

**CLASS 12 PHYSICAL EDUCATION**  
**MODEL QUESTION PAPER – (SET- 3)**

**Time: 3 Hours | Maximum Marks: 80**

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**SECTION A – MCQs (1×20=20)**

1. The term disability means:
  - a) Inability to perform daily activities
  - b) Disease
  - c) Injury only
  - d) Weakness
  
2. The Secretary of Sports Event is responsible for:
  - a) Finance
  - b) Record keeping
  - c) Medical help
  - d) Ground preparation
  
3. Macrocycle in training lasts for:
  - a) One day
  - b) One week
  - c) One month
  - d) One year
  
4. Scoliosis is related to:
  - a) Bow legs
  - b) Knock knees
  - c) Lateral curvature of spine
  - d) Flat foot
  
5. Protein is mainly required for:
  - a) Energy
  - b) Growth & repair
  - c) Warm up
  - d) Hydration
  
6. The test for cardiovascular endurance is:
  - a) Sit and Reach
  - b) Harvard Step Test
  - c) 50m Dash
  - d) Shuttle Run

7. The ability to perform work for long duration is called:
  - a) Speed
  - b) Endurance
  - c) Flexibility
  - d) Agility
8. The study of force and motion in sports is:
  - a) Physiology
  - b) Psychology
  - c) Biomechanics
  - d) Sociology
9. Anxiety before competition affects:
  - a) Physical fitness only
  - b) Mental state
  - c) Diet
  - d) Height
10. The full form of IOC is:
  - a) International Olympic Committee
  - b) Indian Olympic Council
  - c) International Organisation Committee
  - d) Indian Organising Committee
11. Circuit training improves:
  - a) Balance
  - b) Strength & endurance
  - c) Height
  - d) Coordination only
12. The term 'Mesocycle' refers to:
  - a) Weekly training plan
  - b) Yearly training plan
  - c) Monthly training plan
  - d) Daily training plan
13. The main source of quick energy is:
  - a) Fat
  - b) Protein
  - c) Carbohydrate
  - d) Vitamin
14. Dynamic flexibility is required in:
  - a) Running

- b) Sleeping
  - c) Sitting
  - d) Resting
15. Doping is banned because:
- a) It improves health
  - b) It gives unfair advantage
  - c) It reduces strength
  - d) It increases stamina naturally
16. Agility is best tested by:
- a) Shuttle Run
  - b) Sit-ups
  - c) Push-ups
  - d) Cooper test
17. Female athlete triad includes:
- a) Obesity
  - b) Eating disorder
  - c) High BP
  - d) Diabetes
18. Warm-up helps to:
- a) Decrease injury risk
  - b) Increase stiffness
  - c) Reduce blood flow
  - d) Cause fatigue
19. Periodization helps to:
- a) Avoid overtraining
  - b) Increase laziness
  - c) Reduce fitness
  - d) Skip training
20. Motivation that comes from within is:
- a) Extrinsic
  - b) Intrinsic
  - c) Negative
  - d) External

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**SECTION B – Short Question (2×6=12)**

21. Define endurance.

22. Write two advantages of yoga.
  23. What is balanced diet?
  24. Define intramural tournament.
  25. What is anxiety in sports?
  26. Write two causes of knock knees.
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**SECTION C – 3 Marks (3×8=24)**

27. Explain importance of women participation in sports.
  28. Describe types of strength.
  29. Explain effects of exercise on circulatory system.
  30. Explain corrective measures of scoliosis.
  31. Describe components of fitness.
  32. Explain psychological factors affecting sports performance.
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**SECTION D – Long Question (4×6=24)**

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