

CLASS 12 PHYSICAL EDUCATION
MODEL QUESTION PAPER – (SET- 10)

Time: 3 Hours | Maximum Marks: 80

SECTION A – MCQs (1×20=20)

1. Assertion (A): Warm-up reduces chances of injury.
Reason (R): It increases blood flow to muscles.
a) Both A and R true, R correct explanation
b) Both true, R not correct explanation
c) A true, R false
d) A false, R true
2. The Olympic symbol represents:
a) Five countries
b) Five continents
c) Five games
d) Five values
3. The nutrient mainly responsible for muscle growth is:
a) Carbohydrate
b) Protein
c) Fat
d) Vitamin
4. The term 'Macrocycle' usually refers to:
a) Daily plan
b) Weekly plan
c) Monthly plan
d) Yearly plan
5. The best training method for improving endurance is:
a) Continuous training
b) Sprint training
c) Weight training
d) Meditation
6. BMI is calculated as:
a) Weight / Height
b) Weight / Height²

- c) Height / Weight
 - d) Height² / Weight
7. The ability to change direction quickly is called:
- a) Strength
 - b) Agility
 - c) Flexibility
 - d) Balance
8. The female athlete triad includes:
- a) Eating disorder
 - b) Osteoporosis
 - c) Amenorrhea
 - d) All of these
9. The RICE method is used for:
- a) Bone fracture
 - b) Soft tissue injury
 - c) Meditation
 - d) Yoga
10. Newton's Second Law states:
- a) Law of inertia
 - b) $F = ma$
 - c) Action–reaction
 - d) Gravity
11. Case Study:
A runner increases training load suddenly and experiences fatigue, irritability, and poor performance. This condition is:
- a) Motivation
 - b) Overtraining
 - c) Warm-up
 - d) Intrinsic drive
12. Intrinsic motivation is driven by:
- a) Rewards
 - b) Fear
 - c) Self satisfaction
 - d) Punishment
13. The best test to measure flexibility is:
- a) Sit and Reach
 - b) Cooper Test

- c) Shuttle Run
 - d) Push-ups
14. The ability to maintain body position during movement is:
- a) Static balance
 - b) Dynamic balance
 - c) Endurance
 - d) Speed
15. Carbohydrates provide:
- a) Body building
 - b) Energy
 - c) Hormones
 - d) Minerals
16. Doping control is mainly done by:
- a) WHO
 - b) FIFA
 - c) WADA
 - d) UN
17. Scoliosis is related to:
- a) Spine deformity
 - b) Leg deformity
 - c) Arm injury
 - d) Muscle tear
18. Continuous training improves:
- a) Speed
 - b) Endurance
 - c) Flexibility
 - d) Reaction
19. The principle of specificity means:
- a) Same training for all
 - b) Training according to sport requirement
 - c) No training
 - d) Random training
20. Anxiety before competition mainly affects:
- a) Mental state
 - b) Height
 - c) Diet
 - d) Equipment

SECTION B – Short Question (2×6=12)

21. Define agility.
22. Write two objectives of planning in sports.
23. What is overtraining?
24. Define balanced diet.
25. Write two effects of exercise on respiratory system.
26. What is doping?

SECTION C – 3 Marks (3×8=24)

27. Explain importance of women participation in sports.
28. Describe types of strength with examples.
29. Explain causes and corrective measures of flat foot.
30. Discuss principles of training.
31. Explain effects of exercise on circulatory system.
32. Describe psychological techniques to control anxiety.

SECTION D – Long Question (4×6=24)

33. Explain planning and organization of sports events in detail.
34. Describe training methods to improve speed and endurance.
35. Explain classification and management of sports injuries.
36. Discuss role of motivation and leadership in sports performance.