



PRINCE ACADEMY

OF HIGHER EDUCATION

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

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CBSE SAMPLE PAPER (2024-25)

SUBJECT :- PHY. EDUCATION (048)

CLASS - XII

M. M. : 70

Time : 03 Hours

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. There is internal choice available.
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. There is internal choice available.

SECTION-A (18 × 1= 18)

Multiple Questions :-

1. Identify the Asana:



- (a) Katichakrasana (b) Urdhva hastottanasana
(c) Makarasana (d) Ardha-Halāsana
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

10. Given below are two statements, one of which is labelled as Assertion (A) and the other is labeled as Reason (R)
 Assertion: An obese person has BMI more than 30.
 Reason: BMI indicates the nutritional value.
 (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. Which gland is associated with Diabetes?
 (a) Endocrine glands (b) Pituitary (c) Pancreas (d) Hypothalamus
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

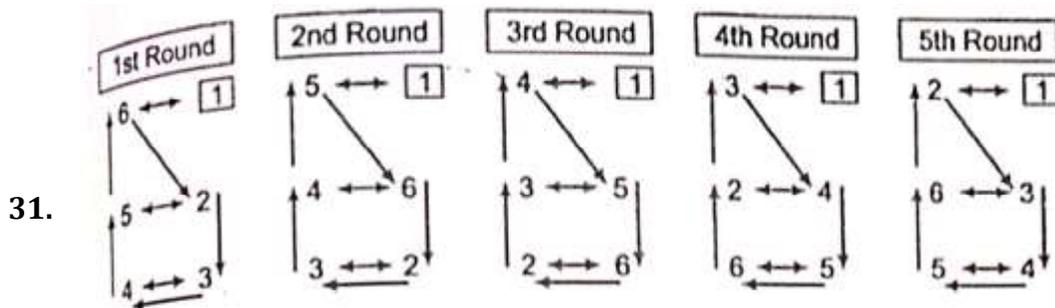
SECTION-B (5 x 2 = 10)

19. Point out physiological factor for strength.
20. Write short note on Goal setting
21. Explain Isokinetic exercise with suitable examples
22. Write a key point on cardio respiratory factors determining fitness.
23. Explain the procedure and scoring of 600meter run/walk
24. Write the symptoms of food intolerance.

SECTION-C (5 × 3 =15)

25. Explain any three strategies to Make Physical Activities Accessible for CWSN
26. What are the benefits of Non-Nutritive foods?
27. What should be the role of technical and marketing committee while organizing the event?
28. Differentiate between Introvert and Extrovert personality?
29. Define Fracture and explain any four types of fracture
30. Write in brief the corrective measures of Bow Leg, Knock Knee and Flat Foot.

SECTION-D (4 x 3 = 12)



On the basis of above given fixture answer the following questions.

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

Identify the first match between two teams.

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



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

(a) The nearer the Center of Gravity to the Center of the base of support the more will be the _____.

(b) The position of the centre of gravity changes depending upon the _____.

(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

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

33. School management needs to recognize the essential place of physical activity in the education of children with special needs. In order to develop lifelong habits for fitness and to provide them with many opportunities of socialization, schools need to understand that physical education is not a secondary subject but it is just as important as other skills.



On the basis of above given picture answer the following questions:

(a) Development of Gross Motor and Fine Motor skills are benefits which are part of _____

(b) Graded activities as strategy for effective inclusive physical education program includes _____

(c) _____ for activities should be disturbance free (noise, heat, cold, texture of floor; audience etc.)

(d) The activities that include running, jumping, hopping, galloping, rolling, leaping and dodging, horizontal jump, slide _____

SECTION-E (5 × 3 = 15)

34. Discuss the asanas helpful for a person suffering from Hypertension. Write down the procedure and contraindications of Sarala Matsyasana in detail.
35. Make a table of test items listed under fitness test by SAI (Age group 9-18 yrs) Explain the Procedure and Scoring of 50 MTS Run and Partial Curl Up
36. How does inclusive education in physical education help integration of CWSN in society?
37. What is Female Athlete Triad. Explain in detail.
