

CLASS 12 PHYSICAL EDUCATION

MODEL QUESTION PAPER – (SET- 9)

Time: 3 Hours | Maximum Marks: 80

SECTION A – MCQs (1×20=20)

1. The main aim of planning in sports is:
 - a) Profit earning
 - b) Smooth conduct of event
 - c) Media publicity only
 - d) Record breaking
2. The term 'Microcycle' generally lasts for:
 - a) One day
 - b) One week
 - c) One month
 - d) One year
3. The nutrient essential for tissue repair is:
 - a) Fat
 - b) Protein
 - c) Carbohydrate
 - d) Vitamin
4. Cooper's 12-minute run test measures:
 - a) Flexibility
 - b) Strength
 - c) Endurance
 - d) Agility
5. The ability to move joints through full range is:
 - a) Strength
 - b) Speed
 - c) Flexibility
 - d) Coordination
6. Paralympics are organized for:
 - a) Women athletes
 - b) Physically disabled athletes
 - c) Senior citizens
 - d) School children

7. Newton's First Law is also known as:
 - a) Law of acceleration
 - b) Law of inertia
 - c) Law of gravity
 - d) Law of friction

8. Scoliosis is:
 - a) Lateral curvature of spine
 - b) Knock knees
 - c) Bow legs
 - d) Flat foot

9. The ability to maintain body position at rest is:
 - a) Static balance
 - b) Dynamic balance
 - c) Endurance
 - d) Speed

10. The principle of progression means:
 - a) Sudden increase in load
 - b) Gradual increase in load
 - c) No increase in load
 - d) Only rest

11. Anxiety before competition mainly affects:
 - a) Mental state
 - b) Height
 - c) Diet
 - d) Equipment

12. Fats provide how many calories per gram?
 - a) 4
 - b) 7
 - c) 9
 - d) 12

13. The best method to improve speed is:
 - a) Continuous training
 - b) Interval training
 - c) Sprint training
 - d) Meditation

14. Doping is checked by:
 - a) WHO

- b) FIFA
 - c) WADA
 - d) UN
15. Flat foot can be corrected by:
- a) Toe walking exercise
 - b) Rest only
 - c) Sitting
 - d) High heels
16. The ability to perform movements smoothly is:
- a) Agility
 - b) Strength
 - c) Coordination
 - d) Speed
17. The RICE method is used immediately after:
- a) Fracture
 - b) Soft tissue injury
 - c) Meditation
 - d) Warm up
18. Intrinsic motivation comes from:
- a) Rewards
 - b) Fear
 - c) Self satisfaction
 - d) Punishment
19. Continuous training mainly develops:
- a) Speed
 - b) Endurance
 - c) Flexibility
 - d) Reaction time
20. The headquarters of WADA is in:
- a) Canada
 - b) USA
 - c) France
 - d) Germany

SECTION B – Short Question (2×6=12)

21. Define speed.

22. Write two objectives of extramural tournaments.
 23. What is balanced diet?
 24. Define dynamic balance.
 25. Write two causes of obesity.
 26. What is periodization?
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SECTION C – 3 Marks (3×8=24)

27. Explain importance of women participation in sports.
 28. Describe types of endurance.
 29. Explain causes and corrective measures of knock knees.
 30. Discuss components of physical fitness.
 31. Explain effects of exercise on circulatory system.
 32. Describe psychological strategies to control stress.
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SECTION D – Long Question (4×6=24)

33. Explain planning and organization of sports events with committees.
34. Describe training methods to improve strength and speed.
35. Explain classification and management of sports injuries.
36. Discuss effects of exercise on respiratory and muscular systems.