

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

**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. What is the formula to calculate to total no of matches in knock out tournament.
- a.  $N-1$                       b.  $N-1/2$                       c.  $N(N-1)/n$                       d.  $N/2$
- Q2. Intramurals help in ..... Students.
- a. Bringing out the hidden talent of  
b. Development the leadership qualities in  
c. Both 1 and 2  
d. Neither 1 nor 2
- Q3. Knock out tournament also known as
- a. Elimination tournament  
b. Round robin tournament  
c. Challenge tournament  
consolation tournament
- Q4. Role of water in diet is to
- a. Regulates body temperature  
b. Pull out waste material  
c. Digest the food  
d. All of the above
- Q5. Which of the following are fat soluble vitamins
- a. Vitamin A & K  
b. Vitamin B & C  
c. Vitamin A & E  
d. Both a & c

Q6. Match the following:

I Plate Tapping Test	1. Upper body strength boys
II Push up	2. Reaction time
III Partial Curl up	3. Upper body strength girls
IV Modified pushup	4. Abdominal strength

- a. I-2, II-1, III-4, IV-3
- b. I-2, II-3, III-1, IV-4
- c. I-1, II-3, III-2, IV-4
- d. I-2, II-3, III-4, IV-1

Q7. The height of the step of box used for men in Harvard step test is

- a. 20 inches
- b. 16 inches
- c. 24 inches
- d. 18 inches

Q8. Which of the following is a physiological factor determining flexibility?

- a. Internal environment
- b. Age
- c. Joint structure
- d. All of the above.

Q9. Cardiac output refers to:

- A. the volume of blood pumped by each ventricle per minute
- B. the proportion of blood pumped out of each ventricle during systole
- C. the product of the ejection fraction and heart rate
- D. the electrical output of the cardiac conduction system during a single cardiac cycle

Q10. ----- is called ligament injury

- a. Sprain
- b. Abrasion
- c. Strain
- d. Incision

Q11. Friction is a:

- a. Magnetic force
- b. Contact force
- c. non-contact force
- d. Couple force

Q12. If a ball is hit and it is stop by gravitational force, this is an example of which law of Motion.

- a. Law of Inertia
- b. Law of acceleration
- c. Law of action and reaction
- d. Both a & b

Q13. Acceleration of an object will increase as the net force increases depending on its

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

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

Assertion: Aggression is part of human behavior and is necessary for an individual to live and struggle for higher achievements

Reason: Aggression is inevitable and inseparable in sport activities

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. Aggression is displayed in sports through .....

- a. Unsportsmanlike behaviour
- b. Use of abusive words
- c. Physically attacking another participant due to anger
- d. All of the above

Q16. A push up is which form of exercise?

- a. Isokinetic
- b. Isotonic
- c. Isometric
- d. Aerobic

Q17. Which of the following is not a coordinative ability?

- a. Rhythm
- b. Balance
- c. Coupling
- d. fartlek

Q18. Which of the following is not a training method for endurance development?

- a. Fartlek Training
- b. Continuous Training
- c. Interval Training
- d. Pace run

### **Section B**

Q19. List down the various committees require to organize a sports event at national level.

Q20. What is the function of vitamins in diet.

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

Weight- 65 kg                      Height- 1.64 mt

Q22. List down the effects of exercise on muscular system.

Q23. What do you understand by centre of gravity and how it is important in sports activities.

### Section C

- Q24. Differentiate between Micro and Macro Nutrients.
- Q25. Write down the procedure of Harvard Step Test.
- Q26. With the help of suitable sports examples explain the application of any two Newton's laws of motion in sports.
- Q27. What do you understand by the term Exercise Adherence? Enlist its benefits.
- Q28. By how many ways we can improve the flexibility?
- .

### Section D

- Q29. Discuss in detail the Rikli and Jones senior citizen fitness test.
- Q30 Sita and Gita are two good friends. Both are them play basketball regularly, but doing competition Sita performs well as she has good angle of projection and Gita not able to perform well most of time. Gita discussed with Sita to find out the reason than Sita told her that she was also not able to perform well earlier. Then she get training from her physical education teacher. The teacher advice to execute the game skill keeping in mind the principle of biomechanics.
- |   |   |
|---|---|
| a. How Sita was able to demonstrate better game                                     | 1 |
| b. What is the role of angle of projection in sports.                               | 1 |
| c. To enhance the sports performance biomechanics plays an important role. Justify. | 2 |
- Q31. Discuss in detail any two psychological attributes in sports.

### Section E

- Q32. Draw a knock-out fixture of 14 teams and league fixture of 8 teams by tabular method.
- Q33. What are the physiological changes takes place due to ageing and how you can delay it.
- Q34. Define strength and its types and explain the methods of its development.