

CLASS 12 PHYSICAL EDUCATION

ANSWER KEY – (SET- 1)

SECTION A – MCQs Answers

1. d
2. c
3. b
4. b
5. b
6. d
7. d
8. b
9. d
10. c
11. c
12. b
13. b
14. b
15. a
16. c
17. d
18. b
19. b
20. b

SECTION B – 2 Marks Answers

21. Physical Fitness

Physical fitness is the ability of an individual to perform daily activities efficiently without undue fatigue and with enough energy left for leisure and emergencies. It includes components like strength, endurance, flexibility, speed and coordination.

22. Two Benefits of Yoga

1. Improves flexibility and posture.
2. Reduces stress and enhances mental concentration.

23. Intramural Competition

Intramural competitions are organized within the same institution or school to encourage maximum participation among students.

24. Strength

Strength is the ability of muscles to overcome resistance or exert force.

25. Doping

Doping refers to the use of banned substances or methods by athletes to enhance performance artificially.

26. Two Causes of Obesity

1. Lack of physical activity
2. Excess intake of high-calorie food

SECTION C – 3 Marks Answers

27. Importance of Planning in Sports

Planning plays a crucial role in the successful organization of sports events. It ensures systematic arrangement of resources such as ground, equipment, officials, and participants. Proper planning helps in avoiding confusion and last-minute problems. It defines clear objectives and responsibilities of different committees. Planning also ensures financial management through proper budgeting and resource allocation. Moreover, it helps in maintaining discipline, safety, and time management during the event. Therefore, planning ensures smooth and efficient conduct of sports competitions.

28. Types of Strength

Strength is classified into three main types:

1. **Maximum Strength** – The greatest force that a muscle or muscle group can exert in a single effort, such as weightlifting.
2. **Explosive Strength** – The ability to exert maximum force in minimum time, required in activities like jumping and sprinting.
3. **Strength Endurance** – The ability to sustain muscular contraction for a long duration, such as in cycling or rowing.

Each type of strength is important depending on the nature of the sport.

29. Causes & Prevention of Sports Injuries

Sports injuries may occur due to improper warm-up, overtraining, poor technique, lack of protective equipment, or fatigue. Sudden movements and lack of flexibility also increase risk.

Prevention measures include proper warm-up and cool-down, using correct techniques, wearing protective gear, maintaining fitness, and following training principles like overload and progression carefully.

30. Advantages of Balanced Diet

A balanced diet provides all essential nutrients including carbohydrates, proteins, fats, vitamins, minerals, and water in proper proportion. It helps in energy production, muscle growth and repair, immunity improvement, and overall health maintenance. For athletes, it enhances performance, speeds recovery, and prevents nutritional deficiencies.

31. Types of Endurance

1. **Cardiovascular Endurance** – Ability of heart and lungs to supply oxygen during prolonged activity.
2. **Muscular Endurance** – Ability of muscles to perform repeated contractions.

Both types are essential for sports like marathon and swimming.

32. Importance of Test & Measurement

Test and measurement help in assessing an athlete's fitness level, performance improvement, and strengths and weaknesses. It provides scientific data for planning

training programs and selecting players. It also motivates athletes by showing measurable progress.

SECTION D – LONG ANSWERS (Minimum 200+ Words Each)

33. Female Participation in Sports (200+ Words)

Female participation in sports has increased significantly in recent decades due to awareness, government policies, and social changes. Earlier, women faced discrimination, lack of facilities, and social barriers. However, initiatives like equal opportunities, scholarships, and international competitions have promoted their participation.

Sports empower women by improving physical health, confidence, leadership skills, and social status. Participation reduces gender inequality and promotes women empowerment. It also provides career opportunities and financial independence.

Despite progress, challenges still exist such as lack of infrastructure, safety concerns, gender bias, and unequal media coverage. Female athletes may also face issues like the Female Athlete Triad (eating disorder, amenorrhea, osteoporosis).

To improve participation, society must ensure equal facilities, encourage girls at school level, provide safe environments, and promote awareness programs. Government and sports authorities must implement policies supporting female athletes.

Thus, female participation in sports not only improves individual development but also strengthens society by promoting equality and empowerment.

34. Training Methods to Improve Speed (200+ Words)

Speed is the ability to perform movements quickly. It is essential in sports like sprinting, football, and hockey. Various training methods are used to improve speed.

1. Acceleration Runs: Short sprints focusing on quick start and explosive movement.

2. Interval Training: Repeated high-intensity efforts followed by rest intervals improve speed endurance.

3. Fartlek Training: Combination of slow and fast running enhances both speed and endurance.

4. Plyometric Training: Jumping and bounding exercises increase explosive power.

5. Resistance Training: Running with resistance such as parachutes strengthens muscles.

Proper warm-up is essential before speed training. The principle of progression should be followed to avoid injuries. Adequate rest and recovery are necessary to prevent overtraining.

Speed training improves neuromuscular coordination, reaction time, and muscle power. It enhances athletic performance significantly when practiced scientifically and regularly.

35. Management of Sports Injuries with RICE Method (200+ Words)

Sports injuries are common during training and competition. Immediate management is crucial to prevent further damage. The most common first-aid method for soft tissue injuries is the RICE method.

R – Rest: The injured part should be rested immediately to prevent further injury.

I – Ice: Ice should be applied for 15–20 minutes to reduce swelling and pain.

C – Compression: An elastic bandage is used to control swelling.

E – Elevation: The injured limb should be raised above heart level to reduce blood flow and swelling.

This method is effective for sprains, strains, and minor injuries. Along with RICE, proper medical consultation should be taken in severe cases.

Prevention of injuries includes proper warm-up, correct technique, protective equipment, and following training principles. Early management helps in faster recovery and reduces complications.

36. Role of Psychology in Sports Performance (200+ Words)

Psychology plays a vital role in sports performance. Mental factors such as motivation, confidence, concentration, anxiety control, and emotional stability directly influence an athlete's performance.

Motivation drives athletes to achieve goals. It can be intrinsic (self-driven) or extrinsic (rewards). Confidence improves performance and reduces fear of failure. Anxiety, if uncontrolled, can negatively affect coordination and decision-making.

Psychological techniques such as meditation, visualization, goal setting, relaxation techniques, and positive self-talk help athletes maintain mental balance. Team spirit and leadership qualities also contribute to success.

Sports psychology helps athletes overcome stress, build resilience, and improve focus during competition. A physically fit athlete without mental strength cannot perform at the highest level.

Thus, psychological preparation is as important as physical training in achieving excellence in sports.