

SAMPLE QUESTION PAPERS
PHYSICAL EDUCATION (048)
CLASS XII – SESSION 2019 -20

TIME ALLOWED: 3 HRS

MAX. MARKS: 70

GENERAL INSTRUCTIONS:

- 1) The questions paper consists of 20 questions
- 2) All questions are compulsory.
- 3) Questions 1 – 10 carry 1 mark and are multiple choice questions.
- 4) Question 11 -15 carry 3 marks and should not exceed 80 – 100 words each.
- 5) Question 16 -20 carry 5 marks and should not exceed 150 – 200 words.

SECTION – A

Q1. What is/are the objective / objectives of planning?

- a) To reduce the chances of mistake. b) To reduce undue pressure c) To promote innovative ideas d) All of above

Q2. Which of the following is not a specific sports program?

- a) Health Run b) Run for fun c) Run for brotherhood d) Run for unity

Q3. In a balanced diet the ratio between Protein, fats and carbohydrates should be:

- a) 1:4:1 b) 1:1:4 c) 4:1:1 d) 4:4:1

Q4. An obese person usually falls prey to which disease?

- a) Cardiovascular b) Diabetes c) Hypertension d) All of the above

Q5. Knock – Knee can be corrected by performing:

- a) Padamasana b) Vajrasana c) Vakrasana d) Shavasana

Q6. The function of carbohydrate is :

- a) Producing energy b) Making cells c) Formation of Teeth and Bones d) None of the above

Q7. What is the main cause of ODD?

- a) Food additives and sugar b) Biological factor c) Brain injury d) None of the above

OR

Hair and nails are mostly made up of:

- a) Fats b) Proteins c) Fibre d) Carbohydrates

Q8. Which of the following is an injury of ligaments?

- a) Strain b) Abrasion c) Sprain d) Contusion

Q9. Scoliosis is a Postural deformity related with:

- a) Foot b) Leg c) Vertebral column d) Hand

Q10. 600M run or walk used to measure:

- a) Speed of an individual b) flexibility of an individual c) Strength of an individual d) Endurance of an individual

OR

A healthy BMI range for Indians is:

- a) Less than 18 b) 18- 22 c) 23 – 24.9 d) More than 25

SECTION -B

Q11. What is Knock out tournament? Draw a fixture of 7 teams in league using cyclic method.

Q12. What is the significance of intramural?

OR

Enlist the dangers of dieting

Q13. What are the physiological benefits of Asanas?

Q14. Discuss in detail the symptoms and causes of ASD. (Autism Spectrum Disorder).

Q15. What is the Asthama? What are the benefits of Chakarasana and Parvatasana.

SECTION – C

Q16. Explain the reason of low participation of women in sports in India.

OR

Explain the eight foot up and go test for measuring Agility.

Q17. What PRICER and NO HARM technique in sports injury indicates and how they are used.

Q18. “Regular physical activity can delay your ageing” Justify your answer in the light of the effects of activities on physiological change.

OR

Suggest various methods of motivating a person for better performance in sports and games.

Q19. How does the study of Biomechanics help in sports?

Q20. Explain any five effects on exercise on the cardio-vascular system.