Std. 12 18-12-2023

PHYSICAL EDUCATION

Time: 3 hrs. Max. Marks: 70

General Instructions:

- i) The question paper consists of 5 sections and 37 questions.
- ii) Section A consists of questions 1 18 carrying 1 mark each. These are multiple choice questions. All questions are compulsory.
- iii) Section B consists of questions 19 24 carrying 2 marks each. These are very short answer type and should not exceed 60-90 words. Attempt any 5.
- iv) Section C consists of questions 25 30 carrying 3 marks each. These are short answer types and should not exceed 120-150 words. Attempt any 5.
- v) Section D consists of questions 31 33 carrying 4 marks each. There are Case studies with internal choice available.
- vi) Section E consists of questions 34 37 carrying 5 marks each and is long answer type. Word limit should not exceed 200-300 words. Attempt any 3.

SECTION - A

1. Identify the asana:

- a) Mastendrasana
- b) Ardh Matsyendrasana
- c) Gomukhasana
- d) Yogmudra



- 2. Formula to calculate bye is
 - a) Subtract N from the next power of two (N stand for number of teams)
 - b) Addition N in next power of two (N stands for number of teams)
 - c) As power number of teams
 - d) None of these
- 3. An excessive inward curve of the spine
 - a) Knock knees

b) Bow legs

c) Kyphosis

- d) Lordosis
- 4. Who categorized the Personality traits as introverts and extroverts?
 - a) C G Jung

b) G W Allport

c) W H Sheldon

- d) M C Dougall
- 5. While exercising on a multi gym, the type of muscular contraction that occurs is?
 - a) Isotonic

b) Isometric

c) Isokinetic

d) Eccentric

- 6. Cardiac hypertrophy is:
 - a) Plateauing of heart rate due to maximal exercise intensity.
 - b) Enlargement of heart due to chronic endurance training.
 - c) Lowering of heart rate due to physical training.
 - d) Increase in ventricular volume because of exercise.
- 7. What do you mean by IPC?
 - a) International paralysis committee
- b) Indian paralysis committee
- c) International Paralympic committee
- d) Indian Paralympics committee
- 8. Upper Body Flexibility can be measured by
 - a) Arm curl test

b) Back scratch test

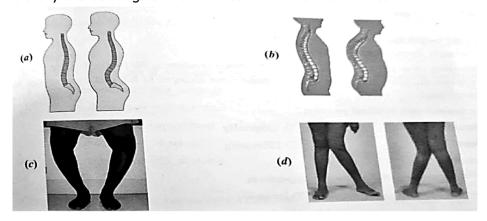
c) Sit and reach

d) Curl up test

a)	Improvement in confidence	of physic	b)	es in children with special needs? Increase in depression Better hand Eye coordination
,	•		u)	better mana Lye coordination
_		S. No.		List 2
Α	VITAMIN A	(i)	Weakne	ess in muscles
В	VITAMIN D	(ii)	Anemia	
С		(iii)	Night bl	indness
D	VITAMIN K	(iv)	Rickets	
CODE:				
a) c)	A- (ii), B- (iii), C- (iv), D- (i) A- (iii), B- (iv), C- (i), D- (ii)		b) d)	A- (ii), B- (i), C- (iv), D- (iii) A- (ii), B- (iv), C- (i), D- (iii)
			b)	Cata
a) c)	Complex carbohydrates		d)	Fats Minerals
Biomed a) c)	chanics helps in which of the follo In improving techniques In improving design of sports	wing?	b) d)	Equipments improving performance All of these
	is needed by body for gro	wth, repa	air and m	aintenance.
a)	Nutrient		b)	Protein
c)	Carbohydrate		d)	Fatty acid
The				
a)			b)	Paralympics
c)	Differently abled Olympics		d)	Specially abled Olympics
-	•		1.3	
			•	dust and smoke
C)	ury air		u)	pollen
	•	es is/are:		
-	•		•	Low calcium intake
c)	High calcium intake		d)	Both a) and b)
The oa	th of special Olympics is			
a)	Let me run.			
•				
c) d)	Let me win but if cannot win, let None of the above.	me be b	rave in th	ne attempt.
Mechai	nical analysis of Javelin thrown by	/ Neeraj (Chopra w	ill be done under:
a)	Biology		b)	Biomechanics
c)	Physiology		ď)	Anatomy
SECTION - B				
	a) c) Match S. N A B C D CODE: a) c) Glucos a) c) Biomed a) c) Thea) c) Causes a) c) Checked a a) c) The oa a) b) c) d) Mechala a)	a) Improvement in confidence c) Improvement in Endurance Match the following: S. No. List 1 A VITAMIN A B VITAMIN D C VITAMIN E D VITAMIN K CODE: a) A- (ii), B- (iii), C- (iv), D- (i) c) A- (iii), B- (iv), C- (i), D- (ii) Glucose, Sucrose and Maltose are: a) Simple carbohydrates c) Complex carbohydrates Biomechanics helps in which of the folloa a) In improving techniques c) In improving design of sports is needed by body for groan a) Nutrient c) Carbohydrate The was previously called as word a) Deaflympics c) Differently abled Olympics Occupational Asthma is caused by a) cold air c) dry air Causes of Osteoporosis in female athlete a) Menopause c) High calcium intake The oath of special Olympics is a) Let me run. b) Let me play but if I cannot win, c) Let me win but if cannot win, let d) None of the above. Mechanical analysis of Javelin thrown by a) Biology c) Physiology	a) Improvement in confidence c) Improvement in Endurance Match the following: S. No. List 1 S. No. A VITAMIN A (i) B VITAMIN D (ii) C VITAMIN E (iii) D VITAMIN K (iv) CODE: a) A- (ii), B- (iii), C- (iv), D- (i) c) A- (iii), B- (iv), C- (i), D- (ii) Glucose, Sucrose and Maltose are: a) Simple carbohydrates c) Complex carbohydrates Biomechanics helps in which of the following? a) In improving techniques c) In improving design of sports is needed by body for growth, repair is n	Match the following: S. No.

19. List down the types of Soft Tissue injuries.

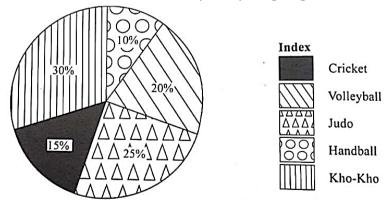
20. Identify the below given deformities and write their names.



- 21. What do you mean by disability?
- 22. Name the physiological factors determining speed.
- 23. What do you understand by the term Mental imagery?
- 24. What are the components of Khelo India Fitness test?

SECTION - C

- 25. Draw a fixture of 11 football teams participating in a tournament on the basis of knock out.
- 26. Highlight a few of asanas for curing and preventing hypertension. Elaborate any one of your choice.
- 27. What are the causes of sports injuries?
- 28. What is aggression? State any 2 types of aggression.
- 29. Given below is the data of students participating in games of a school:



i) If total numbers of students participating in cricket is 30, then how many students are participating in kho-kho?

- a) 60
- b) 50
- c) 40
- d) 45

ii) In which game the participants is maximum?

- a) Kho-kho
- b) Cricket
- c) Judo
- d) Handball

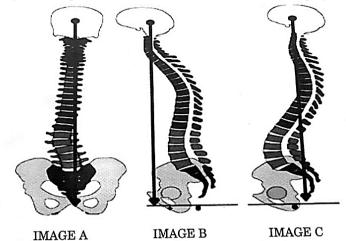
iii) What is the percentage of students participating in Judo and Handball?

- a) 30%
- b) 40%
- c) 35%
- d) 100%

30. What do you mean by 'Round Shoulders'? Suggest any 4 physical activities for correcting round shoulders.

SECTION - D

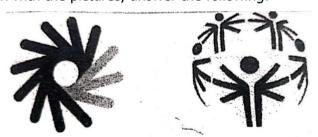
31. Identify the pictures given below and answer the following questions:



- i) Image A is which postural deformity?
 - a) Kyphosis
- b) Scoliosis
- c) Lordosis
- d) Round shoulders

- ii) Image B os which postural deformity?
 - a) Kyphosis
- b) Lordosis
- c) Scoliosis
- d) Round shoulders

- iii) Image C is which postural deformity?
 - a) Kyphosis
- b) Lordosis
- c) Scoliosis
- d) Round shoulders
- iv) Mention one cause for each deformity shown in image A, B and C.
- 32. Identify the common lifestyle problems.
- 33. In relation with the pictures, answer the following:



- a) What is the mission of the first image organization?
- b) What is the motto of the first image organization?
- c) Until 1965, the games in the second image were known as
- d) Second image games are conducted after ______ years.

SECTION - E

- 34. What is self-esteem? Explain different types of self-esteem.
- 35. What is staffing? What is the importance of organizing and staffing?
- 36. "Involvement in physical activities for longer period of time with moderate intensity can improve the quality of life." Justify your answer.
- 37. What is Paschimottanasana? Write its complete procedure. Draw a stick figure diagram.