

CLASS 12 PHYSICAL EDUCATION
MODEL QUESTION PAPER – (SET- 4)

Time: 3 Hours | Maximum Marks: 80

SECTION A – MCQs (1×20=20)

1. Assertion (A): Periodization prevents overtraining.
Reason (R): It divides training into different phases.
 - a) Both A and R are true and R is correct explanation
 - b) Both true but R not correct explanation
 - c) A true, R false
 - d) A false, R true

2. The female athlete triad mainly affects:
 - a) Muscular strength
 - b) Bone density
 - c) Height
 - d) Lung capacity

3. The force applied by muscles to move bones is studied under:
 - a) Psychology
 - b) Physiology
 - c) Biomechanics
 - d) Sociology

4. Which training method is best for improving speed endurance?
 - a) Continuous training
 - b) Interval training
 - c) Fartlek training
 - d) Circuit training

5. The term 'Overload' means:
 - a) Too much competition
 - b) Gradual increase in training load
 - c) Rest
 - d) Injury

6. Body Mass Index above 25 indicates:
 - a) Underweight
 - b) Normal

- c) Overweight
 - d) Obese
7. The ability to maintain equilibrium during movement is:
- a) Static balance
 - b) Dynamic balance
 - c) Flexibility
 - d) Strength
8. WADA headquarters is located in:
- a) USA
 - b) Switzerland
 - c) Canada
 - d) France
9. The respiratory system supplies:
- a) Nitrogen
 - b) Oxygen
 - c) Carbon dioxide
 - d) Hormones
10. Kyphosis is also known as:
- a) Bow legs
 - b) Hunch back
 - c) Flat foot
 - d) Knock knees
11. Case Study:
An athlete feels extreme fatigue, loss of appetite, and decreased performance due to excessive training. This condition is:
- a) Warm-up
 - b) Overtraining
 - c) Motivation
 - d) Doping
12. Creatine mainly helps in:
- a) Long distance endurance
 - b) Flexibility
 - c) Short burst power
 - d) Meditation
13. Newton's First Law is related to:
- a) Acceleration
 - b) Reaction

- c) Inertia
- d) Friction

14. Anxiety before competition is mainly:

- a) Physical factor
- b) Nutritional factor
- c) Psychological factor
- d) Environmental factor

15. The main function of carbohydrates is:

- a) Body building
- b) Energy production
- c) Hormone control
- d) Bone formation

16. The committee responsible for maintaining records is:

- a) Finance committee
- b) Technical committee
- c) Publicity committee
- d) Medical committee

17. The minimum duration of warm-up should be:

- a) 1 minute
- b) 2 minutes
- c) 5–10 minutes
- d) 30 seconds

18. Intrinsic motivation comes from:

- a) Rewards
- b) Punishment
- c) Self satisfaction
- d) Coach pressure

19. The test used for measuring flexibility is:

- a) Sit and Reach Test
- b) 50m Dash
- c) Shuttle Run
- d) Cooper Test

20. Fartlek training is combination of:

- a) Speed & strength
- b) Continuous & interval
- c) Yoga & meditation
- d) Diet & exercise

SECTION B – Short Question (2×6=12)

21. Define overtraining.
22. Write two effects of exercise on muscular system.
23. What is intrinsic motivation?
24. Define biomechanics.
25. Write two advantages of balanced diet.
26. What is knock knees?

SECTION C – 3 Marks (3×8=24)

27. Explain physiological factors determining endurance.
28. Describe types of coordinative abilities.
29. Explain causes and corrective measures of flat foot.
30. Discuss importance of test & measurement.
31. Explain principles of training.
32. Describe psychological strategies to control anxiety.

SECTION D – Long Question (4×6=24)

33. Explain women empowerment through sports with challenges and solutions.
34. Describe training methods to improve speed and endurance.
35. Explain sports injuries classification and management.
36. Discuss effects of exercise on circulatory and respiratory systems.