

**CLASS 12 PHYSICAL EDUCATION**  
**MODEL QUESTION PAPER – (SET- 6)**

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

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**SECTION A – MCQs (1×20=20)**

1. Paralympic Games are organized for:
  - a) Senior citizens
  - b) Physically disabled athletes
  - c) Women only
  - d) School students
  
2. The Technical Committee in sports event is responsible for:
  - a) Budget
  - b) Ground & equipment
  - c) Publicity
  - d) First aid
  
3. Macrocycle generally lasts for:
  - a) One week
  - b) One month
  - c) One year
  - d) One day
  
4. The nutrient that helps in muscle repair is:
  - a) Carbohydrates
  - b) Protein
  - c) Fat
  - d) Water
  
5. BMI above 30 indicates:
  - a) Normal
  - b) Underweight
  - c) Overweight
  - d) Obesity
  
6. Shuttle Run Test measures:
  - a) Endurance
  - b) Flexibility
  - c) Agility
  - d) Strength

7. The principle of overload states that:
  - a) No increase in load
  - b) Sudden heavy load
  - c) Gradual increase in training load
  - d) Only rest
  
8. The term 'Fartlek' means:
  - a) Weight lifting
  - b) Speed play
  - c) Meditation
  - d) Balance training
  
9. Scoliosis is:
  - a) Lateral curvature of spine
  - b) Bow legs
  - c) Flat foot
  - d) Muscle tear
  
10. RICE stands for:
  - a) Run, Ice, Compress, Exercise
  - b) Rest, Ice, Compression, Elevation
  - c) Rest, Injury, Cure, Exercise
  - d) Run, Injury, Cold, Elevate
  
11. Anxiety in sports is related to:
  - a) Physical fitness
  - b) Nutrition
  - c) Psychological factor
  - d) Height
  
12. Carbohydrates provide:
  - a) Body building
  - b) Energy
  - c) Bone strength
  - d) Hormones
  
13. Static balance is required in:
  - a) Gymnastics pose
  - b) Running
  - c) Football match
  - d) Cycling race
  
14. The test used to measure flexibility is:
  - a) Cooper Test

- b) Sit and Reach
  - c) Push-ups
  - d) 50m Dash
15. Doping is banned because it:
- a) Ensures fairness
  - b) Improves health
  - c) Gives unfair advantage
  - d) Increases safety
16. Continuous training method mainly improves:
- a) Speed
  - b) Endurance
  - c) Flexibility
  - d) Reaction time
17. Female athlete triad includes:
- a) Obesity
  - b) Diabetes
  - c) Eating disorder
  - d) High BP
18. Intramural tournament is organized:
- a) Between countries
  - b) Within institution
  - c) At Olympic level
  - d) Between states
19. Motivation that comes from rewards is:
- a) Intrinsic
  - b) Extrinsic
  - c) Positive
  - d) Internal
20. Newton's Third Law states:
- a) Law of inertia
  - b)  $F=ma$
  - c) Action–reaction
  - d) Friction law

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

21. Define endurance.

22. Write two advantages of warm-up.
  23. What is periodization?
  24. Define flexibility.
  25. Write two causes of obesity.
  26. What is doping?
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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 respiratory system.
  30. Explain corrective measures of flat foot.
  31. Discuss principles of training.
  32. Describe psychological benefits of yoga.
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**SECTION D – Long Question (4×6=24)**

33. Explain planning and organizing sports events in detail.
34. Describe training methods to improve endurance and speed.
35. Explain classification and management of sports injuries.
36. Discuss effects of exercise on circulatory and muscular systems.