



PRINCE ACADEMY

OF HIGHER EDUCATION

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SAMPLE PAPER SET - 02 (2024-25)

Time : 03 : 00 Hours

CLASS :- XII-PHYSICAL EDUCATION (048)

M.M. : 70

General Instructions

1. The question paper consists of 5 sections and 37 Questions.
2. Section A consists of Questions 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
3. Section B consists of Questions 19-23 carrying 2 marks each and are very short answer types and should not exceed 60-90 words.
4. Section C consists of Questions 24-28 carrying 3 marks each and are short answer types and should not exceed 100-150 words. There is internal choice available.
5. Section D consists of Questions 29-31 carrying 4 marks each and are case studies. There is internal choice available.
6. Section E consists of Questions 32-37 (Attempt Any 3) carrying 5 marks each and are long answer types and should not exceed 200-300 words. There is internal choice available.

SECTION - A (18 × 1 = 18)

MCQ Based.

18×1=18

1. How many byes will be given if 29 teams are participating in a knock out tournament.
(a) 18 (b) 2 (c) 3 (d) 4
2. To purchase sports equipments is the function of committee.
(a) Transport (b) Publicity (c) Finance (d) Refreshment
3. Resistance ability against fatigue is called.
(a) Strength (b) Speed (c) Endurance (d) Agility
4. Match the following Lists.

List - I

- (i) Flexibility
- (ii) Isokinetic exercise
- (iii) Fartlek training method
- (iv) Muscle does not shorten but tension increases

List - II

- (A) Isometric
- (B) Gosta Holmer
- (C) Ballistic method

5. Traits like energetic, social, talkative and friendly are associated with.
(a) Openness (b) Agreeableness (c) Neuroticism (d) Extroversion
6. Aggressive behaviour of a sports person is influenced by :-
(a) Emotional identification with the team (b) Tactical ability
(c) Goal orientation (d) All of the above

7. Which one of the psychological attributes is called the very first step to turning the impossible into possible ?
 (a) Self-esteem (b) Self talk (c) Mental imagery (d) Goal setting
8. Which are the main components of a lever ?
 (a) mass force & velocity (b) force, effort & load
 (c) fulcrum, load & effort (d) mass, load & speed
9. Which one of the following factors does not affect the projectile trajectory ?
 (a) Angle of projection (b) Initial velocity (c) Gravity (d) Friction
10. Taking sprint start from blocks is an example of :
 (a) 1st class lever (b) 2nd class lever (c) 3rd class lever (d) None of the above
11. Which type of injury usually occurs in boxing ?
 (a) Strain (b) Contusion (c) Dislocation (d) Sprain
12. Match the following.
 (i) Speed (a) Age and gender
 (ii) Strength (b) Aerobic capacity
 (iii) Endurance (c) Muscle size
 (iv) Flexibility (d) Explosive strength
13. Abilities of students in classes 1 to 3, which need to be measured are :
 (a) Body Composition (BMI) (b) Plate tapping test
 (c) Flamingo Balance test (d) All of the above
14. Which disease is caused by deficiency of vit B₃ ?
 (a) Beri-Beri (b) Pellagera (c) Ricket's (d) Nightblindness
15. Match the following.
- | | |
|-----------------|--------------------|
| List - A | List - B |
| (i) Vitamin A | (a) Rickets |
| (ii) Vitamin B | (b) Nightblindness |
| (iii) Vitamin C | (c) Sterility |
| (iv) Vitamin D | (d) Beri-Beri |
| (v) Vitamin E | (e) Scurvy |
| (vi) Vitamin K | (f) Goitre |
| (vii) Iodine | (g) Anaemia |
| (viii) Iron | (h) Blood clotting |
16. Cochlear implants are not allowed in :
 (a) Special olympics (b) Deaflympics (c) Asian Games (d) Olympic Games
17. 'Spirit in motion' is the motto of :-
 (a) Special olympic Bharat (b) Paralympics
 (c) Deaflympics (d) Asian Games
18. Assertion (A) and Reason (R).
 Assertion (A) - Bow leg is the opposite to knock - knees position.
 Reason (R) - In this deformity, knees are wide apart.
 In the context of the above two statements, which one of the following is correct ?
 (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
 (b) Both (A) and (R) are true and (R) is not the correct explanation of (A).
 (c) (A) is true but (R) is false.
 (d) (A) is false but (R) is true.

Section - B (2×10)

19. Differentiate between microcycle and mesocycle ?
20. Discuss any two techniques of motivation.
21. Define lever and discuss any one type of lever with example.
22. Discuss any two factors which determine flexibility.
23. Make a flow chart of sports injuries.

Section - C (3×5)

24. Discuss the significance and objectives of Extramural competitions.
25. Discuss the WHO guidelines on physical activity for children under 5 years of age.
26. Explain Asthama.
27. Briefly discuss the implementation of inclusive education in India.
28. Write briefly about protein as an essential component of diet.

Section - D (4×3=12)

29.



(i) From the above picture, it is identified as training method.

- (a) Pace runs (b) Continuous training (c) Circuit (d) None of the above

(ii) This training method was developed by:

- (a) Gosta Holmer (b) Emile Zetopack
(c) Adamson and morgan (d) Paavo Nurmi

(iii) This training method was developed in :-

- (a) 1937 (b) 1942 (c) 1957 (d) 1964

(iv) This training method helps in improving the

- (a) Speed and Strength (b) Speed and Endurance
(c) Endurance and Strength (d) Speed and Flexibility

OR

This training method is related to :

- (a) USA (b) UK (c) Sweden (d) Finland

30. During her gymnastics practice, Zoya was finding it difficult to maintain her balance on the balancing beam. Her coach tried to explain her about basic principles of equilibrium.



According to the principles of equilibrium, centre of gravity plays a very important role.

- (a) The nearer the centre of gravity to the centre of the base of support the more the will be the
- (b) The position of the centre of gravity changes depending upon
- (c) The sum of all the vertical and horizontal forces acting on the body must be
- (d) Centre of gravity is the average location of an object's

OR

When the sum of force acting upon the object and sum of the the movement acting upon the body is both equal to zero then the body is said to be in equilibrium

31. The famous cricket star, Phillip Hughes was struck behind the ear by a ball while batting and died two days after the injury. He was wearing a helmet but the possible reason mentioned was that even wen using a helmet, possibly a significant part of the neck remained exposed and the ball hit him there. And now most of the top cricketers across the world use deeper protection.
- (A) Which one of the following can be described as the appropriate cause of Phillip Hughes injury ?
- (a) Improper ground facilities (b) Improper protective gear
- (c) Improper warm up (d) Poor nutrition
- (B) Phillip Hughes injury can be classified as
- (a) Indirect Injury (b) Direct Injury (c) Overus Injury (d) All of the above
- (C) In the P.R.I.C.E principle, 'P' refers to
- (a) Protocol (b) Paradigm (c) Protection (d) Provoke
- (D) A bone fracture is an example of injury to :
- (a) Skin (b) Eyes (c) Soft tissues (d) Hard tissues

OR

Which one of the following is not the cause of sports injuries ?

- (a) Recurrence of injury (b) Pressure of competition
- (c) Scientific way of training (d) Nutritional inadequacy

Section - E (3×5=15)

32. Explain fartlek training method in detail and design a training programme according to the method.
33. Elucidate the role of goal setting and mental imagery in improving sports performance.
34. With the help of suitable examples discuss the application of Newton's Law of motion in sports.
35. Write in details about the dislocation and fractures among the bones and joint injuries.
36. Elucidate the Rockport one mile test in Detail.
37. What do you mean by 'Healthy Weight' ? Explain the methods to control healthy body weight to lead healthy living.