

MOCK TEST—2

PHYSICAL EDUCATION

Time : 3 Hours

Max. Marks : 70

General Instructions

- Question paper contain 34 questions.
- All questions are compulsory to be answered.
- Question No. 1 to 20 carry 1 mark each. Write correct options on your answer sheet for each.
- Question No. 21 to 30 carry 3 marks each. Answer to these questions should be in approximately 80-100 words each.
- Question No. 31 to 34 carry 5 marks each. Answer to these question should be in approximately 150-200 words each.

Section—A

Choose the correct answer

1. Name the type of movement in which the angle of joint decreases—
(a) Adduction (b) Abduction
(c) Flexion (d) Extension
2. Which newton's law of motion applied during take off in pole vault—
(a) law of inertia (b) Law of acceleration
(c) Law of reaction (d) Law of boygnce.
3. Which one of the category is not included in jung's classification of personality—
(a) Introvet (b) Extrovert
(c) Ambivert (d) Extroverb

Or

Which on of the big five traits of personality is not in its domain—

- (a) Newotiasm (b) Agreeableness
- (c) Extraversion (d) consciousness

4. In which disease causing difficulty in breathing—
(a) Obesity (b) Asthama
(c) Diabetes (d) Back pain
5. Flat feet is also known as———
(a) Planter planes (b) Per planus
(c) Motor newton (d) metamorphic
6. How many byes will be given if 17 teams are in a knockout tournament—
(a) 15 (b) 14
(c) 16 (d) 17
7. “Kyphosis” is also called———
(a) Hollow back (b) Round back
(c) Lateral back (d) Back larks
- Or
- The team rest and motion are studied under—
(a) Biochemistry (b) Anatomy
(c) Biomechanics (d) Botony
8. Behaviour carried out with the intention of harming another person is called
(a) Stress (b) Tension
(c) Aggression (d) Exitment
9. In which disorder person repeats action—
(a) SPD (b) ODD
(c) OCD (d) ASD
10. Which training method in Swedish means speed play—
(a) Fartlek (b) Interval
(c) Circuit (d) LSD

11. Which vitamin is easily destroyed by heat and air

- (a) K (b) C
- (c) D (d) K

Or

Which of the following is the richest source of vitamin 'C'—

- (a) Banana (b) Apple
- (c) Guava (d) Tomato

12. For cross country runners the diet should be rich in——

- (a) Protein (b) Fat
- (c) Minerals (d) Carbohydrates

13. Which test is used to measure flexibility—

- (a) Sit and reach (b) 50m standing start
- (c) 600m run (d) Partial curlup

14. Which test is used to measure agility—

- (a) Broad jump (b) zig-zag race
- (c) Medicine ball throw (d) Push-up

15. A deep cut or tear in skin or flesh is called——

- (a) Laceration (b) Sprain
- (c) Abrasion (d) Contusion

16. The aid which we give before the doctor arrives is termed as—

- (a) First-aid (b) Aid-first
- (c) first-aid (d) First-aid

Or

Weight of medicine ball for girl in barrow test is——

- (a) 0.5 kg (b) 1 kg
- (c) 1.5 kg (d) 2 kg

17. Kness that bend towards each other in–

- (a) Bow-leg
- (b) fat-feet
- (c) Knock-kness
- (d) locked kness

18. To cover a given distance in minimum time in called

- (a) Strength
- (b) Speed
- (c) flexibility
- (d) Endurance

19. Match the following diseases with related cause.

- | | |
|-----------------|--------------------------|
| 1. Diabets | (a) Accumulaction of fat |
| 2. Hypertension | (b) Insuline |
| 3. Asthma | (c) Blood presure |
| 4. Obsity | (d) Respiratory poets. |
| (a) b,c,d,a | (b) a,b,c,d |
| (c) d,c,b,a | (d) c,d,a,b |

20. Match the following units with their personality

- | | |
|-----------------|-----------------------------|
| 1. Extrouession | (a) Insightful & Imaginasy |
| 2. Agreebleuess | (b) Talkatime |
| 3. Neuroticism | (c) Friedly and cooperative |
| 4. Opeuness | (d) Euatiovally stable |
| (a) b,c,d,a | (b) c,d,a,b |
| (c) a,b,c,d | (d) c,d,b,a |

Section–B

21. Define first aid. Write any two joint injusies that may occurs in sports. 1 + 2 = 3

22. Define endurance. Write any two methods to develop endurance. 1 + 2

Or

Write the methods to develop speed in brief.

23. How are the following tests carried out 1×3

- (a) 8 foot up and go (b) Chair sit and reach
(c) Back scratch

24. Enlist any two postural deformities. Write preventive measure and symptoms of knock-knee $1 + \frac{1}{2} \times 2 + \frac{1}{2} \times 2 = 3$

Or

Mention the cause and corrective measures of flate foot. $1\frac{1}{2} + 1\frac{1}{2} = 3$

25. Describe the types of disability and explain the cause and nature of any one disability. $1 + 2 = 3$

26. Explain newton's second law of motion. Elaborate flexion and extension movement by giving examples from sports. $1 + 1 + 1 = 3$

27. Enlist lifestyle related diseases. Write the method of vajra asana and vakra asana. $1 + 1 + 1 = 3$

28. Explain motivation and elucidate any two techniques of it. $1 + 2 = 3$

Or

Explain any three effect of exercises on respiratory system. $1 \times 3 = 3$

29. Describe specific sports programme. Write a short note on sports day organised in your school. $1 + 2 = 3$

30. Define balanced diet. Describe any two micro-nutrients and its importance. $1 + 2 = 3$

Section-C

31. Elaborate circuit training. Write explosive strength and fartlek training in detail. $1 + 2 + 2 = 5$

Or

Define strength. Write its types and methods to improve strength $1 + 1 + 3 = 5$

32. Diabetes and obesity are the most common disease of modern era. Write the procedure, benefits and contraindications for any one asama for each disease. $2\frac{1}{2} + 2\frac{1}{2} = 5$
33. Define exercise adherence. Write any four health related benefits of exercise. $1 + 4 = 5$
34. Define knock-out tournament. Prepare a fixture of 19 teams based on knock-out tournament. $1 + 4 = 5$

Or

Sprain and strain are common sports injuries. Write in detail about the symptoms & management of these injuries.

$$2\frac{1}{2} + 2\frac{1}{2} = 5$$

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