

**Class XII**  
**Physical Education**  
**Mid- Term**  
**Set A**

**M:M 70**

**Time 3hrs**

**GENERAL INSTRUCTIONS:**

- 1) The question paper consists of 5 sections and 34 Questions.
- 2) Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
- 3) Sections B consist of questions 19-23 carrying 2 marks each and are very short answer types and should not exceed 60-90 words.
- 4) Sections C consist of Question 24-28 carrying 3 marks each and are short answer types and should not exceed 100-150 words.
- 5) Sections D consist of Question 29-31 carrying 4 marks each and are case studies.
- 6) Section E consists of Question 32-34 carrying 5 marks each and are short answer types and should not exceed 200-300 words.

**Section A**

- Q1. How many byes will be given in the knock out fixture of 16?  
a) 0                                      b) 8                                      c) 4                                      d) 2
- Q2. Which of the following is not a format of league tournament?  
a. Round Robin                                      c. Cyclic Method  
b. Swiss System                                      d. Stair case method
- Q3. -----are the schedule, fixed for the matches.  
a. Planning                                      b, Tournament                                      c. Bye                                      d. Fixture
- Q4. What is the ratio of carbon, hydrogen and oxygen in carbohydrates?  
a. 1:2:1                                      b. 2:2:1                                      c. 2:1:1                                      d. 1:2:2
- Q5. The food component present in sugar is:  
a. Fats                                      b. Protein                                      c. Vitamin                                      d. Carbohydrate
- Q6. Match the following:  
I. Arm curl test                                      1. Agility  
II. Eight foot up and go test                                      2. Upper body flexibility  
III. Chair Stand test                                      3. Upper body strength  
IV. Back scratch test                                      4. Lower body strength
- a) I-1, II-3, III-4, IV-2
  - b) I-3, II-1, III-4, IV-2
  - c) I-1, II-3, III-2, IV-4
  - d) I-2, II-3, III-4, IV-1

Q7. To calculate calories requirement we need to calculate  
a. BMI                      b. BMR                      c. Waist Hip Ration                      d. Cardio respiratory index

Q8. Which of the following is not a physiological change due to ageing?

- a. Accumulation of body fat
- b. Smaller heart size
- c. Increase in muscle size and strength
- d. Increase in reaction time

Q9. Which one of the following is not a component of physical fitness?

- a. Agility
- b. Anaerobic Capacity
- c. Flexibility
- d. Muscle Composition

Q10. Soft tissue injuries may be classified as ..... and .....

- a. Mild, acute
- b. Acute, overuse
- c. Underuse, overuse
- d. Hard, special

Q11. Biomechanics helps in .....

- a. Treating injuries to sportspersons
- b. Improving performance of athletes
- c. Increasing friction between the athlete and the ground surface.
- d. All of the above

Q12. Dynamic friction is the force opposing motion of one body over the surface of another body when .....

- a. The bodies are not in contact with each other
- b. The bodies have not yet started moving
- c. One body is actually moving
- d. None of the above

Q13. Which of Newton's laws of motion deals with acceleration?

- a. First
- b. Second
- c. Third
- d. None of these

Q14. Given below are the two statements labeled Assertion (A) and Reason (R).

Assertion: Extroverts persons may be called happy and lucky.

Reason: Extrovert are friendly, talkative and social in nature.

In the context of the 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

Q15. Which of the following is a personality trait not included in the “Big five”?

- a. Neuroticism
- b. Extraversion
- c. Aggressiveness
- d. Agreeableness

Q16. Stand straight by lifting the weight is an example of

- a. Iso-metric
- b. Iso-tonic
- c. Iso-kinetic
- d. Iso-kinesesthetic

Q17. .... training is not a method to develop flexibility

- a. Ballistic
- b. Fartlek
- c. Stretching
- d. Proprioceptive Neuro Muscular facilitation Technique

Q18. Which of the following is not a type of strength?

- a. Minimum strength
- b. Maximum strength
- c. Explosive strength
- d. Strength endurance

### **Section B**

Q19. Differentiate between Intramural and Extramural

Q20. Define balanced diet

Q21. Calculate the BMI from the following data and name the category.

Weight- 70 kg                      Height- 1.68 mt

Q22. Differentiate between sprain and strain.

Q23. What is friction? Is it advantageous and disadvantageous in the field of games and sports?

### **Section C**

Q24. Enlist the pitfalls of dieting

Q25. Write down the procedure of Harvard Step Test.

Q26. What is the role of lever in sports. Explain with suitable sports examples.

Q27. Discuss the different techniques of motivation for higher achievement in sports.

Q28. Define endurance and explain any 2 methods of its development.

### **Section D**

Q29. List down the test with the purpose in SAI Khelo India for classes 4 to 12 and explain the procedure of anyone

Q30. "In a game of soccer, a player takes a corner kick from the corner of the field. The ball follows a curved path before landing in the penalty area.

Discuss how concepts of projectile motion, such as angle of projection and velocity, impact the player's strategy when taking the corner kick. How might variations in these factors affect the trajectory of the ball and its chances of reaching a teammate for a successful goal?"

Q31. Explain the type of aggression in sports.

### **Section E**

Q32. Draw a knock-out fixture of 19 teams and league fixture of 7 teams by tabular method.

Q33. Explain in detail the effects of exercise on cardio respiratory system.

Q34. Briefly explain different types of coordinative abilities.