

MODEL QUESTION PAPER - 1 (2020-21)
Class: XII PHYSICAL EDUCATION (THEORY)

Maximum Marks: 70

Time: 3:00Hrs.

1. The question paper consists of 30 questions and all are compulsory
2. Question 1-12 carry 01 mark each and are Multiple Choice Questions
3. Questions 13-16 carry 02 marks each and shall not exceed 40-60 words
4. Questions 17-26 carry 03 marks each and shall not exceed 80 -100 words
5. Questions 27 - 30 carry 05 marks each and shall not exceed 150-200 words

1. One gram of carbohydrate contains calories:
(A) 3 (B) 4 (C) 5 (D) 9

OR

Choose the type of aggression.

- (A) Hostile aggression (B) Instrumental aggression
(C) Assertive aggression (D) All of these
2. In which of following tournament types of competition does each team play at least two games before being eliminated
(A) Round robin (B) Ladder (C) Single elimination (D) Pyramid
3. For boys, the height of the bench in Harvard Step Test is
(A) 15 inches (B) 20 inches (C) 24 inches (D) 30 inches

OR

What does "O" stand in 'OCEAN'?

- (A) Obesity (B) Openness (C) Optimise (D) Overload
4. Injury or damage of one or more ligaments in a joint is known as:
(A) Sprain (B) Strain (C) Bruise (D) Incision
5. Two major components of load are:
(A) Specificity and Volume (B) Intensity and Volume
(C) Intensity and Progression (D) Continuity and Recovery
6. Which of the following activities does not contribute to the development of cardiorespiratory endurance?
(A) Low impact aerobic (B) Jogging (C) 400 yard dash (D) Racket ball
7. Which of the following test is not used to measure muscular endurance?
(A) Sit up (B) Flexed arm hang (C) Squat thrust (D) Distance walk

OR

Motor development is related to

- (A) Bone development (B) Muscles development
(C) Both of the above (D) None of these
8. First ever Olympic medal by an Indian Women was received by:
(A) Geeta Phogat (B) Mary Kom (C) Karnam Malleshwari (D) Sakshi Malik
9. When a joint reduces the angle between the bones at the joint, the movement is called:
(A) Abduction (B) Adduction (C) Flexion (D) Extension
10. Carbohydrate loadings is beneficial for:
(A) Endurance athletes (B) Diabetics (C) Strength athletes (D) Speed athletes

11. Given below are the two statements labeled Assertion (A) and Reason (R).
 A. **Assertion (A)** : Lordosis is abnormal curvature in Jumber region of the spine.
 B. **Reason (R)** : Its main cause is pregnancy.
 In the context of above two statements, which one of the following is correct?
 (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.

12. Match List-I with List-II and select the correct answer from the code given below.

LIST-I		LIST-II	
Bye division in knock out		No. of team	
(i)	Ist bye is always given to the	(1)	Ist team of upper half
(ii)	IInd bye is always given to the	(2)	IInd team of lower half
(iii)	IIIrd bye is always given to the	(3)	Last team of lower half
(iv)	IVth bye is always given to the	(4)	Last team of upper half

Code

Code				
	(i)	(ii)	(iii)	(iv)
(a)	4	3	1	2
(b)	2	1	4	3
(c)	4	2	3	1
(d)	3	1	2	4

13. Identify the below given diseases and write their names.



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14. Identify the common lifestyle problems and write their names.



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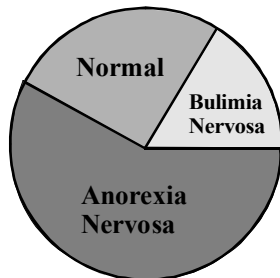
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15. What are the methods to improve flexibility?
16. How water is useful for us? Explain briefly.

OR

Enlist the training methods used to develop strength

17. Below given is BMI data collected from college girls aged 17-20 years on their weight and eating habits.



On the basis of the above data; answer the following questions:

- a. Majority of girls falls into which category?
 - (A) Bulimia Nervosa (B) Anorexia Nervosa (C) Normal (D) None of these
 - b. What happens in Anorexia Nervosa?
 - (A) Person stops eating because of fear of gaining weight
 - (B) Person eats a lot of but vomits out due to fear of gaining weight
 - (C) Person becomes binge eater
 - (D) All of these
 - c. What could be the reason of these eating disorder?
 - (A) Person wants to look beautiful
 - (B) Person wants to maintain weight
 - (C) Both (A) and (B)
 - (D) None of these
18. Rohan of class IV has become short tempered. His aggression is increasing day by day, he annoys other and disobey his teachers and elders. His parent took him to the doctor where he diagnosed with a disorder.

Based on this case answer the following questions:

 - a. According to the symptoms he suffering from which of the following disorder?
 - (A) ODD (B) OCD (C) ADHD (D) SPD
 - b. Causes for this disorder to a small child can be
 - (A) Low self esteem (B) Poor social skills (C) Poor concentration (D) None of these
 - c. Disorder means?
 - (A) A mental or physical problem that interrupts normal function
 - (B) A problem for illness which affects someone's mind or body
 - (C) A dysfunctional factor that affects the physiology and/or psychology of an individual
 - (D) All of these
 19. What is Speed? Explain the methods of speed development in detail.

OR

Explain the need and importance of Biomechanics.

20. Discuss the role of sports and exercise in holistic personality development

21. What are the methods in improve flexibility? Explain.

OR

Explain the factors effecting motor development.

22. List Newton's Laws of motion

23. Discuss any three reasons for less participation of women in sports

24. State the methods for deciding winners in league tournament.

25. Draw a league fixture of 7 teams using step method

26. Write down the corrective measure of any two postural deformities.

OR

Explain Rikli & Jones senior citizen fitness test.

27. There are 13 teams participating in a Knock-out basis. Explain to calculate number of 'Byes' with the help of diagram.

28. What do you mean by disability Etiquettes? Demonstrate few examples regarding guidelines for person suffering from disabilities

OR

Explain Obesity. How can it be managed through lifestyle and yoga?

29. Describe the benefits of yoga for healthy life.

OR

Explain the procedure and benefits of Bhujangasana and Pawanmuktasana.

30. Participation in sport result in the all-round development of personality. Justify.