

MODEL QUESTION PAPER - 2 (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. Mesomorphic personality has
 - (A) Large body structure with lots of fat
 - (B) Muscular body structure
 - (C) Lean & thin body structure
 - (D) None of these

OR

Name the committees required for receiving & dropping teams.

- (A) Medical committee
 - (B) Transport committee
 - (C) Technical committee
 - (D) All of these
2. Vitamin B₁ is also known as
 - (A) Thiamine
 - (B) Retinol
 - (C) Biotin
 - (D) None of these
 3. In diabetes we are suffering from
 - (A) No insulin production
 - (B) Decrease in insulin absorption
 - (C) Both (A) and (B)
 - (D) None of these

OR

..... is a Swedish word for 'speed play'

- (A) Ballistic Method
 - (B) Fartlek method
 - (C) Pace run method
 - (D) None of these
4. Formula required to calculate the number of teams in knock-out for upper half
 - (A) $\frac{N+1}{2}$
 - (B) $\frac{N-1}{2}$
 - (C) $\frac{NB-1}{2}$
 - (D) $\frac{N \times (N-1)}{2}$
 5. Contraindication means:
 - (A) Emotional conditions
 - (B) Cautions & physical conditions
 - (C) Mental conditions
 - (D) Treatment
 6. Characteristic of disorder is
 - (A) Disturbance which further affects normal functioning
 - (B) Normal functioning of person
 - (C) Disturb neurological system
 - (D) All of these
 7. Physically disabled athletes are eligible to participate in event organized by:
 - (A) Special Olympics
 - (B) Paralympics
 - (C) Deaflympics
 - (D) None of these

OR

If you punch on a wall and get hurt significantly this is due to

- (A) Law of acceleration
- (B) Law of gravitation
- (C) Law of action and reaction
- (D) Law of inertia

8. Law of momentum is also known as
 (A) Action & Reaction (B) Inertia (C) Acceleration (D) Friction
9. Which of the following is a soft tissue injury?
 (A) Oblique (B) Contusion (C) Dislocation (D) None of these
10. A person facing shortness of breath is suffering from
 (A) Asthma (B) High BP (C) Obesity (D) None of these

11. Given below are the two statements labeled Assertion (A) and Reason (R).

A. **Assertion (A)** : Disability is the state of being unable to use a part of you body properly, usually because of injury or disease.

B. **Reason (R)** : Accidents, chronic illness, hereditary and malnutrition are various causes for the disability.

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	
Asana		Lifestyle diseases	
(i)	Tadasana	(1)	Diabetes
(ii)	Ardh Matsyendrasana	(2)	Asthma
(iii)	Gaumukhasana	(3)	Obesity
(iv)	Pawanmuktasana	(4)	Hypertension

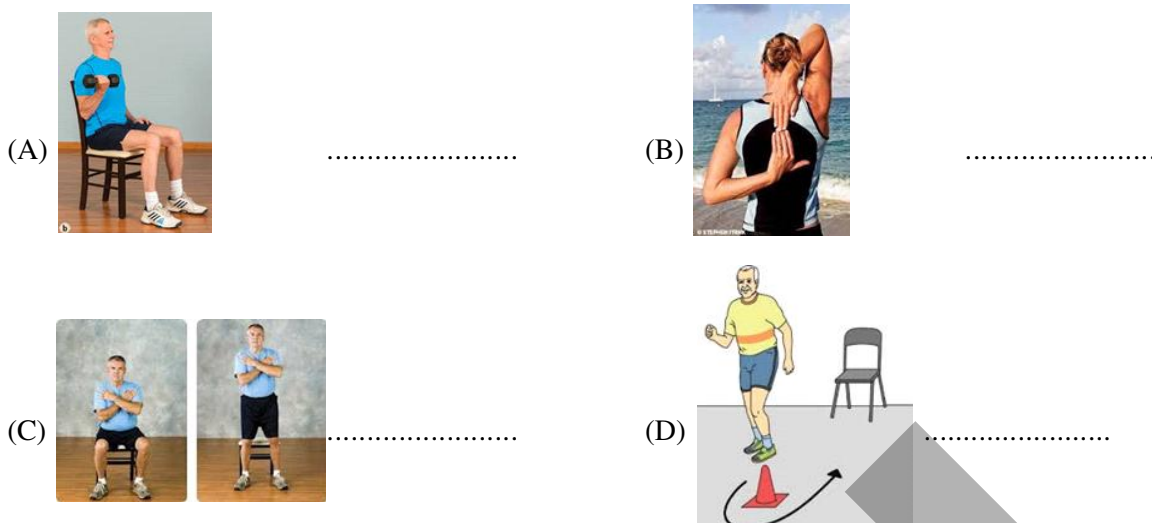
Code

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

13. Identify the below given formulas and write their usage

- (A) $\frac{N \times (N - 1)}{2} = \dots\dots\dots$ (B) $\frac{N + 1}{2} = \dots\dots\dots$
- (C) $\frac{N - 1}{2} = \dots\dots\dots$ (D) $\frac{NB - 1}{2} = \dots\dots\dots$

14. Identify the test items and given their names

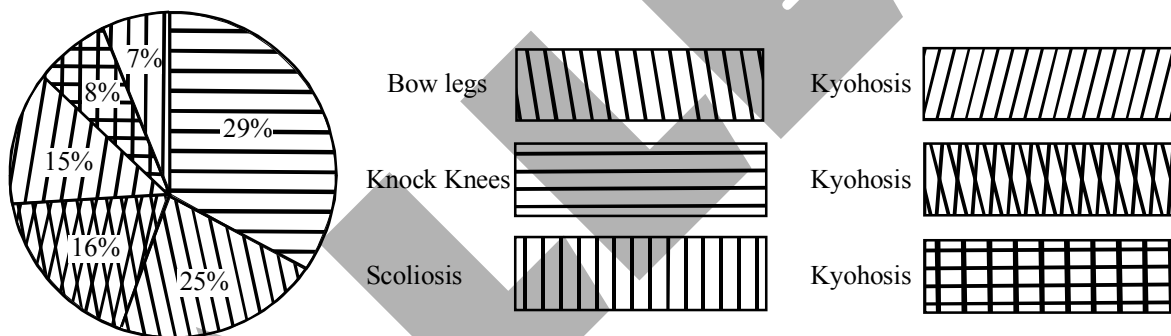


15. Define Coordinative abilities. Enlist its types.
 16. Differentiate between Intrinsic and Extrinsic Motivation.

OR

Differentiate between 'Continuous Method' and Interval Method'.

17. Below given is the deformity data of a rehabilitation center:



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

- a. In which category does the major patient falls into?
 (A) Knock knees (B) Bow legs (C) Scoliosis (D) Lordosis
- b. Which of the following falls under the spine deformity category?
 (A) (B) (C) (D) All of these
- c. State the reason for these deformities?
 (A) Malnutrition (B) Excess weight (C) An injury (D) All of these

18. Ankit is a student of class VI and is suffering from Knock knees. During a recent medical check-up at school he was advised to practice yoga and other exercises.
 Based on this case answer the following questions:
 a. The yoga instructor at the school has asked Ankit to perform
 (A) Tadasana (B) Paschimottasana (C) Baddha Konasana (D) Shavasana



- b. Causes of Knock knees to a small child can be
(A) Lack of balanced diet (B) Carrying heavy weight
(C) Due to deficiency of Vitamin D, Calcium (D) All of these
- c. Precautions to be taken for Ankit advised by the doctor is to
(A) Avoid lifting heavy weights (B) Keep pillow between the knees
(C) prefer horse riding (D) All of these

19. Explain the food myths.

OR

Differentiate between macro and micro nutrients.

20. Explain the effect of exercise on muscular system
21. Explain the four general motor fitness with its test items.

OR

Explain the importance of bio-mechanics in sports

22. Discuss any three physiological factors determining speed.
23. Explain the types of Aggression.
24. State Non-Nutritive Components of Diets.
25. There are 21 teams participating in a Knock-out fixture. Explain how to calculate number of 'Byes' with the help of diagram.
26. Enlist the various types of soft tissue injuries.

OR

Enlist the types of vitamins and their sources.

27. Explain any three pitfalls of dieting.
28. Enlist spine deformities and list their corrective measures.

OR

Explain the components of a healthy balanced diet.

29. Described the advantages of knock out tournaments.

OR

Which are the Asanas practiced for preventing Asthama?

30. Calculate the Physical Fitness Index for a 12-year-old boy having completed Harvard Step Test for a duration of 3 min and a pulse rate of 54 beats for 1 to 1.5min, 50 beats for 2 to 2.5 min and 46 beats for 3 to 3.5 min.