

MOCK TEST —1
PHYSICAL EDUCATION
XIIth

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.

1. Lordosis deformity is known as—

- (a) lateral curvature of the spine ☐
- (b) Abnormal backward curvature of the shoulder bone ☐
- (c) Arch of sole of feet deminished ☐
- (d) Normal curvature of the lumbar spine ☐

2. Harvard step test is a test for measuring—

- (a) Leg strength ☐
- (b) Cardio-vascular endurance ☐
- (c) Co-ordination ☐
- (d) Speed ☐

3. Choose the correct Answer.

- 1. Flexion (a) Angle increases between two bones
- 2. Extension (b) Movement away from two middle of the body
- 3. Abduction (c) Movement towards the centre of body.
- 4. Adduction (d) angle decreases between the two bones

- (a) 1 – a, 2 – b 3 – c, 4 – d ☐
- (b) 1 – d, 2 – a, 3 – b, 4 – c ☐
- (c) 1 – c, 2 – c, 3 – a, 4 – b ☐
- (d) 1 – b, 2 – d, 3 – c, 4 – a ☐

Or

Newton's third law of motion can be primaning used to explain:

- (a) Running and jump ☐ (b) Sitting and standing ☐
- (c) Rolling sliding ☐ (d) Lay & sleeping ☐

4. Intramural programm organizes at school for students–

- (a) Selfishness ☐ (b) Enmity ☐
- (c) Minimum involvemtn ☐ (d) Mass participation ☐

5. Strength is a ability of muscle to overcome.

- (a) Resistance ☐ (b) Thirst ☐
- (c) Fatigue ☐ (d) Hunger ☐

6. A B

- | | |
|------------------------------|------------------------|
| 1. Energy yielding | A. indigetive |
| 2. Body building | B. Minerals & vitamins |
| 3. Protections of the organs | C. Carbohydrates |
| 4. Roughage | D. Protein |

- (a) 1 – A, 2 – B 3 – C,D 4 – D ☐
- (b) 1 – D, 2 – C, 3 – B, 4 – A ☐
- (c) 1 – C, 2 – D, 3 – B 4 – A ☐
- (d) 1 – B, 2 – A, 3 – C, 4 – D ☐

7. Acceleration of an object will increase as the net force increases depending on its

- (d) Density ☐ (b) Mass ☐
- (c) Shape ☐ (d) Volume ☐

Or

Aggressive behaviour of a sports person is influenced by–

- (a) Emotional identification with team ☐
- (b) Tactical ability ☐
- (c) Success ☐
- (d) Shape & nature of player ☐

8. A B

- | | |
|----------------|--------------------|
| 1. Strain | A. Joint Injury |
| 2. Sprain | B. Bleeding wound |
| 3. Laceration | C. Tendon Injury |
| 4. Dislocation | D. Ligament Injury |

- (a) 1 – C, 2 – D, 3 – B, 4 – A, ☐
- (b) 1 – A, 2 – B, 3 – C, 4 – D ☐
- (c) 1 – D, 2 – A, 3 – C, 4 – B ☐
- (d) 1 – B, 2 – C, 3 – A, 4 – D ☐

9. Planning requires

- (a) Maximum uses of resources ☐
- (b) Careless control over staff ☐
- (c) Good co-ordination ☐
- (d) Both (a) and (b) ☐

10. Asana with can be performed directly after the meal–

- | | |
|--|---|
| (a) Trikonasana <input type="checkbox"/> | (b) Vajrasana <input type="checkbox"/> |
| (c) Padmasana <input type="checkbox"/> | (d) Hastotlanasana <input type="checkbox"/> |

11. Expanded form of ODD–

- (a) Opposite defect development ☐
- (b) Oppositional defiant disorder ☐
- (c) Obsessive defiant disorder ☐
- (d) Oral dentist defect ☐

12. The test, measurement and evaluation are used to perform the following function.

(a) Determine status ☐ (b) Making defect ☐

(c) Give warning ☐ (d) Unsolved problems ☐

13. What is the formula used for Newton's second law of motion?

(a) Velocity = acceleration \times time ☐

(b) Force = Mass \times acceleration ☐

(c) Momentum = mass \times velocity ☐

(d) Speed = distance/time ☐

Or

Methods of speed development are

(a) Continuous and interval ☐

(b) Isometric & isotonic ☐

(c) Fartlek and interval ☐

(d) Acceleration Run & Race Run ☐

14. Haemoglobin is found in—

(a) WBC ☐ (b) Plasma ☐

(c) RBC ☐ (d) Platelets ☐

15. Which of the following is an eating disorder?

(a) Kwashiorkor ☐ (b) Marasmus ☐

(c) Anorexia Nervosa ☐ (d) Osteoporosis ☐

16. Select the correct vitamin available in sun rays.

(a) Vitamin D ☐ (b) Vitamin C ☐

(c) Vitamin K ☐ (d) Vitamin A ☐

17. Calculate the number of matches in a league tournament of 8 teams?

(a) 18 ☐ (b) 28 ☐

(c) 36 ☐ (d) 48 ☐

Or

Benefits of Ardha-Matsyendrasana are—

(a) Obesity & diabetes ☐

- (b) Helps relieving pain in heck ☐
- (c) Helps to improve the blood circular ☐
- (d) Relaxes mind ☐

18. Causes of disabilities are:

- (a) Herdity ☐
- (b) Safe & clean environment ☐
- (c) Balance diet ☐
- (d) Water ☐

19. The Rikli & John's Test is also known by–

- (a) Bane functional test ☐
- (b) The senior citizen function test ☐
- (c) Minimum muscular strength test ☐
- (d) Cardio-vascular endurance ☐

20. What are isotonic Exercises?

- (a) Exercises that are ignored fully ☐
- (b) Exercises that decrease the working capacity of muscles ☐
- (c) Exercises that increase the working capacity of muscles ☐
- (d) Exercises that are not visible ☐

21. Explain the fartlek training method? 3

22. Why is balanced diet important for sports persons? (× 3

Or

Define motivation? Discuss about any two techniques of motivation?

23. Write the Newton's laws of motion, with suitable examples from sports. 1 × 3

24. Distinguish between intramurals & extramurals tournament. 1 × 3

25. Mention the causes & corrective measures of flat foot? 1½ + 1½

Or

- Brifly discuss the causes of food intolerance? $1\frac{1}{2} + 1\frac{1}{2}$
26. Explain two types of motor development in children? $1 + 1 + 1$
27. What is the need for test in senior citizen? $1 + 1 + 1$

Or

Write the purpose of the Harvard step test?

28. Explain any three effects of exerises on the respiratory system.
 1×3
29. Explain the sheldon's type of personality. 1×3
30. Mention two symptoms of attention deficit hyperactinty disorder (ADHA). 1×3
31. Define endurance. Explain its types and briefly explain the meth-
ods of endurance development. $1 + 2 + 2$

Or

Mention all calcuations & steps involved to draw a knock-out
fixture of 21 teams. $1 + 1 + 1 + 2$

32. Which asanas are used to deal with hypertension? Explain in
detail. 5
33. Discuss the advantages of physical activities for children with
special needs? 5

Or

Explain various factors which usually leads to osteoporosis
among women athletes. Explain its treatment. $3 + 2$

34. Contusion & dislocation are common sports injuries. Write in
detail about the symptoms & management of these injuries.
 $2\frac{1}{2} + 2\frac{1}{2}$