

CLASS 12 PHYSICAL EDUCATION

MODEL QUESTION PAPER – (SET- 2)

Time: 3 Hours | Maximum Marks: 80

SECTION A – MCQs (1×20=20)

1. Special Olympics is meant for:
 - a) Physically disabled
 - b) Intellectually disabled
 - c) Senior citizens
 - d) Women athletes
2. The chairman of organizing committee is usually:
 - a) Principal
 - b) Secretary
 - c) Treasurer
 - d) Coach
3. The first step of planning in sports is:
 - a) Budget preparation
 - b) Formation of committees
 - c) Evaluation
 - d) Publicity
4. Anorexia Nervosa is related to:
 - a) Obesity
 - b) Eating disorder
 - c) Fracture
 - d) Posture deformity
5. Which asana is helpful in controlling diabetes?
 - a) Tadasana
 - b) Bhujangasana
 - c) Pavanmuktasana
 - d) Shavasana
6. Balanced diet must contain:
 - a) Carbohydrates
 - b) Proteins
 - c) Fats
 - d) All of these

7. Interval training is best for improving:
 - a) Strength
 - b) Flexibility
 - c) Endurance
 - d) Balance

8. Kyphosis is related to:
 - a) Legs deformity
 - b) Spine deformity
 - c) Arms injury
 - d) Foot problem

9. The test used to measure agility is:
 - a) Harvard Step Test
 - b) 50m Dash
 - c) Shuttle Run
 - d) Sit and Reach

10. Intramural competition means:
 - a) Between countries
 - b) Within same institution
 - c) Between states
 - d) Olympic level

11. The main aim of yoga is:
 - a) Weight gain
 - b) Speed improvement
 - c) Unity of body & mind
 - d) Competition

12. Carbohydrates are stored in body as:
 - a) Calcium
 - b) Glycogen
 - c) Iron
 - d) Vitamin

13. The term 'Microcycle' refers to:
 - a) One day
 - b) One week
 - c) One month
 - d) One year

14. Motivation that comes from rewards is called:
 - a) Intrinsic

- b) Extrinsic
 - c) Positive
 - d) Negative
15. Friction in sports helps to:
- a) Decrease grip
 - b) Increase grip
 - c) Reduce balance
 - d) Cause injury only
16. Warming up helps to:
- a) Decrease heart rate
 - b) Increase flexibility
 - c) Cause fatigue
 - d) Reduce blood flow
17. The ability to change direction quickly is called:
- a) Balance
 - b) Strength
 - c) Agility
 - d) Speed
18. Female athlete triad includes all except:
- a) Osteoporosis
 - b) Eating disorder
 - c) Obesity
 - d) Amenorrhea
19. Doping can lead to:
- a) Improved health
 - b) Long term side effects
 - c) Better immunity
 - d) No effect
20. BMI is calculated as:
- a) Weight/Height
 - b) Weight/Height²
 - c) Height/Weight
 - d) Height²/Weight

SECTION B – Short Question (2×6=12)

21. Define balanced diet.

22. What is periodization?
 23. Write two causes of obesity.
 24. Define agility.
 25. What is doping?
 26. Write two benefits of warming up.
-

SECTION C – 3 Marks (3×8=24)

27. Explain the importance of planning in sports events.
 28. Describe types of endurance.
 29. Explain causes and corrective measures of kyphosis.
 30. Explain importance of test & measurement in sports.
 31. Describe effects of exercise on respiratory system.
 32. Explain psychological benefits of yoga.
-

SECTION D – Long Question (4×6=24)

33. Explain women participation in sports and its challenges.
34. Describe training methods to improve strength.
35. Explain management of sports injuries with RICE method.
36. Discuss the role of motivation in sports performance.