

PHYSICAL EDUCATION (048)**Sample Question Paper****Class XII (2025-26)**

TIME ALLOWED: 3 HRS

MAX MARKS: 70

GENERAL INSTRUCTIONS:

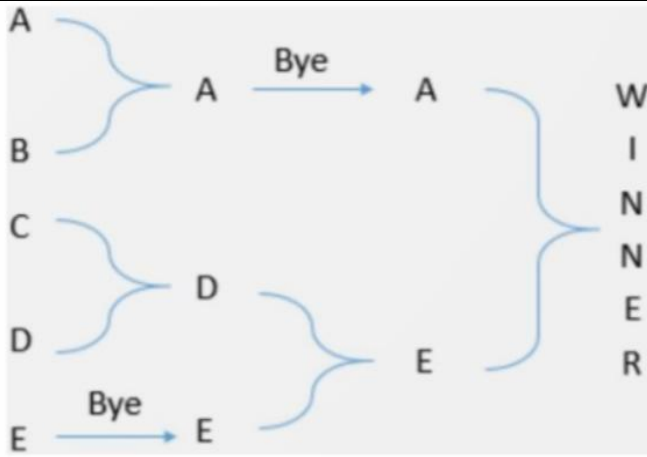
1. The question paper consists of 5 sections and 37 Questions.
2. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory
3. Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
4. Sections C consist of Question 25-30 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 31-33 carrying 4 marks each and are case studies.
6. Section E consists of Question 34-37 carrying 5 marks each and are long answer types and should not exceed 200-300 words. Attempt any 3.

Q No.		Marks
	<u>SECTION A</u>	
Q1.	A tournament where every team plays with every other team once and the number of matches is determined with the help of the formula N(N-1) is called as: (a) knockout tournament	

	(d) A-(i), B-(ii), C-(iii), D-(iv)	
Q4.	What is nutrition? (a) Essential substances of food like proteins, fats, carbohydrates, etc. (b) Consuming correct ratio of nutrients (c) Dynamic process in which consumed food is digested (d) Both (a) and (b)	[1]
Q5.	Identify the yoga asana below.  (a) Uttana Mandukasana (b) Paschim tan asana (c) Dhanu asana (d) Hal asana	[1]
Q6.	Which of the following is a yoga pose for treatment of obesity? (a) Gomulka asana (b) Bhujang asana (c) Paschim tan asana (d) Vajrayana	[1]
Q7.	Who are the participants in Special Olympics? (a) Veterans (b) Children and adults with intellectual disabilities (c) Physically handicapped (d) Both (b) and (c)	[1]
Q8.	Female Athlete Triad does not include _____. (a) Amenorrhea (b) Oligomenorrhea (c) Osteoporosis (d) Bulimia Nervosa	[1]
Q9.	Find the odd one out. (a) Calcium (b) Sulfur (c) Potassium (d) Iron	[1]

Q10.	What is the dimension of layout in Johnsen-Methney Test of Motor Educability? (a) 15×3 feet (b) 15×3 meters (c) 15×2 feet (d) 15×2 meters	[1]
Q11.	Which of the following is not a short-term effect of exercise on muscular system? (a) Accumulation of lactate (b) Increased blood supply (c) Muscular hypertrophy (d) Increased muscle temperature	[1]
Q12.	Which of these is not a soft tissue injury? (a) Abrasion (b) Dislocation (c) Strain (d) Incision	[1]
Q13.	Which of the following helps with ice skating? (a) Rolling friction (b) Sliding friction (c) Static friction (d) Gliding friction	[1]
Q14.	Which of the following is NOT the factor effecting projectile trajectory? (a) Gravity (b) Angle of release (c) Buoyant force (d) Air resistance	[1]
Q15.	Self-talk refers to our _____ consisting of statements we say to ourselves, either in our mind or out loud. (a) Internal thoughts (b) Internal behavior (c) Internal soul (d) Internal emotions	[1]
Q16.	Assertion (A): Aggression is part of human behavior and is necessary for an individual to live and struggle for higher achievements. Reason (R): Aggression is inevitable and inseparable in sport activities. In the context of the above two statements, which one of the following is correct? (a) (A) is false, but (R) is true. (b) (A) is true, but (R) is false. (c) Both (A) and (R) are true and (R) is the correct explanation of (A). (d) Both (A) and (R) are true, but (R) is not the correct explanation of (A).	[1]
Q17.	The method of training that involves repeated bouts of high-intensity work followed by periods of rest or low-intensity activity is known as _____. (a) Continuous Training (b) Interval Training (c) Fartlek Training (d) Circuit Training	[1]

Q18.	Which of the following is not a type of coordinative ability? (a) Orientation Ability (b) Acceleration Ability (c) Grouping Ability (d) Dynamic Ability	[1]
Q19.	Differentiate between the three types of spinal deformity	[2]
Q20.	What is a balanced diet? Mention its importance also. [1+1]	[2]
Q21.	A male student performed the Harvard Step Test for 4 minutes. His pulse was recorded during the recovery periods as 58 beats in the first half-minute, 50 beats in the second, and 42 beats in the third. Using the Harvard Step Test formula, calculate his Fitness Index and state whether his score falls in the Excellent, Good, or Average category.	[1½+½] [2]
Q22.	Enlist any four types of fracture.	½ * 4 [2]
Q23.	Write a short note on Sports Psychology.	[2]
Q24.	A football player wants to improve his acceleration and quick reaction during a match. Suggest two suitable training methods and justify how each will help improve his performance.	[1+1] [2]
Q25.	League tournament is a better way to judge the best team of the tournament. Comment.	[3]
Q26.	Discuss the exercise guidelines for different age groups.	[1+1+1] [3]
Q27.	Explain strategies to make Physical Activities Accessible for CWSN.	[3]
Q28.	Discuss the importance of pre, during and post competition diet in detail.	[1+1+1] [3]
Q29.	A gymnast maintains a handstand position on the balance beam, then performs a flip. Differentiate between the types of equilibrium shown and explain how they help in performance.	[1+2] [3]
Q30.	Describe personality. Explain dimensions of personality.	[1+2] [3]
Q31.	Read the following text carefully and answer the questions that follow: Competing in physical activities has been the natural tendency of humans. The competitions or tournaments are held according to the set rules and regulations. The success of the tournament depends upon suitable fixture	[4]



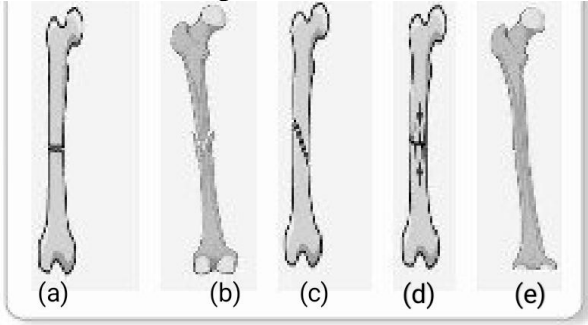
1. The method followed in drawing the fixture is:
 - a) Random method
 - b) Knock out method
 - c) League cum knockout method
 - d) League method
2. The number of matches played can be calculated by the formula _____.
 - a) $2N$
 - b) $N+1$
 - c) $N/2$
 - d) $N - 1$
3. What is the advantage of this tournament?
 - a) More matches are played
 - b) Less number of teams participate
 - c) The knockout tournament takes less time and is economical
 - d) All teams play equal number of matches
4. What is the term used if privilege is given to a team to play at a higher round?
 - a) Bye
 - b) Draw
 - c) Super seeding
 - d) Any of the above

Q32. Based on the picture given below, answer the following questions.

[4]



1. Identify the logo.
 - (a) Special Olympics
 - (b) Paralympics
 - (c) Deaflympics
 - (d) Special Olympics Bharat
2. What does the circle signify?

	(a) Unity (b) Ears (c) Strength (d) Iris 3. In which year was it held for the first time? (a) 2001 (b) 1924 (c) 1948 (d) 1968 4. What are the four colours in the logo? (a) Red, Yellow, Black, Blue (b) Red, Blue, Green, Yellow (c) Yellow, Black, Red, Green (d) Brown, Blue, Green, Red	
Q33.	In relation to the pictures, answer the following questions:  1. When the two ends of the injured bone enter into each other it is said to be. (a) Comminuted Fracture (b) Greenstick Fracture (c) Impacted Fracture (d) Transverse Fracture 2. _____ is a comminuted fracture. (a) (d) (b) (b) (c) (e) (d) (a) 3. When the bone is broken into many pieces at one place or different places, it is called. (a) Oblique Fracture (b) Impacted Fracture (c) Comminuted Fracture (d) Greenstick Fracture 4. _____ fracture occurs in a straight line at a right angle to the shaft of the bone. Usually caused by a direct blow (a) Greenstick Fracture (b) Oblique Fracture (c) Transverse Fracture (d) Impacted Fracture (Question for Visually Impaired) Vitamins and minerals are essential nutrients which protect us from various diseases and are helpful for general development of the body. 1. _____ is a group of 8 water-soluble vitamins which are important for cellular metabolism.:	[4]

	a) Vitamin A b) Vitamin K c) Vitamin B d) Vitamin D 2. _____ disease is caused due to lack of Vitamin B. a) Anemia b) Kwashiorkor c) Scurvy d) Beri Beri 3. Vitamin_____ is important for healthy bones and teeth. a) K b) A c) D d) C 4. Vitamin_____ is needed for blood clotting a) A b) D c) K d) E	
Q34.	What do you mean by Asthma. Mention its symptoms. Explain the procedure, benefits and contraindications of an asana beneficial for the patient of arthritis.	[1+2+2] [5]
Q35.	Make a table of test items listed under fitness test by SAI (Age group 9-18 yrs) Explain the Procedure and Scoring of 50 MTS Run and Partial Curl Up	[1+2+2] [5]
Q36.	What do you understand by circuit training? How will a coach plan circuit training sessions with 6 stations to develop the fitness of his new trainees? Explain.	[1+4] [5]
Q37.	What is a lever? Discuss the application of Lever in sports.	[2+3] [5]