



# PRINCE ACADEMY

## OF HIGHER EDUCATION

[Co-edu. Sr. Sec. School, Affiliated to CBSE, Affiliation No. - 1730387]

Palwas Road, Near Jaipur - Bikaner Bypass Crossing, SIKAR - 332001 (Raj.) INDIA

Mob. : 9610-75-2222, 9610-76-2222

www.princeeduhub.com | E-mail : princeacademy31@gmail.com

### BOARD SAMPLE PAPER-I (2025-26)

Time : 03 Hours

CLASS - XII PHY. EDUCATION

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 19-24 (Attempt Any 5) carrying 2 marks each and are very short answer types and should not exceed 60-90 words.
4. Section C consists of Questions 25-30 (Attempt Any 5) carrying 3 marks each and are short answer types and should not exceed 100-150 words.
5. Section D consists of Questions 31-33 carrying 4 marks each and are case studies. There is internal choice available.
6. Section E consists of Questions 34-37 (Attempt Any 3) carrying 5 marks each and are short answer types and should not exceed 200-300 words.

#### SECTION-A (18 × 1= 18)

##### Multiple Questions :-

1. Identify the asana:



- (a) Chakrasana      (b) Dhanurasana      (c) Halasana      (d) Ushtrasana
2. Reactive Aggression is also called \_\_\_\_\_
- (a) Instrumental Aggression      (b) Hostile Aggression  
(c) Assertive Aggression      (d) Both (a) and (b)
3. The Friction force acts in a/an \_\_\_\_\_ direction to the direction of motion of an object.
- (a) Opposite      (b) Same      (c) Downwards      (d) Diagonal
4. The irregular tear-like wounds caused by some blunt trauma \_\_\_\_\_
- (a) Laceration      (b) Contusion      (c) Abrasion      (d) Incision



- (a) Both (A) and (R) are true and (R) is the correct explanation of (A)  
 (b) Both (A) and (R) are true but (R) is not the correct explanation of (A)  
 (c) (A) is true, but (R) is false  
 (d) (A) is false, but (R) is true
11. One gram of carbohydrate contains \_\_\_\_\_ Calories  
 (a) 2 (b) 3 (c) 4 (d) 5
12. The concept of generally refers to a person's evaluation of, or attitude towards, him or herself.  
 (a) Mental-imagery (b) Self-esteem (c) Self-talk (d) Goal-setting
13. What is the formula to determine number of matches in League fixture for even number of teams?  
 (a)  $N+1/2$  (b)  $N-1/2$  (c)  $N(N-1)/2$  (d)  $N(N+1)/2$
14. Mr. Gopi, Physical Education Teacher of a reputed CBSE school has decided to conduct an Inter School Kabaddi tournament in his school premises after proper drawing of fixtures. He consulted the Management and the Principal to conduct the Tournament of Inter School Kabaddi pattern but the Physical Education Teacher was not aware of Inter School Kabaddi Tournament. So he discussed with the National Kabaddi Referee Association.  
 Which of the following is the best method to organize this kind of tournament?  
 (a) Knock out (b) League (c) Ladder (d) Pyramid
15. School management needs to recognize the essential place of physical activity in the education of children with special needs.  
 Which of these is not one of the results of physical activities in children with special needs?  
 (a) Improvement in confidence (b) Improvement in endurance  
 (c) Increase in depression (d) Better hand-eye coordination
16. If the menstruation cycle does not begin at puberty, the condition is called \_\_\_\_\_  
 (a) Primary Amenorrhea (b) Secondary amenorrhea  
 (c) Oligomenorrhea (d) Dysmenorrhea
17. Senior Citizen Fitness Test the range of age group is \_\_\_\_\_  
 (a) 60-94 (b) 55-79 (c) 65-95 (d) 50-90
18. Kyphosis is also known as \_\_\_\_\_  
 (a) Hallow Back (b) Hunch Back (c) Curve Back (d) both (a) and

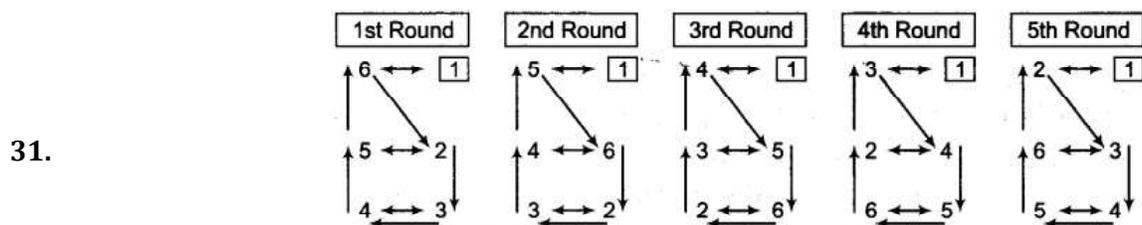
### **SECTION-B (5 × 2 = 10)**

19. What do you mean Bulimia Nervosa ?
20. List down the types of bone injuries ?
21. Enumerate any two myths related to food items with their respective facts.
22. What do you understand by the term goal setting ?
23. Point out physiological factor for strength.
24. When wrestlers fall on the mat, why they spread their arms, knee and legs? Justify your answer.

### SECTION-C (5 x 3 = 15)

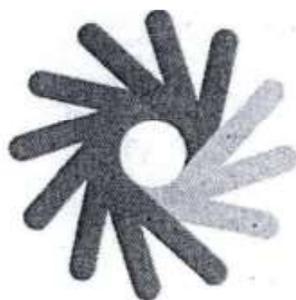
25. Differentiate between Introvert and Extrovert personality.
26. Describe the physical and psychological benefits of women's participation in sports.
27. Define flexibility. Explain the methods to improve flexibility for a gymnast.
28. Mention any three importance of diet during competition.
29. Describe the following:  
(a) Residual Volume (b) Stroke Volume
30. Draw fixture of 19 team on knock-out basis.

### SECTION-D (4 x 3 = 12)



On the basis of above fixture answer the following questions.

- (a) Which method is shown in the picture to draw fixture in league tournament ?
  - (b) In cyclic method which team is declared a winner ?
  - (c) If three or more teams are tied, then the position is decided by \_\_\_\_\_ goal average.
  - (d) What is the formula is British method of declaring the percentage of point ?
32. Study the picture given below :



Deaflympics

Based on the above study and your knowledge, answer the following questions:

- (a) The above logo incorporates four colours, red, blue, yellow and \_\_\_\_\_.
- (b) The logo of Deaflympics was designed in the year \_\_\_\_\_.
- (c) In the above logo, the hand shapes, "Ok", "Good" and " \_\_\_\_\_" overlap each other.
- (d) The first Deaflympics were held in the year \_\_\_\_\_ in Paris.

**OR**

First Deaflympics Games were also known as \_\_\_\_\_.

33. Study the picture given below :



Based on the above study and your knowledge, answer the following questions:

- (a) Identify the injury shown in picture 'A'.
- (b) The injury shown in picture 'A' occurs due to overstretching of \_\_\_\_\_.
- (c) Identify the type of fracture shown in picture 'B'.

**OR**

Fracture is a \_\_\_\_\_ tissue injury.

- (d) \_\_\_\_\_ is a joint injury that forces the ends of bones out of position.

**SECTION-E (5 × 3 = 15)**

- 34. List down any four asanas used for prevention of asthma. Explain the procedure, benefit and contradiction of any one of them with help of a stick diagram.
- 35. Define projectile and explain any two factors affecting projectile with help of example from sports.
- 36. What do you mean by lever ? Elaborate the types of lever and their applications in sports.
- 37. What do you understand by circuit training? How a coach will plan circuit training sessions with 6 stations to develop fitness of his new trainees? Explain.

\*\*\*\*\*