



PRINCE ACADEMY

OF HIGHER EDUCATION

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SAMPLE PAPER SET - 03 (2024-25)

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 x 1= 18)

Multiple Questions :-

1. Identify the Asana:



- (a) Pawanmuktasana (b) Sukhasana (c) Chakrasan (d) Gomukhasana
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

5. Given below are two statements, one of which is labelled as Assertion (A) and the other is labeled as Reason (R)

Assertion (A): For improvement of performance in long distance running, continuous training is effective

Reason (R): Continuous method of training improves basic endurance

Which one of the following statements is correct?

- (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

6. What do you mean by iso and metric?

- (a) Iso means constant and metric means length
- (b) Iso means change and metric means size
- (c) Iso means constant and metric means velocity
- (d) Iso means size and metric means constant

7. It is the amount of blood pumped out by each side of the heart (actually each ventricle) in 1 minute _____

- (a) Blood pressure
- (b) Cardiac Output
- (c) Blood volume
- (d) Both (a) and (b)

8. Identify the given below



- (a) First Law of Motion
- (b) Second Law of Motion
- (c) Third Law of Motion
- (d) Law of Effects

9. Match List - I with List - II and select the correct answer from the code given below:

LIST - I		LIST - II	
1	Extraversion	i)	Enthusiasm
2	Conscientiousness	ii)	Responsible
3	Agreeableness	iii)	Compassionate behavior
4	Neuroticism	iv)	Emotional Stability

Code				
	i	ii	iii	iv
(a)	1	2	3	4
(b)	4	3	2	1
(c)	3	4	2	1
(d)	2	3	4	1

10. Given below are two statements, one of which is labelled as Assertion (A) and the other is labeled as Reason (R)

Assertion: Scurvy is caused due to the deficiency of Vitamin C.

Reason: The disease sets in when the diet does not include fresh vegetables and fruits for a long time.

“Which one of the following statements is correct?”

- (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

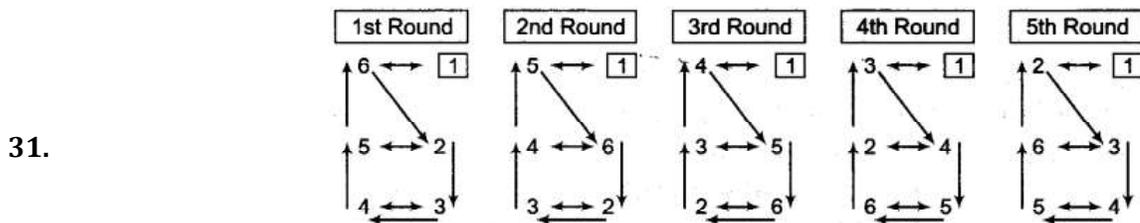
SECTION-B (5 x 2 = 10)

19. What do you mean Bulimia Nervosa ?
20. List down the types of bone injuries ?
21. Define Flexibility and list down its type.
22. What do you understand by the term goal setting ?
23. Point out physiological factor for strength.
24. Explain the procedure and scoring of 600 meter run/walk.

SECTION-C (5 x 3 =15)

25. Differentiate between Introvert and Extrovert personality.
26. Define Fracture and explain any four type of fracture.
27. Write in detail the aim and objective of special Olympic Bharat.
28. How we can enhance the performance with the help of self-talk and self-eteem.
29. Explain any three type of coordinative abilities.
30. Draw fixture of 19 team on knock-out basis.

SECTION-D (4 x 3 = 12)



On the bai of above fixture anwer 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 i decided by _____ goal average.
- (d) What is the formula is British method of declaring the percentage of point ?

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 x 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. With the help of example, discuss the application of Newton's Law of motion in sports.

ROUGH WORK

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