SATISH CHANDRA MEMORIAL SCHOOL

PHYSICAL EDUCATION

Model Question Paper

Class - XII

Duration : 2 hours F.M-50

General Instructions :-

Read the following instructions and strictly follow them:

1. This question paper contains 24 questions.
2. All the questions are compulsory.
3. Questions from 1 to 15 carry 1 mark each and are multiple choice questions.
4. Questions from 16 to 20 carry 3 marks each. Answer to each question should not exceed 80-100 words.
5. Questions from 21 to 24 carry 5 marks each. Answer to each question should not exceed 150-200 words.

Section – A

1. The competitions organised outside of the boundary wall of an institution are called: (1)
2. Intramural
3. Combination
4. Extramural
5. All of the above
6. League tournament is also known as: (1)
7. Knock out
8. Combination
9. Round robin
10. Consolation
11. Which one of the following asana can be performed immediately after the meals : (1)
12. Chakrasana
13. Dhanurasana
14. Sukhasana
15. Vajrasana
16. SPD means : (1)
17. Special Police Department
18. Sensory Processing Disorder
19. Special Processing Disorder
20. Sensory Protecting Disorder
21. In bowlegs, there is/are: (1)
22. Wide gap between the knees
23. Plain foot sole
24. Knees colliding with each other
25. both legs curving inwards
26. Body building component of food: (1)
27. Carbohydrate
28. Vitamin
29. Cellulose
30. Protein
31. Which one of the following asanas is not a remedial asana for treating obesity: (1)
32. Vajrasana
33. Tadasana
34. Trikonasana
35. Ardha Matsyendrasana
36. Cognitive disability is a broad term that includes: (1)
37. Intellectual disability
38. Locomotor disability
39. Speech Impairment
40. All of the above
41. The formula for calculating the number of matches is knockont method is: (1)
42. N/2
43. 2N-1
44. N-1
45. N(N-1)

10.Which of the following is not a specific sports programme:(1)

1. Run for fun
2. Run for unity
3. Tournament
4. Sports day

11.The committee that is responsible for accommodation of the players is: (1)

a) Refreshment and Entertainment committee

b)Transport committee

c)Reception committee

d)Boarding and lodging committee

12. The formula for calculating the rounds in league method is: (1)

a)N+1

b)N-1

c)N+1/2

d)N(N-1)

13. The non-nutritive component is: (1)

a) Cholesterol

b) Fibre/roughage

c) Vitamin

d) Fat

14. Water soluble vitamin: (1)

a)Vit-D

b)Vit-K

c)Vit-C

d)Vit-A

15. Macro-mineral: (1)

a) Iron

b) Copper

c) Calcium

d) Iodine

Section – B

16. Describe any two specific sports programs. (3)

17. What do you understand by “non-nutritive components”? Explain any four non-nutritive components of diet.(3)

18. Write a short note on knock knee and bow leg. (3)

19. Explain the activities in different stages in childhood. (3)

20. Write down the preventions for hypertension and back pain.(3)

Section – C

21. Draw a fixture for nine teams with staircase method, mentioning all the steps involved. (5)

22. Write short notes on OCD and ODD. (5)

23. What do you understand by the female athlete triad? Explain the symptoms and causes of anyone of them. (5)

24. Explain the procedure, benefits and contraindications of any one asana used to cure diabetes. (5)