorphs are best suited for adventurous activities like Mountain Climbing.

13.

**(d) Potassium**

**Explanation:** Potassium

14.

**(d) Vitamins**

**Explanation:** Micro-nutrients are required by our body in small quantities as they help in repairing and checking wear and tear of tissues and cells in our body. Vitamins and Minerals are micronutrients.

15.

**(d) 11**

**Explanation:** The formula for the number of bytes = highest power of two - number of teams

$$= 32 - 21$$

$$= 11$$

16. **(a) Organising**

**Explanation:** Organising stage determines the type of jobs and responsibility to achieve planning objectives.

17.

**(d) Khelo India Fitness Assessment**

**Explanation:** Khelo India Fitness Assessment

18.

**(c) Pulses**

**Explanation:** Pulses is not an energy giving food.

### **Section B**

19. The Sit and Reach Test is the most common way to measure lower back and hamstring flexibility. It is used by exercise physiologists and fitness trainers to understand the level of flexibility before starting an exercise program.

20. Its symptoms are shortness of breath, dizziness, headache, coldness in hands and feet, pale skin, chest pain, decreased energy, weakness and fatigue, abdominal pain, jaundice, small bruises under skin, feeling of heart racing or beating irregularly, difficulty in concentrating, leg cramps, insomnia etc.



and coordination of upper limb movement. In this test, students perform repeated action of tapping plate for 25 full cycles (50 taps). The time taken to complete 25 cycles is recorded.

22. Adenosine Di Phosphate

23. I would suggest Chair Sit and Reach Test for my grandmother to test lower body flexibility.

### Section C

2 . Effects of exercise on our muscular system are as follows:

- regular exercise change the shape and size of muscles.
- Muscle remain in tone position.
- 4 ◦ it controls extra fat deposit.
- it improves reaction time.
- it delays the fatigue.
- it improves the effeciency of movement of muscles.
- it makes the figure beautiful.

2 . Advantages of league tournament:

- i. Fairness and consistency in determining the champion.
- ii. Increased engagement and interest due to sustained competition.

5 Disadvantages of league tournament:

- i. Lengthy schedule and fixture congestion.
- ii. Reduced suspense and unpredictability, especially if there is a noticeable skill gap between teams.

2 . According to this law a body at rest will remain at rest and a body in motion will remain in motion at the same speed and in the same direction unless acted upon by an external force. There are great examples of this law in sports such as starting in rowing, starting in sprinting, starting in throwing the hammer. Basically if an object is in motion,  
6 it remains in motion unless something or some external force stops it. The external force may be gravitational force, the surface of playing field or a defensive player etc.

2 . ISOMETRIC EXERCISE: Isometric exercises are those exercises, which are not visible. In fact there are no direct movements, hence they can't be observed. In these exercises, work is performed but is not seen directly. In these exercises, a group of muscles carry out tension against the other group of muscles. For example, pushing against a sturdy  
7 wall. What do you mean by and Isotonic exercises.

2 . Regular exercise provides various beneficial effects on the muscular system, such as:  
i. Increased muscle strength and power.

- iv. Increased muscle mass and improved muscle tone.
- v. Enhanced muscle coordination and motor skills.
- vi. Improved muscle metabolism and nutrient delivery, promoting overall muscle health.

These effects lead to improved physical performance, reduced risk of injuries, and better overall muscular fitness, contributing to a healthier and more functional muscular system.

### Section D

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

A balanced diet refers to the intake of food constituting all the necessary nutrients.

29. Ram shares his knowledge of 'food and nutrition' with neighbors while visiting his grandparents in a village. Ram notices that few people living in that village are suffering with goiter and severe anemia.



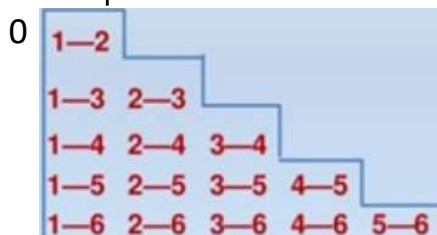
- (i) Minerals are placed under the category of micro-nutrients as they are needed in small quantities by the body.
- (ii) Iodine  
Goiter is a disease that is caused by the deficiency of iodine. Iodine is an essential minerals that is present in the sea salt.
- (iii) Nutrition for a healthy body, exercise along with proper nutrition is required. A balanced diet that has all the essential nutrients should be eaten. Exercises like walking, running, etc. are also needed to remain healthy.
- (iv) Both vitamins and minerals  
Fresh fruits and vegetables are required by the body to remain healthy. Various micro nutrients are needed by the body which are available in fruits and vegetables.

OR

Two-third part of our body comprises of water.

3 . Read the text carefully and answer the questions:

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



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

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.

(ii) In a league tournament, the winner is decided by British method. It gives a formula for deciding the winner. The points secured by a team is divided by maximum point which can be secured and whole multiplied by 100.

(iii) 3333

(iv) League tournament is also known as Round Robin Tournament

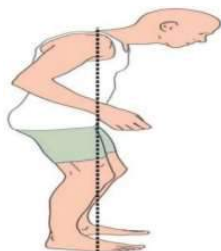
OR

Total number of Byes in the fixture will be 14.

3 . Read the text carefully and answer the questions:

Sheethal spent her weekend checking the health status of all the security guards of her huge gated community as a part of project work assigned by PE teachers. She found out that more than half of them have shown a significant deformity in the upper part of their vertebral column.

1



(i) Kyphosis,

Kyphosis is a deformity of the spinal curvature in which there is an increase or exaggeration of a backward curve or a decrease of a forward curve.

(ii) Performing Chakrasana, Dhanurasana and Bhujangasana helps in rectifying such conditions.

(iii) Lordosis

(iv) Kyphosis is a deformity of the spinal curvature due to incorrect sitting posture many student attending online class may experience this situation.

3 . Hypertension means increased blood pressure. The normal blood pressure of an adult is considered 120/80 mm Hg. A person, whose blood pressure readings are beyond 140/90 mm Hg, is said to be having hypertension.

2 Benefits of Ardha Chakrasana:

- a. It helps to make ankles, spine, thigh, chest, shoulders, spine and abdomen stronger.
- b. It relieves stress and tension.
- c. It improves digestion.
- d. It cures menstrual disorders.
- e. It cures pain in legs.
- f. It reduces fat in the waist and thigh.
- g. It helps to alleviate upper back pain.
- h. It relieves stress in the neck and shoulders.

Contraindications of Ardha Chakrasana:

- a. Avoid performing this asana if you have migraine, headache, low blood pressure, diarrhea and insomnia.
- b. Avoid practicing this asana if you have peptic ulcers and hernia.
- c. Avoid this asana in case of hip or spinal problems.
- d. Pregnant women should avoid this asana.

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 gives relief from piles.

Contraindication of Vajrasana:

- a. person suffering from joint pain should not perform vajrasana.
- 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. i. **Communication:** A variety of different instructional strategies such as verbal, visual and peer teaching should be used for performing various types of physical activities so that children get opportunity to participate in physical activity.
3. ii. **Space:** For CWSN, space should be approachable for people having physical disability. The area for the physical activity should be limited. Space for activities should be disturbance free (noise, heat, cold, texture of floor, audience etc.)
- iii. **Equipment:** A lack of appropriate equipment, coupled with a lack of professionals trained to support physical activity among children and youth with different ability levels, discourages participation.
- iv. **Graded Activities:** During initial stage activities should be simple and the activity should be based on a single action. There should be a gradual move from non-locomotor to locomotor to manipulated activities.
- v. **Psychological strategies:** Because of previous exclusion or limited access, children with disabilities need a lot of motivation to participate in physical activity. It's all about the cycle of conditioning: active kids who stay active grow stronger and more physically literate as they age.

### 3 . Methods to Improve Flexibility

4. i. **Ballistic Stretching:** The individual performs these stretching exercises while in motion. This dynamic method uses the momentum generated from repeated bouncing movements to stretch the muscles. Although it is very effective, most experts do not recommend this method because it may overstretch the muscles and can cause muscle soreness or injury. This method includes various exercises like swinging the trunk sideways, forward, backward, swinging the legs etc.
- ii. **Static Stretching:** It is an extremely popular and effective technique. Static stretching involves gently and slowly moving into the stretch position and holding it for a certain period of time. Movement should take place through the full range of motion until a little tension or tightness is felt in the muscles or group of muscles. As the muscle relaxes, the stretch should be extended and held again. Stretching should not be painful. Care must be taken not to force the joint to move too far, which may cause an injury. Stretching should be held from 10 to 30 seconds and a maximum of five repetitions for each exercise, e.g. Seated butterfly stretch.

- iii. **Passive stretching:** Passive stretching techniques are usually performed with a partner who applies a stretch to a relaxed joint. Partner stretching requires closer communication between partners, and the slow application of the stretch in order to prevent injuries due to forceful manipulation of the body segment, e.g. using a towel, band, gravity or another person to help you stretch.
- iv. **Proprioceptive Neuromuscular Facilitation (PNF) or Contract:** PNF technique is the most appropriate method for increasing or developing flexibility in the shortest possible time. This method is used by sportsmen for gaining flexibility. It involves use of muscle contraction before stretching to achieve maximum muscle relaxation.