

CBSE Class 12 Physical Education
Sample Paper 08 (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. Which of the following is NOT an objective of planning in sports?
 - a. Finding out the causes of failure
 - b. Distribution of work
 - c. Timely achievements of the targets
 - d. Training of empires and coaches

OR

To avoid competing in initial round which of the following is correct.

- a. Special seeding
- b. Fixture
- c. Bye

- d. Seeding
2. Nutrients are _____ substances present in food.
- a. Irrelevant
 - b. Essential
 - c. Harmful
 - d. Dangerous
3. According to Yog sutra, Asana means
- a. Sukhan asanam sthira
 - b. Sitting pose
 - c. Asanan sukh Shira
 - d. Sthira Sukham Asanam

OR

- Obesity and Diabetes are _____.
- a. Uncommon diseases
 - b. Incurable diseases
 - c. Lifestyle diseases
 - d. Psychological diseases
4. The common symptoms of this disorder are hyperactivity, trouble focusing on a task, a very short span of attention and missing details. It is _____.
- a. ASD
 - b. SPD
 - c. ADHD
 - d. OCD
5. Which of the following is NOT part of the four stages of motor development in

children?

- a. Later childhood
- b. Infanthood
- c. Adulthood
- d. Early childhood

6. _____ is used to test cardiovascular fitness.

- a. AAHPER
- b. Shuttle Run Test
- c. Rockport Test
- d. Kraus Weber Test

7. The damage to muscles, ligaments and tendons is called _____.

- a. Physical Injury
- b. Fracture
- c. Soft Tissue Injury
- d. Bone Injury

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. Which of the following is the most helpful in reducing friction?
- Wearing shoes
 - Running slow
 - Applying greater force
 - Lubrication
9. The person having a round body shape is called _____.
- Endomorphic
 - Mesomorphic
 - Ambivert
 - Ectomorphic
10. Which of the following is NOT an example of isometric exercise?
- Running fast
 - Lifting heavy weight
 - Holding a static position
 - Pushing the wall
11. Given below are the two statements labeled Assertion (A) and Reason (R).
- A. Assertion (A): In a knockout tournament there is a possibility that strong teams will meet in the first round and any one of them will be eliminated.
- B. Reason (R): All the things are in organizers' hands they can put the teams at any place in the fixture.
- Assertion and reason both are correct statements and reason is the correct explanation for the assertion.
 - Assertion and reason both are correct statements but the reason is not the correct explanation for the assertion.
 - 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. Maximum Carbohydrates are obtained from

- a. Fish
- b. Whole grain food
- c. Plant oil
- d. Nuts

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

	_____
	_____
	_____
	_____

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

	_____
	_____
	_____



15. Define sports psychology.
16. School programmes need to recognise the essential role of physical activity in the education of children with special needs. In order to develop lifelong habits of good fitness and to provide them with many opportunities for socialisation. Schools need to understand that physical education is not a secondary subject but it is just as important as other skills.

- i. Why is physical education important for children with disabilities?
- ii. Write two steps to create awareness for the need of physical education

OR

What do you mean by cognitive disability?

17. ABC International School is going to organize Annual Sports Day. Mr. Rohit Kumar Yadav, the sports teacher, has taken the responsibility to organize a sports event so that he has to form all committees who work Pre, During and Post competition. Based on this case answer the following questions:
- i. Which one of the following committee works Pre-competition:-
 - a. Award committee
 - b. Registration committee
 - c. First Aid committee
 - d. Officials committee
 - ii. Which one of the following committee works Post- competition:-
 - a. Award committee
 - b. Officials committee
 - c. Registration committee
 - d. First Aid committee
 - iii. Which one of the following committee works During-competition:-
 - a. Award committee
 - b. Officials committee

- c. Registration committee
- d. Welcome and decoration committee

18. Rithik is a social worker. He is running a school for differently-abled children where special attention is given to them and various strategies are used to make physical activities accessible to those children.

Based on the above case, answer the following questions.

- i. What would be a better word for a person with a disability?
 - a. Vikalang
 - b. Divyang
 - c. Disabled
 - d. Handicapped
- ii. Which of the following is a strategy to make physical activities accessible to CWSN?
 - a. Pictorial Books
 - b. Peer Teaching
 - c. Specific Instruments
 - d. All of these
- iii. Which value is shown by Rithik?
 - a. Honesty
 - b. Truthfulness
 - c. Social Welfare
 - d. Equality

19. Discuss the functions and sources of fats.

OR

What are the Nutritive and Non-nutritive components of diet? Explain.

- 20. Explain the physiological factors determining speed.
- 21. Explain the procedure of Eight foot up and go test for senior citizens.
- 22. Neeti along with her father was regular at district park in the early morning. She realised that most of the children are obese. She along with her few classmates

wanted to help those children. She discussed with her physical education teacher and the Principal of the school. School decided to organise awareness rally for the neighbourhood.

- i. How obesity can be prevented? Give two ways.
- ii. Give any two disadvantages of obesity.
- iii. What values are shown by Neeti and her classmates?

23. Briefly explain different types of coordinative abilities.
24. Explain any five disability etiquettes towards people with hearing loss?
25. Write the name of various committees.
26. What is ethics in sports?

OR

What is the importance of sports psychology?

27. Which muscles do we use in throwing?
28. Classify Sports injuries. Explain RICER procedure as a treatment of soft tissue injuries.

OR

A trainer can improve the respiratory system with the help of exercises. Justify this statement.

29. Explain the contraindications of Trikonasana, Ardha Matsyendrasana and Bhujangasana.

OR

What do you mean by asthma? Mention the procedure and benefits of Matsyasana.

30. What do you know about Harvard Step Test? Explain its procedure and administration.

12 Physical Education Sample Paper - 08
Class 12 - Physical Education

Solution

Section A

1. (d) Training of empires and coaches OR
(d) Seeding
2. (b) Essential
3. (d) Sthira Sukham Asanam. OR
(c) Lifestyle diseases
4. (c) ADHD Explanation: ADHD
5. (c) Adulthood
6. (c) Rockport Test
7. (c) Soft Tissue Injury. OR
(c) Eating Habits
8. (d) Lubrication
9. (a) Endomorphic
10. (a) Running fast
11. (b) Assertion and reason both are correct statements but the reason is not the correct explanation for the assertion.
Explanation: The only reason is that fixture is drawn purely on a lots basis.
12. (b) Whole grain food
13. i. Chakrasana
ii. Parvatasana
iii. Pavan Muktasana
iv. Trikonasana
14. i. Knock Knee
ii. Scoliosis
iii. Kyphosis
iv. Lordosis
15. sports psychology is the branch of applied psychology which deals with sports performance and the behavior of a player during training/competitions.

16. i. Physical education is important for children with disabilities because it help; in improving physical fitness, develop; social relationships, brings cognitive development and helps these children in acquiring new skills.
- ii. To create awareness for the need of physical education. children and parents should be told about its benefit. New courses related to the teaching of physical education to children with special needs can be started.

OR

Cognitive disability is a neurological disorder that creates hindrances or obstruction for an individual to store, process and produce information. This ability can affect an individual's ability or capability to read, compute, speak and write.

17. i. (b) Registration committee
- ii. (a) Award committee
- iii. (b) Officials committee
18. i. (b) Divyang
- Exp- Instead of outdated words like Vikalang, disabled or handicapped, we should use 'Divyang' for empowering the person with a disability.
- ii. (d) All of these
- Exp- Showing pictorial books, Peer teaching, using specific instruments, all are the strategies to make physical activities accessible to CWSN.
- iii. (c) Social Welfare
- Exp- By opening school for differently-abled children, Rithik is doing the welfare of the society.
19. Fats are an essential ingredient of food. Fat is also a compound of carbon, hydrogen, and oxygen.

Functions of Fats:

1. They provide heat to the body.
2. They provide energy to the body.
3. They help in the regulation of body temperature.
4. They are considered better than carbohydrates as a source of energy.
5. They are helpful in making the body soft and oily and protect it from the external effects of hot and cold climates.

Sources of Fats:

1. **Animal Sources:** We get various products from animals such as ghee, butter, curd, fish oil, milk, meat, and eggs.
2. **Vegetable Sources:** We also get fats from various vegetables such as dry fruits, coconut, soybeans, food grains, mustard oil, and cotton seeds.

OR

Nutritive Components Of Diet: There is a large number of nutrients required in our balanced diet. Some of them are “Nutritive components” like Carbohydrates, Fats, and Proteins.

Non-Nutritive Components Of Diet: Whereas some of the other components of the diet are also required which are “Non-Nutritive Components” such as Vitamins, Minerals, Water and Roughage (Fibers).

20. Physiological factors for determining speed:

The following are the factors for determining speed:

1. **Reaction Speed** It is the ability to respond to a given stimulus as quickly as possible. In sports, reaction ability is not only significant to react quickly to a signal, but it should also be accurate according to the situation.
2. **Movement Speed** It is the ability to do a single movement in the minimum time. Movement speed is of high relevance in sports like jumping, throwing, kicking, boxing etc.
3. **Acceleration Speed** It is the ability to increase speed from minimum to maximum. This form of speed, to a great extent, depends upon explosive strength, frequency of movement and technique. This ability is important in swimming, hockey, football, gymnastics etc.
4. **Locomotor Ability** It can be defined as the ability to maintain a maximum speed of locomotion over a period of time as far as possible. This ability is very important in races, speed skating, swimming, hockey, football etc.
5. **Muscle composition:** The muscles which consist of more percentage of fast-twitch fibers contract with more speed and produce a greater speed. Different muscles of

the body have different percentage of fast-twitch fibers.

6. Explosive strength: it depends on the shape, size and coordination of muscles. For very quick and explosive movement, explosive strength is required. The related proportion of fast-twitch fibers and slow-twitch fibers determines the maximum possible speed with which the muscle can contract.
 7. Flexibility: It also determines the speed. Good flexibility allows maximum range of movements and also enables complete utilization of explosive strength.
 8. Biochemical reserves and metabolic power: muscles require more amount of energy and a high rate of consumption for maximum speed performance. For this purpose, the stores of ATP & CP in the muscles should be enough. If the store is less, the working process of the muscles slows down after a short time.
21. Procedure: Keep the chair next to the wall and the marker, 8 feet in front of the chair. The participant starts completely seated, with hands resting on the knees and feet flat on the ground. On the command 'go' stopwatch is started and the participant stands and walks (on running at all) as quickly as possible to and around the cone and returns to the chair to sit down. Time is noted as he sits down on the chair. Two trials are given to the participant.
22. i. Obesity can be prevented by following a healthy diet and being physically active
- ii. Disadvantages of obesity are
- a. **Health Hazards** Obese people are most vulnerable to a great number of disease and bodily malfunctions which result from the accumulation of excess body fat
 - b. **Personality Related Problems** An obese person generally suffers from psychological factors associated with abnormal body movement, lack of concentration, tiredness and sloppy attitude toward physical exercise and work, lack of energy and initiative etc.
- iii. Values shown by Neeti and her classmates are a concern for others' health, understanding and self-disciplined.
23. The different types of coordinative abilities are:
1. Differentiation Ability It is the ability to achieve a high level of fine-tuning or harmony of individual movement phases and body part movements.

2. **Coupling Ability** It is the ability to coordinate body part movements (e.g movements of hand, feet, trunk etc) with one another and in relation to a definite goal-oriented whole body movement Coupling ability is especially important in sports in which movements with a high degree of difficulty have to be done e.g gymnastics, team games.
3. **Reaction Ability** It is the ability to react quickly and effectively to a signal.
4. **Rhythm Ability** It is the ability to perceive an externally given rhythm and to reproduce it in motor action.
5. **Adaptation Ability** It is the ability to adjust or completely change the movement programme during movement on the basis of changes or anticipated changes in the situation.

Basic coordination abilities:

1. **Adaptive ability** enables modifications of motor activity on the basis of comparison or anticipation of new or changing conditions during performing the motor activity.
 2. **Balance ability** is understood as an ability to keep the body or its parts in a relatively stable position.
 3. **Combinatory ability** is understood as the ability to simultaneously put partial movements together into more complex movement structures.
 4. **Orientation ability** is an ability to realize the position of the body or its parts in space and time. **Rhythm ability** enables to grasp and meteorically express rhythm which is externally determined or contained in the motor activity itself.
24. There are various disability etiquettes Enqueues to be shown toward people with hearing loss. These are as follows
1. Address residents formally to show respect. Use "Mr.," "Mrs.," "Ms.," etc., unless you are on more familiar terms with the individual or the resident has expressed a preference for how he or she would like to be addressed.
 2. Be aware that older adults might have difficulty hearing. To address hearing impairments, speak in a clear voice and do not rush what you're saying. Avoid shouting, as it may distort your language and make you more difficult to understand. Face the individual and make eye contact while speaking so he or she

can see your mouth movements and watch for visual cues.

3. Avoid distractions and background noise as much as possible. Interruptions and competing noises (such as music, voices, computers, fans, etc.) can hinder effective communication and comprehension.
 4. Be aware that older adults might have difficulty seeing. To address vision impairments, make sure the resident's living space and common spaces have adequate lighting. Encourage the resident to use his or her eyeglasses, if applicable. If the resident has a severe vision impairment, consider alternative ways to provide information, such as through audio recording.
 5. Don't interrupt or rush residents during communication. Doing so might imply a lack of respect for the individual or general disinterest in what the resident is trying to communicate.
25. Administration Committee, Executive committee, Decoration committee, Lodging and Boarding committee, Transport committee, Ground and Equipment Committee, Financial Committee, Refreshment Committee, First Aid Committee, Ceremony Committee, Official committee, Prize committee etc.
26. Ethics is a branch or Su discipline of philosophy called axiology, the study of values. Ethics in sports means to have ideal conduct and knowledge of good and evil and what should be done and not to be done by a person.

Ethical behavior in sports includes

- Sportsmanship
- Good character
- Fair play
- Cooperative and self-disciplined behavior

OR

The importance of sports psychology can be understood from the following points:-

1. Learning of Motor Skills Sports psychology plays a major role in the learning of motor skills. Motor skills learning depends on the individual's level of readiness.
2. Analysing the Behaviour of Sportsmen Performance of a player depends upon the

behaviour which is influenced by various factors such as sex differences, family conditions, personal background, heredity, growth, physical and mental maturity levels etc.

3. **Identifying Talent for Specific Sports** Every sport has specific psychological e. g boxing requires more aggressiveness, whereas archery and shooting require more concentration.
4. **Stabilizing the Performance for Longer Period** It helps in stabilizing the performance of a player for a longer period. Then the performance of the player largely depends upon his psychological makeup and anxiety
5. **Important from Research Point of View** Sports psychologists work in very close proximity to coaches to uplift the performance of players. Research findings help in the promotion of sports and games.
6. **Encouraging the Players to Make a Comeback in Professional Sports** psychology encourages the players, who, due to injury or some accident, are forced to take a long break from their professional career, to return to their sport.

27. Following are the muscles which are used while are used while throwing anything like the ball, football etc

- i. **Shoulder Muscles** The deltoids are the muscles of your shoulder, which play a crucial role in rotating your arm. Always warm up adequately by performing arm circle to avoid injuring your rotator cuff while performing shoulder exercises.
- ii. **Triceps** Your triceps are located on the back of your upper arm and aid in the process of extending your arm at the elbow. This action helps you release the ball with force and push it in the desired direction. To strengthen your triceps efficiently, perform exercises such as triceps sufficiently, perform exercises such as triceps pushdowns with a rope or pulley and close-grip bench presses.
- iii. **Latissimus Dorsi** Your latissimus dorsi often referred to as your lats are located on either side of your spine. These large muscles help produce force for throwing and help transfer energy from your legs to your upper body. Among the best exercises for strengthening your lats are pull-ups, seated cable rows, and bent-over barbell rows.
- iv. **Abdominals** While many people exercise their abdominal muscles in hopes of attaining a six-pack, this muscle group is highly functional as well. A strong core

facilitates the transfer of power from your lower body to your upper body, enabling your throws to benefit from the strength of your legs. among the best exercises for your abs are hanging leg raises and Swiss ball crunches.

- v. **Quadriceps** The quadriceps is the major muscle group located on the front of your thigh. This large group of muscle tissue helps you power the ball toward your intended target as you step into your throw. Among the most effective exercises for the quadriceps are the barbell step-up, barbell lunge and barbell squats, which also work your abdominal muscles.

28. Sports injuries: Extra stress/strain put on muscles, facial bones, joints, tendons, and ligaments results in injuries to an athlete. These are known as sports injuries.

Types of injuries: There are three types of injuries: soft tissue injuries, joint injuries, and bone injuries.

1. Soft tissue injuries: These include sprain, strain, abrasion, contusion, incision, and laceration
2. Joint injuries: Injuries to the muscles, fibers, tendons, and ligaments are joint injuries that include dislocation. When bones of a joint are partially displaced it is called subluxation. When bones of a joint are completely displaced it is called luxation.
3. Bone injury: It includes fractures. Fracture is known as a broken or cracked bone. Various types of fractures are: greenstick fracture, oblique fracture, comminuted, impact, multiple and transverse fracture RICER stands for Rest, Ice, Compression, Elevation, and Referral. RICER is used to manage soft tissue injury to reduce scarring and pain for faster recovery. This is a technique to be used as a first aid technique immediately after an injury occurs.

OR

The respiration system consists of organs responsible for taking in oxygen for respiration and releasing carbon dioxide and water vapor, which are the waste products formed during respiration.

The passages in the nose, windpipe (trachea), bronchi, lungs and air sacs are the main organs of the respiratory system. A trainer can improve the respiratory system with

the help of exercise by

- i. Increasing the lung volume and capacity Vital capacity, which is the maximal volume of air? Forcefully expired after a maximal inspiration, in a normal untrained person maybe 3-4 litres, but in a trained athlete this goes up to 5-6 liters. Reducing the breathing frequency In a normal untrained individual, the resting breathing frequency is about 12-20 breaths/min, whereas in trained athletes, it comes down to 7-8 breaths/min.
- ii. Maximizing the minute ventilation Maximum minute ventilation in an untrained individual is about 100 limits, whereas in trained athletes it increases to more than 150-160 limit. Increasing the tidal volume In an untrained individual, tidal volume is about 500 mu breath.
- iii. Increasing the ventilator efficiency normally, 15 L of air is required to get 1 L of oxygen but a trained individual gets the same amount of oxygen, i. e. one liter, from less air i. e. 12 L. active for diffusion. The size of the alveoli is also increased, which provides more space for the diffusion of gases such as oxygen (O₂) and carbon dioxide (CO₂).

29. **Contraindications of Trikonasana**

- Avoid doing this pose if you are suffering from low or high Blood Pressure. As the flow of blood goes the opposite way it may become uncomfortable for someone suffering from Blood Pressure.
- Any kind of neck injury. As the neck is tilted and is hanging downwards, further damage to the nerves and the muscles around the neck is likely.
- Any kind of back injury. Needless to say, any back injury takes a good time to heal and in this Asana the Back is put to test, so must be avoided.
- Any injury of the hamstring muscles especially an athlete, should take care and avoid this Asana till healing takes place.

Contraindications of Ardha Matsyendrasana

- People suffering from severe back or neck pain should practice with caution, and with close supervision.
- Those with slip disc problems should avoid this pose completely.

- Those with internal organ issues may find this pose difficult and painful. Should be avoided by pregnant women as it can press the fetus.

Contraindications of Bhujangasana

- Those with severe back problems relating to the spine should clearly avoid this yoga pose.
- Someone having neck problems relating to spondylitis too should clearly avoid this yoga pose.
- Someone suffering from stomach disorders like ulcers should ensure proper guidance while doing this yoga pose or avoid this yoga pose if discomfort is seen or felt.
- Pregnant women should avoid this yoga pose as a lot of pressure is felt at the lower abdomen and can also cause injury if the position of the arms is not correct while in this pose.

OR

Asthma is a disease of the lungs in which the airways become blocked or narrowed causing difficulty in breathing. The airways also swell up and produce extra mucus. It usually triggers coughing, wheezing or whistling or shortness of breath. The coughing usually occurs at night or early in the morning. The procedure of Matsyasana: For performing this asana, sit in padmasana. Then lie down in a supine position and make an arch behind. Hold your toes with the fingers of your hands. Stay for some time in this position.



Benefits:

- a. It is helpful in curing back pain, knee pain and tonsillitis.
- b. It also cures the defects of the eyes.
- c. Skin diseases can be cured, if we practice this asana regularly.
- d. This asana is helpful for the treatment of diabetes.
- e. It helps in relieving tension in the neck and shoulders.

- f. It improves posture.
 - g. It is the best asana to get relief from asthma.
 - h. It provides relief from respiratory disorders by encouraging deep breathing.
30. Cardiovascular fitness is the ability of the heart and lungs to supply oxygen-rich blood to the working muscle tissues and the ability of the muscles to use oxygen to produce energy for movements. Harvard Step Test is a cardiovascular fitness test. It is also called aerobic fitness test.

The administrative procedure of the Harvard Step Test

- i. **Purpose:** To measure the general capacity of the heart and circulatory system for the measurement of cardiovascular efficiency.
- ii. **Time Allotment:** 5 minutes
- iii. **Facilities and Equipment:** A stopwatch, 20" height bench, partners, stethoscope, metronome, score sheet.
- iv. **Procedure:** The athlete stands in front of the bench or box. On the command 'Go' the athlete steps up and down on the bench or box at a rate of 30 steps per minute (one second up one second down) for 5 minutes (150 steps). Stopwatch is also started simultaneously at the start of the stepping. After that, the athlete sits down immediately after completion of the test i.e. after 5 minutes. The total number of heartbeats are counted between 1 to 1.5 minutes after completion of the last step. The heartbeats are counted for 30 seconds period. Again the heartbeats are noted for 30 seconds after the finishing of the test. After that third time, the heartbeats are noted after 3 minutes of completion of the test for 30 seconds period. The same foot must start the step up each time, and an erect posture must be assumed on the bench.
- v. **Calculation of the Score:** The athlete's fitness index score is calculated with the help of the following formula:
$$\text{Fitness index score} = (100 \times \text{test duration in seconds}) / (2 \times \text{sum of heart beats in recovery periods})$$