

**DAV PUBLIC SCHOOL, MCL KA**  
**PRACTICE PAPER(1) (2020-21)**  
**Subject: P.H.E**  
**(048) Class: XII**

**Maximum Marks: 70**

**Time:**  
**3:00Hrs.**

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- 1. The question paper consists of 30 questions and all are compulsory**
  - 2. Question 1-12 carry 01 mark each and are Multiple Choice Questions**
  - 3. Questions 13-16 carry 02 marks each and shall not exceed 40-60 words**
  - 4. Questions 17-26 carry 03 marks each and shall not exceed 80 -100 words**
  - 5. Questions 27 - 30 carry 05 marks each and shall not exceed 150-200 words**
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Q1. Interval Training is used for developing

- a. Flexibility
- b. Agility
- c. Endurance
- d. Speed

**OR**

Resistance ability against fatigue is called

- a. Strength
- b. Speed
- c. Endurance
- d. Agility

Q2. Acceleration of an object will increase as the net force increases depending on its

- a. Density
- b. Mass
- c. Shape
- d. Volume

Q3. Physiological factor determining speed:

- a. Explosive strength
- b. Body weight
- c. Muscle composition
- d. Both a) & c)

**OR**

\_\_\_\_\_ bone comes out of socket in hip dislocation.

- a. Femur
- b. Humerus
- c. Tibia
- d. Fibula

Q4. The word Meso in Mesomorph is related to

- a. Fat
- b. Lean
- c. Muscular
- d. None of the above

Q5. . A pattern of disobedience can be observed in children suffering from

- a. ODD
- b. ADHD
- c. OCD
- d. SPD

Q6. What is Bye?

- a. It's a method of drawing fixture.
- b. Point system for team games.
- c. Advantage given to a team to not to play in initial round.
- d. Placing of teams according to previous performance.

Q7. Dislocation is related to

- a. Bone injury
- b. Skin Injury
- c. Muscular Injury
- d. Joint injury

**OR**

Fracture where a part of broken bone enters another bone

- a. Simple fracture
- b. Compound fracture
- c. Impacted fracture
- d. Green stick fracture

Q8. Ability to achieve maximum speed from stationary position is called\_\_\_\_\_?

- a. Speed endurance
- b. Acceleration ability
- c. Locomotors ability
- d. Movement speed

Q9. What is the value placed for Male in  $VO_2$  MAX formula?

- a. 1
- b. 0
- c. 0.85
- d. 0.72

Q 10. One of the possible causes for Obesity could be?

- a. Heredity
- b. Excessive eating
- c. Fast metabolism
- d. Both a) & b)

Q 11. Given below are the two statements labeled Assertion (A) and Reason (R).

- A. Assertion (A): Planning is the foremost function in sports.
- B. Reason (R): Planning gives a view of future course of action

In the context of 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, 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

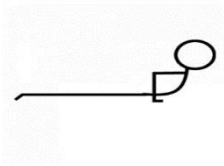
Q 12. Match List – I with List – II and select the correct answer from the code given below:

LIST - I		LIST - II	
Vitami n		Diseas e	
i	Vitamin A	i	Pyorrhoea
ii	Vitamin B	ii	Rickets
iii	Vitamin C	iii	Beriberi
iv	Vitamin D	iv	Night Blindness

Cod e				
	i	ii	iii	iv
a	2	4	3	1
b	1	2	4	3
c	4	3	1	2
d	3	1	2	4

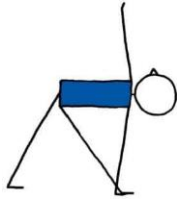
Q 13. Identify the below given Asanas and write the names

a.



\_\_\_\_\_

b.



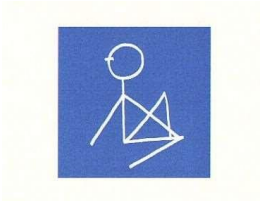
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c.



\_\_\_\_\_

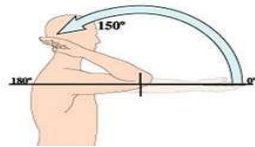
d.



\_\_\_\_\_

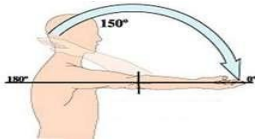
Q 14. Identify the human movement and give their names

a.



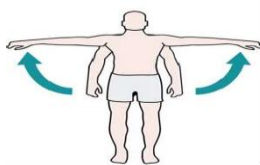
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b.



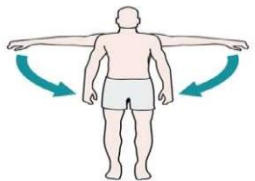
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c.



\_\_\_\_\_

d.



\_\_\_\_\_

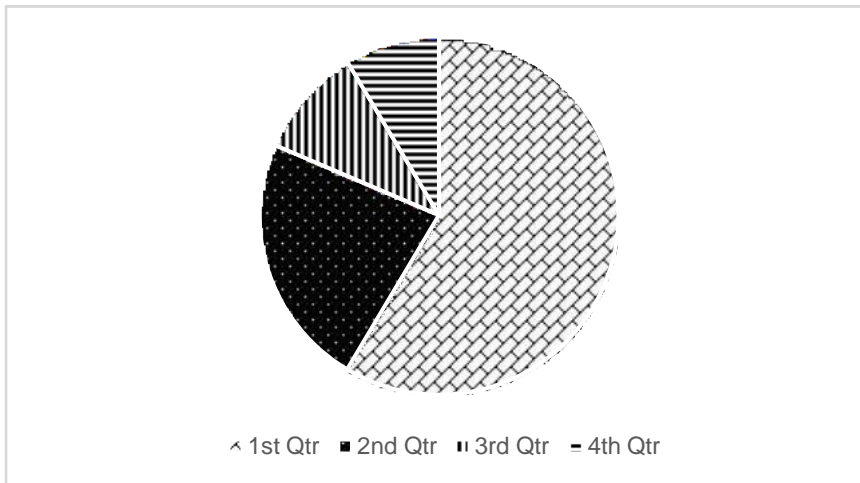
Q 15. Design a free hand four exercises programme for curing Round Shoulders.

Q 16. Differentiate between 'ODD' and 'SPD' on the basis of their symptoms (any two)

**OR**

Differentiate between 'ADHD' and 'ASD' on the basis of their symptoms (any two)

Q 17. Below given is the BMI data of a school's health check-up

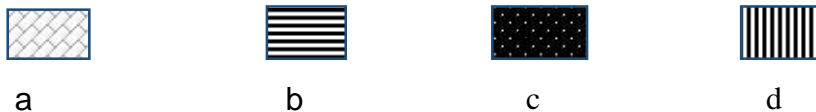


On the basis of the above data; answer the following questions:

A. In which category does the major student population falls into?

- a. Obese
- b. Normal weight
- c. Under weight
- d. Over weight

B. The school has to develop an activity based program to decrease the number of:



C. Which category is related to underweight?



a



b



c



d

Q 18. Raman is a student of class XII and is suffering from Obesity. During a recent medical check-up at school he was advised to practice yogasana (as given in the syllabus) and participate in sports activities for curing it.

Based on this case answer the following questions:

1. The yoga instructor at the school has asked Raman to perform

- a. Bhujangasana
- b. Pawanmuktasana
- c. Vajrasana
- d. Chakrasana

2. The BMI index for an Obese person is a. <18.5

- b. 18.5-24.9
- c. >30
- d. >25

3 Due to the Obesity; Raman is also suffering from knock knees for which he is advised to

- a. Walk on inner edge of foot
- b. Walk on outer edge of foot
- c. Walk on heels
- d. Walk on toes

Q 19. Compare any three Micro minerals on the basis of their sources and benefits.

**OR**

Compare any three Fat soluble vitamins on the basis of their sources and benefits. Q 20. Create a flow chart for common Sports Injuries while enlisting the sub parts.

Q 21. Name the tests used to calculate cardio vascular fitness. Write the formula for short term and long term fitness index and calculate long term fitness index if duration of exercise is 300sec and sum of heart rate is 230.

**OR**

List the components of Motor fitness test. Explain any two of them in detail.

Q 22. State Newton's laws of motion and explain their implication in Sports of your choice.

Q 23. Explain any three types of coordinative abilities.

Q 24. Plan a strategy for making physical activity accessible for Children with Special Need.

Q 25. There are 11 teams participating in a Knock-out Tournament. Explain the procedure to calculate number of 'Byes' and also with the help of diagram allot 'Byes'.

Q 26. "Extrinsic motivation sometimes may kill intrinsic motivation". Justify.

**OR**

Explain aggression in Sports. Discuss the role of aggression in context to its types.

Q 27. Enlist the Big Five Theory Personalities and describe any three of them while comparing their characteristics.

Q 28. Define spinal curvature deformities and list their causes and precautions.

**OR**

Create a table and explain: Different Stages of Growth and Development; Characteristics of Development and Exercise Guidelines.

Q 29. Which are the Asanas practiced for preventing Hypertension? Write in detail about any two of them.

**OR**

Which are the Asanas practiced for preventing Asthma? Write in detail about any two of them.

Q 30. Rudra is working on a project to collect data for assessing Physical Fitness amongst Senior Citizens at his residential complex. He plans to administer test for assessing Lower Body Flexibility; Upper Body Flexibility and Lower Body Strength. List the test(s) he should conduct and also explain in detail the procedure of its administration along with scoring system.