

**CBSE Class 12 Physical Education**  
**Sample Paper 07 (2020-21)**

**Maximum Marks: 70**

**Time Allowed: 3 hours**

**General Instructions:**

- i. The question paper consists of 30 questions and all are compulsory.
- ii. Question 1-12 carries 01 mark each and are Multiple Choice Questions.
- iii. Questions 13-16 carry 02 marks each and shall not exceed 40-60 words.
- iv. Questions 17-26 carry 03 marks each and shall not exceed 80 -100 words.
- v. Questions 27 - 30 carry 05 marks each and shall not exceed 150-200 words.

**Section A**

1. How many byes will be given for 21 teams on the knock out basis?
  - a. 16
  - b. 14
  - c. 17
  - d. 11

OR

The other name of League Tournament is -

- a. Round robin Tournament
- b. Challenge Tournament
- c. Combination Tournament
- d. Knock out Tournament

2. Nutrients are \_\_\_\_\_ substances present in food.
- a. Irrelevant
  - b. Essential
  - c. Harmful
  - d. Dangerous
3. Which of the following asana is NOT helpful in back pain?
- a. Vakrasana
  - b. Bhujangasana
  - c. Pawanmuktasan
  - d. Tadasana

OR

Who is called the founder of Yoga in India?

- a. Sushruta
  - b. Patanjali
  - c. Araybhatta
  - d. Balmiki
4. Expanded form of ADHD
- a. Automatic disability high defect
  - b. Automatic deficit hyper disorder
  - c. Attention deficit hyperactivity disorder
  - d. Attention disorder of hypoactive deficit
5. \_\_\_\_\_ is a postural deformity in which both the knees touch or overlap each other in a normal standing position.
- a. Shock Knee
  - b. Lock Knee

- c. Weak Knee
  - d. Knock Knee
6. Weight of the medicine ball for Boys
- a. 2 kg
  - b. 3 kg
  - c. 4 kg
  - d. 1 kg
7. Flexibility is not determined by which physiological factors?
- a. Injury
  - b. Muscle strength
  - c. Aerobic capacity
  - d. Age, gender

OR

Which of the following is NOT a component of physical fitness?

- a. Agility and Flexibility
  - b. Muscular Strength
  - c. Eating Habits
  - d. Age and Gender
8. \_\_\_\_\_ is a type of movement which takes place when the angle decreased between the two bones attached to a joint.
- a. Flexion
  - b. Extension

- c. Adduction
- d. Abduction

9. A thin, long, depressed personality trait is known as \_\_\_\_\_.

- a. Mesomorphic
- b. Ectomorphic
- c. Ambivert
- d. Endomorphic

10. \_\_\_\_\_ is the ability of a muscle to exert force in a single muscle contraction or to overcome resistance.

- a. force
- b. flexibility
- c. strength
- d. acceleration

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

A. Assertion (A): league tournament is very time-consuming.

B. Reason (R): Teams have to play with selected teams.





- a. Assertion and reason both are correct statements and reason is the correct explanation for the assertion.
- b. Assertion and reason both are correct statements but the reason is not the correct explanation for the assertion.
- c. The assertion is a correct statement but the reason is the wrong statement.
- d. The assertion is the wrong statement but the reason is a correct statement.

12. Which of the following is NOT part of a balanced diet?





- a. Vitamins
- b. Carbohydrates

- c. Proteins
- d. Probiotics

13. Identify the below-given Asanas and write their names.

	_____
	_____
	_____
	_____

14. Identify the below-given Postural Deformities and write their names.

	_____
	_____
	_____
	_____

15. Define anxiety in one sentence.

16. Discuss any three strategies to make physical activities accessible for children with special needs.

OR

What do you mean by physical disability?

17. Your school is going to organize children's day next week. For this event, work is divided and several committees are formed like Organising Committee, Technical Committee, Publicity Committee, Reception Committee, Awards Committee, etc. You are lucky to be a part of Accreditation Committee.

On the basis of this case, answer the following questions.

- i. What would be your main role in the event?
    - a. Welcoming guests
    - b. Managing budget
    - c. Maintaining discipline
    - d. Doing publicity
  - ii. Which Committee is responsible for the smooth conduct of the event?
    - a. Reception Committee
    - b. Publicity Committee
    - c. Purchase Committee
    - d. Technical Committee
  - iii. Which of the following is /are during-meet work organizing Committee(s)?
    - a. Technical Committee
    - b. Officials Committee
    - c. Awards Committee
    - d. All of these
18. Monika is a housewife. She lives alone in her house after her husband Rohit went to office. She gets a lot of repeated unwanted thoughts in her mind. To get rid of them, she performs same activity again and again by which her husband Rohit gets irritated. One day, Rohit takes her to a doctor who tells them that she is suffering from a mental disorder.

Based on the above case, answer the following questions.

- i. From which mental disorder Monika is suffering?
  - a. OCD

- b. ODD
  - c. ADHD
  - d. ASD
- ii. Which of the following is an example of obsession?
- a. Repeated hand-washing
  - b. Counting things again and again
  - c. Aggressive thinking towards others
  - d. All of these
- iii. What can be the cause of the disorder identified above?
- a. Genetic causes
  - b. Insufficiency of serotonin
  - c. Depression
  - d. All of these

19. What are the uses of any two minerals in our diet?

OR

In sports such as boxing and wrestling, the players tend to lose weight sharply. Explain the pitfalls of dieting.

20. What is dynamic stretching method?

21. List the six items of 'AAHPER' motor fitness test.

22. What is the rapid from the method of Harvard step test?

23. Define speed. Explain the methods of speed development.

24. A teacher ma preschool noticed that a child is not singing along with other children. She is not responding even when her name is called. Then the teacher asked the child to stand next to her and repeat the rhyme along with her, while she prompted her. With effort, the child was able to sing like other children of her age.

- i. What do you think the child is suffering from?
- ii. What values are shown by the teacher?
- iii. What type of school/classroom is it?

25. Explain the objectives of planning.
26. Define the term Sports Psychology.

OR

What do you mean by mesomorphs?

27. Discuss the various types of movements in detail.
28. What are common sports injuries? Draw a diagram showing all the common sports injuries with their types.

OR

Write about standard techniques for minor sports injury management.

29. What do you mean by diabetes? Discuss the procedure, benefits and contraindications of Bhujangasana.

OR

Elaborate the benefits of asanas of Sukhasana, Tadasana, and Shalabhasana.

30. Explain one method of cardiovascular fitness test.



**12 Physical Education Sample Paper - 07**  
**Class 12 - Physical Education**

**Solution**

**Section A**

1. (d) 11 OR  
(a) Round robin Tournament
2. (b) Essential
3. (c) Pawanmuktasan OR  
(b) Patanjali
4. (c) Attention deficit hyperactivity disorder
5. (d) Knock Knee
6. (b) 3 kg
7. (c) Aerobic capacity. OR  
(c) Eating Habits
8. (a) Flexion
9. (b) Ectomorphic
10. (c) strength
11. (c) Assertion is a correct statement but the reason is a wrong statement.  
Explanation: Every team has to play with each other team so the number of matches increased.
12. (d) Probiotics
13. i. Ardha Chakrasana  
ii. Ardh Matsyendrasana  
iii. Bhujangasana  
iv. Chakrasana
14. i. Knock Knee  
ii. Scoliosis  
iii. Kyphosis  
iv. Lordosis
15. Anxiety is a chronic fear that limits our ability to carry out normal functions.

16. The following strategies should be taken into consideration to make physical activities accessible for children with special needs:
- Medical check-up: if we want to make physical activities accessible for children with special needs, we need to understand the type of disabilities of children and for this purpose complete medical check-up of the children is required. Because without a complete medical check-up, the teachers of physical education cannot come to know about the type of disability the child is facing.
  - Activities based on interests: Physical activities must be based on interest, aptitudes, abilities, previous experience and limitations of children with special needs. The teachers of physical education should have deep knowledge of the limitations, interests and aptitudes of children.
  - Different instructional strategies: A variety of different instructional strategies such as verbal, visual and peer teaching should be used for performing various types of physical activities. By these children get the opportunity to learn by their own and become independent.

OR

Physical disability is a limitation on an individual's physical functioning, mobility, dexterity or stamina.

17. i. (c) Maintaining discipline  
Exp- The main role of the Accreditation Committee is to make sure that rules and regulations are strictly followed throughout the event.
- ii. (d) Technical Committee  
Exp- Technical Committee includes persons who are responsible for conducting the event smoothly.
- iii. (d) All of these  
Exp- Technical Committee, Officials Committee, and Awards Committee all are during-meet work organizing committee.
18. i. (a) OCD  
Exp- OCD is a disorder in which a person gets caught in a cycle of obsessions and compulsions.
- ii. (d) All of these  
Exp- Repeated hand washing, counting things, again and again, aggressive

thinking towards others all are examples of obsessions.

iii. (d) All of these

Exp- OCD can occur because of genetic causes, Insufficiency of Serotonin, Depression, etc.

19. i. **Iodine:** For creativity as well as proper activity of the thyroid gland, iodine is essential. Its deficiency may stop the growth of hair. It is found in rich quantity in sea fish. Iodized salt is normally the main source of iodine in a normal diet.
- ii. **Calcium:** it is helpful in the formation of teeth and bones. It helps in the clotting of blood. It also maintains the balance between acids and bases in our bodies. Milk, cheese, oranges and green vegetables have a rich amount of calcium.

OR

In boxing and wrestling, the players tend to lose weight sharply because they want to compete in a lower weight category than their actual weight. A few weeks before the competition, they undergo a vigorous training programme along with diet control. They wear a weight jacket and go for the long, run. Along with this, they reduce the intake of proteins and fats in their diet. This reduces their weight instantly or sharply. The pitfalls are:

(i) Sudden weight gain: Weight loss through exercise is a good thing but weight loss through dieting is very harmful. It makes your physique worse because after dieting when you came to your original eating pattern your body starts gaining more fat than it used to before dieting.

(ii) Dietary deficiency: When you cut short your diet, the source of the major nutrients such as carbohydrates and proteins do not meet the adequate amount. This can lead to many deficiencies e.g., there are dark circles under the eyes and the person looks pale. Then he must go for anaemia check-up, etc. as these are the side-effects of dieting.

(iii) Health Problem: Sudden weight loss because of reduced calorie intake can lead to exhaustion. It has also a negative effect. People think that skipping a meal saves calories but it will end up in some health problems.

20. Dynamic stretching is a technique that many athletes should be accustomed to. This

type of stretching can be in the form of leg swing walks or carioca just to name a few. This is a great way for teens to work on their flexibility in a fun way. It allows them to be active and it can be done with groups and teas. This type of stretching goes for more than two seconds and is done without stopping the movement.

21. The six items of the 'AAHPER' motor fitness test are:-

1. Pull-ups (for boys) / Flexed arm hang (for girls) - In the case of girls, the pull-ups are to be started from a flexed arm hang. This test item judges the arm and shoulder girdle strength.
2. Flexed leg sit-ups:- This test is meant to judge the efficiency of abdominal and hip flexor muscles.
3. Shuttle run:- This test item is meant for judging the speed and change of direction.
4. Standing Long Jump:-For judging the explosive power of leg muscles.
5. 50-yard dash:-For judging speed.
6. 600-yard run/walk:- For judging endurance.

22. The rapid form of the Harvard step test was proposed by Johnson and Robinson. The exercise phase is the same as for regular tests, however, the pulse is counted from 1 minute to 1 minute 30 seconds (to 1 minute). The single post-exercise pulse is justified because of the high correlation between the first and the sum of three pulse counts of the original test.

$$PEI = \frac{\text{Duration of exercise in seconds} \times 100}{5.5 \times \text{pulse count for } 1-1\frac{1}{2} \text{ minute}}$$

23. Speed is the rate of motion or the rate of change of position. It is expressed as distance moved per unit of time. Speed is measured in the same physical units of measurement as velocity. Speed is defined as the ability of an individual to perform similar movements consecutively at the fastest rate, e.g., short distance races like 100 meter and 200 meters. Speed is the capacity of an individual to perform the successive movement of the same pattern at a fast rate.

Methods for improving speed.

Acceleration runs– It is the ability to increase speed from jogging to running and finally sprinting. It depends on explosive strength, the frequency of movement & to

attain maximum speed from a stationary position this is practiced after learning proper technique.

Pace run or races– A competitive pace race is a timed race in which the objective is not to finish in the least time, but to finish within the prescribed time and in the best physical condition. In some races, the prescribed time is very narrowly defined and the winner is the competitor who finishes closest to the prescribed time. Complete recovery is ensured between two repetitions. This means to run the whole distance of a race at a constant speed. In this, the athlete runs the race in uniform.

24.
  - i. The child is suffering from any kind of disorder that is mental in nature such as SPD (Sensory Processing Disorder).
  - ii. The values shown by the teacher are compassion who thinks for all the students, kindness, observant, thoughtfulness and caring attitude for the students.
  - iii. The type of school/classrooms inclusive because the children with special needs study along with the other children and are not sent to separate schools.
25. The objectives of planning are as follows:
  - a. To provide direction towards the goal: Planning provides a clear direction for every outcome and all the efforts are focused towards a particular end, i.e. achieving the goal.
  - b. To reduce the risk of uncertainty: Planning is always done foreseeing the future and thus, The risk of future uncertainties can be minimized.
  - c. To reduce overlapping and wasteful activities: Under planning the problems of when, where, what and why are almost decided. Thus, It puts an end to overlapping and wasteful activities.
  - d. To promote innovative ideas: Planning imparts a real power of thinking in the managers. It leads to the birth of innovative and creative ideas.
26. It is the science which deals with sportsman behavior to improve performance. It is the branch of applied psychology which deals with sports performance and behavior of a player during training and competition. It explores one behavior in athletics. The American Psychological Association defines sport psychology as "the study of the psychological and mental factors that influence and are influenced by participation

and performance in sport, exercise & physical activity.

OR

Mesomorphs have a rectangular shaped body with athletic physiques and balanced body composition. They are able to increase their muscle size quickly and easily. They have thick bones and muscles. Their chest and shoulders are broader than the waistline. They can excel in sports which require great strength, short bursts of energy and lots of power because they have enough strength, agility and speed.

27. There are various types of movement in body parts which can be divided in four types i.e. gliding & angular movements, circumduction & rotation and few other movements.

**Gliding movements:** Gliding movements is the simplest kind of movement that can take place in a joint, one surface gliding or moving over another without any angular or rotator movement.

**Angular movement:** Angular movement occurs between long bones. By angular movement, the angle between the two bones increased or decreased. The various movements which fall under angular movements are described below:

- a. **Flexion:** Bending parts at a joint so that the angle between them decreases and parts come closer together (bending the lower limb at the knee).
- b. **Extensions:** Straightening parts so that the angle between them increases and parts moves farther apart (straightening the lower limb at the knee).
- c. **Abduction** means moving a part away from the midline (lifting the upper limb horizontally to form a right angle with the side of the body))
- d. **Adduction** means moving a part towards the midline ( returning the upper limb from the horizontal position to the side of the body).
- e. **Circumduction:** Circumduction is that movement which takes place between the head of a bone and its articular cavity. This kind of motion is best seen in the shoulder and hip joints.

**Rotation:** Rotation is a form of movement in which a bone moves around a central axis without undergoing any displacement from the axis. Moving apart around an

axis is called rotation.eg. Twisting the head from side to side.

28. Sports injuries are those which are common in the field of games and sports. During training, competition or practice, any player can be injured. Perhaps there will not be any player who has not been injured during his career.

### **Sports Injuries**

Soft Tissue Injuries	Bone Injuries	Joint Injuries
Strain	Impacted fracture	Dislocation of the lower jaw
Sprain	Compound fracture	Dislocation shoulder joint
Contusion	Impacted fracture	Dislocation of Hip Joint
Abrasion	Complicated Fracture	
Bruises	Simple fracture	
Incision	Greenstick fracture	

OR

The standard techniques for sports injury management are TOTAPS, PRICER and No-HARM techniques.

These techniques are generally helpful for treating minor and non-serious injuries to soft us-uses and to bones and joints. These techniques are essential for accurate assessment and quick recovery from injuries.

1. **TOTAPS** stands for Talk, Observe, Touch, Active movement, Passive movement and Skill test. It is helpful in assessing all non-serious injuries.
  - **Talk:** Ask the player what happened. Where does it hurt? What kind of pain is it?
  - **Observe:** Look at the affected area for signs of injury: redness, swelling or other abnormalities compared with the opposite side
  - **Touch:** Lightly touch the area and feel if it is warm or if the pain is induced
  - **Active Movement:** Ask the player to move the injured part without assistance
  - **Passive Movement:** If the player is able to move the injured part, attempt to move the injured area through a full range of motion

- **Skill Test:** If none of the above procedures has resulted in pain the player should stand and show they have the ability to perform the game's skill(s). If an injury is identified the player should be removed from the activity and treated.

2. **PRICER** is used to manage soft tissue injuries to reduce scarring and pain for faster recovery. RICE stands for Rest, Ice, Compression, Elevation, and Referral. It should be used as a first-aid technique.

- **Protection** – Protect the injured area until it can be evaluated. This may include an Ace wrap, taping, or bracing.
- **Rest** – Stop or take a break from the activity that is causing your pain or soreness.
- **Ice** – Apply ice to the affected area for 10 to 20 minutes several times a day. Put a towel between your skin and the ice pack to avoid skin irritation. Allow the skin temperature to return to normal before icing again (40 to 60 minutes).
- **Compression** – Wrap the injured area with an elastic bandage (such as an Ace wrap) to help decrease swelling. If you experience an increase in pain, numbness, tingling, swelling, or coolness below the elastic bandage, it may be wrapped too tight.
- **Elevation** – Elevate the injured or sore area above the level of your heart while applying ice.
- **Referral** – Medical assistance should be sought as soon as possible to determine the full extent of the injury. A physical therapist can develop a treatment plan for full recovery and return to sport.

3. **No-HARM or Avoid harm** technique stands for No-Heat, No-Alcohol, No-Running and No-Massage. These are important precautions that any Injured athlete must take for the first 72 hours after an Injury Occurs.

- Heat is thought to increase blood flow by causing blood vessels to dilate. This could lead to increased bleeding and swelling.
- Alcohol is also likely to increase bleeding and may delay healing. Also, it's hard to follow the advice in POLICE if you're rat-arsed!
- Running or Re-injury through excessive exercise is sensible too. Healing tissue



isn't strong enough to manage the impact in running and is likely to breakdown causing further injury. You might think this would be fairly obvious but I have known runners to continue to run with aborts of issues, including fractures!

- Massage is also thought to increase bleeding and swelling, so I would avoid massaging directly over the injured area. A Physic may choose to massage distal to the swelling (further down the limb) to help reduce swelling, they may also massage to help acute low back pain so there are some exceptions.

29.



Diabetes is such a disorder that it causes sugar to build up in our bloodstream instead of being used by the cells in the body. The procedure of Bhujangasana: In this asana, the shape of the body remains like a snake that is why it is called Bhujangasana. In order to perform this asana, lie down on the belly on the ground. Keep your hands near the shoulders. Keep your legs close together. Now straighten up your arms slowly, raise the chest. Your head should turn backward. Keep the position for some time. Then get back to the former position. For good results, perform this asana for 4 to 5 times.

#### **Benefits of Bhujangasana:**

- a. It alleviates obesity.
- b. It provides strength and agility.
- c. It cures the disorders of the urinary bladder.
- d. It cures the disease of the liver.
- e. It improves blood circulation.
- f. It makes the vertebral column flexible and thin.
- g. It cures gas disorders, constipation and indigestion.
- h. It strengthens the muscles of the hands.

#### **Contraindications of Bhujangasana:**

- a. People suffering from a hernia, back injuries, headaches, and recent abdominal surgeries should not perform this asana.
- b. Pregnant women should not perform this asana.

OR

There are various benefits of these asanas

### **The Benefits Of Sukhasana.**

1. It spreads a sense of calm and peace through your mind and body.
2. It relaxes your brain.
3. You will feel all exhaustion, stress, and anxiety leave your being.
4. Your chest and collar bones are broadened.
5. Your body alignment is improved.
6. Practicing this asana helps elongate your spine.
7. Your back becomes stronger and steadier.
8. This asana gives your knees and ankles a good stretch.

### **Benefits of Tadasana (Mountain Pose)**

1. Improves posture.
2. Strengthens thighs, knees, and ankles.
3. Increases awareness.
4. Steadies breathing.
5. Increases strength, power, and mobility in the feet, legs, and hips.
6. Firms abdomen and buttocks.
7. Relieves sciatica.
8. Reduces flat feet.

### **The Benefits Of The Shalabhasana ( Locust Pose)**

1. This pose invigorates the entire body, stimulates the internal organs, as well as enhances the circulation of blood.
2. This asana helps to regulate the acid-base balance in the body.
3. The arms, thighs, shoulders, legs, calf muscles, and hips are strengthened through this asana.

4. The back is also toned and strengthened. This asana also encourages a healthy posture.
  5. It regulates metabolism and helps you lose weight.
  6. It also helps reduce stress and tension.
30. Harvard step test-This test requires the athlete to step up and down off a gym bench for 5 minutes at a rate 30 steps/minute which measures the Aerobic fitness test. The distance to be covered is 1 mile on a normal track. After the workout, timing, heart rate, has to be measured. The athlete steps up and down onto a standard gym bench once every two seconds for five minutes (150 steps), The assistant stops the test after 5 minutes

The assistant measures the athlete's heart rate (bpm) one minute after finishing the test - Pulse1 The assistant measures the athlete's heart rate (bpm) two minutes after finishing the test - Pulse2 The assistant measures the athlete's heart rate (bpm) three minutes after finishing the test - Pulse3

b. Rock fort one-mile test- The main objective to check the development of VO2 max.