

CLASS 12 PHYSICAL EDUCATION

MODEL QUESTION PAPER – (SET-1)

Time: 3 Hours | Maximum Marks: 80

SECTION A – MCQs (1×20=20)

1. Meaning of disability is:
 - a) Physical limitation
 - b) Mental limitation
 - c) Social limitation
 - d) All of these
2. Women participation in sports increased after:
 - a) 1950
 - b) 1960
 - c) 1975
 - d) 1990
3. First aid for sprain is:
 - a) Massage
 - b) RICE
 - c) Heat
 - d) Stretch
4. BMI formula is:
 - a) W/H
 - b) W/H^2
 - c) H/W
 - d) H^2/W
5. Endurance depends mainly on:
 - a) Muscular strength
 - b) Cardiovascular system
 - c) Speed
 - d) Flexibility
6. Yoga improves:
 - a) Flexibility
 - b) Mental health
 - c) Concentration
 - d) All of these

7. Female athlete triad includes:
 - a) Eating disorder
 - b) Osteoporosis
 - c) Amenorrhea
 - d) All of these

8. Fracture means:
 - a) Muscle tear
 - b) Bone break
 - c) Skin cut
 - d) Joint injury

9. Leadership quality required in sports:
 - a) Confidence
 - b) Discipline
 - c) Communication
 - d) All

10. Harvard Step Test measures:
 - a) Strength
 - b) Speed
 - c) Endurance
 - d) Flexibility

11. The nutrient which is the main source of energy for athletes is:
 - a) Protein
 - b) Fat
 - c) Carbohydrate
 - d) Vitamins

12. The term 'Periodization' in sports training means:
 - a) Warm-up exercises
 - b) Division of training into phases
 - c) Cool-down exercises
 - d) Competition schedule

13. Circuit training is mainly used to improve:
 - a) Flexibility
 - b) Strength & Endurance
 - c) Speed only
 - d) Balance

14. Anxiety before competition is an example of:
 - a) Physical fitness
 - b) Psychological factor
 - c) Skill related component
 - d) Nutrition

15. WADA stands for:
 - a) World Anti-Doping Agency
 - b) World Athletic Development Authority

- c) World Association of Doping Activities
 - d) World Athletic Drug Agency
16. The study of human movement in sports is called:
- a) Physiology
 - b) Anatomy
 - c) Biomechanics
 - d) Psychology
17. The Macrocycle in training usually lasts for:
- a) One day
 - b) One week
 - c) One month
 - d) One year
18. Creatine supplement mainly helps in improving:
- a) Flexibility
 - b) Short duration high intensity performance
 - c) Endurance only
 - d) Coordination
19. The ability to maintain balance while moving is known as:
- a) Static balance
 - b) Dynamic balance
 - c) Speed
 - d) Agility
20. Positive motivation in sports helps to:
- a) Increase fear
 - b) Improve performance
 - c) Cause stress
 - d) Reduce participation
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SECTION B – Short Answer (2×6=12)

21. Define physical fitness.
22. Write two benefits of yoga.
23. What is intramural competition?
24. Define strength.
25. What is doping?
26. Write two causes of obesity.
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SECTION C – 3 Marks (3×8=24)

27. Explain importance of planning in sports.
28. Describe types of strength.

29. Explain causes & prevention of sports injuries.
 30. Explain advantages of balanced diet.
 31. Explain types of endurance.
 32. Describe importance of test & measurement.
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SECTION D – Long Answer (4×6=24)

33. Explain female participation in sports in detail.
34. Describe training methods to improve speed.
35. Explain management of sports injuries with RICE method.
36. Describe role of psychology in sports performance.