CLASS XII
POST MIDTERM EXAM
PHYSICAL EDUCATION
SET A

Time Allowed: 3hrs **Max. Marks:70**

GENERAL INSTRUCTIONS:

1) The question paper consists of 5 sections and 37 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 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5

4) Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5

5) Sections D consist of Question 31-33 carrying 4 marks each and are case studies.

6) Section E consists of Question 34-37 carrying 5 marks each and are long answer types and should not exceed 200-300 words. Attempt any 3

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Section A

Q1. League-cum-Knock Out Tournament is a part of which Tournament?

a) Combination
b) Round Robin
c) Consolation
d) Knock Out

Q2. If 11 teams participating in a double league tournament then total number of matches will be

a) 10
b) 55
c) 110
d) 11

Q3. Lordosis is commonly known as

a) Hollow Back
b) Sideways bending
c) Hunch Back
d) Kyphosis

Q4. The first menstrual flow is called as _____

a) Menopause
b) Menarche
c) Menstruation
d) Ovulation

Q5. Which of the following asana is not useful for reducing obesity?

a) Ardhmatsyendrasana
b) Parvatsana
c) Vajrasana
d) Trikonasana

Q6. Pawanmuktasana is also known as _____

a) Cobra Pose
b) Mountain Pose
c) Calming Posture
d) Wind relieving pose

Q7. Which city hosted the first official Paralympic Games in 1960?

a) London, United Kingdom
b) Rome, Italy
c) Athens Greece
d) Tokyo, Japan

Q8. Which of the following nutrient is a macronutrient and provide the highest energy density?

a) Vitamins
b) Carbohydrates
c) Minerals
d) Fibers

Q9. Vitamin …… is known as the “sunshine vitamin” because the body can produce it when exposed to sunlight

a) A
b) D
c) C
d) K

Q10. 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 push up	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

Q11. Which of the following is a function of muscles?

a) Oxygen intake
b) Structure and support
c) Oxygen transport
d) Blood Flow

Q12. Endurance is determined by which physiological factors?

a) Aerobic capacity
b) Age, Gender
c) Flexibility
d) Injuries

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: - Static stability depends upon the enlarged base of support.
Reason: If Centre of gravity is lowered, the stability become higher.
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.Big five theory is also known as

a) Five factor model
b) Five personality model
c) Five traits model
d) Five temperament model

Q16. Instrumental aggression is related to

a) Accepting defeat
b) Only Performance
c) Achieving goal
d) None of these

Q17. The above image is an example of

a) Iso metric exercise
b) Iso tonic exercise
c) Iso kinetic exercise
d) Fartlek Training

Q18. Resistance ability against fatigue is called

a) Endurance
b) Flexibility
c) Strength
d) Speed

(SECTION B- Attempt any 5)

Q19. Enlist the various factors which help a coach to determine the endurance of a player.

Q20. What is the role of water in diet?

Q21. Define BMR

Q22. As a coach or athletic trainer, you encounter athletes who frequently experience injuries. Differentiate between sprains and strains, and describe how you would approach each type of injury in a training setting

Q23. Differentiate between Introvert and Extrovert.

Q24. Draw a diagram of circuit training consists 10 exercises.

(**SECTION C- Attempt any 5)**

Q25. List down the various steps check by a physical education teacher before the organisation of a Inter School Sports Competition.

Q26. Define postural deformities and analyse their impact on overall health and athletic performance.

Q27. How we can say that Paralympics and Deaflympics are essential event and what is their impact on society?

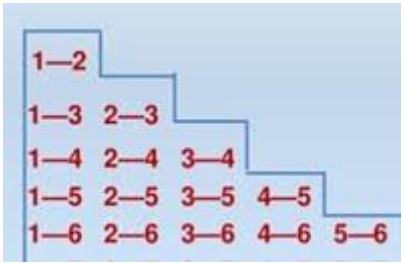
Q28. Differentiate between nutritive and nonnutritive components of a diet on the basis of their functions.

Q29. How does goal setting theory contribute to the enhancement of athletes' motivation and performance?

Q30. By doing regular exercises what are the changes take place in cardio respiratory system.

SECTION D

Q31.Below given is the Tournament fixture procedure of a CBSE Volley ball National competition



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

I. The formula for calculating number of matches in Round Robin tournament are where 'N' is number of teams is_____

A. N (N – 1)/2
B. N
C. (N – 1)
D. (N + 1)

II. In League tournaments the winner is decided by

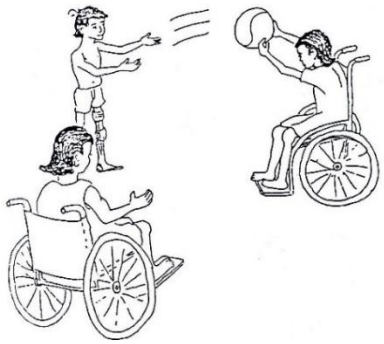
A. British method
B. American Method
C. No of Matches won
D. Both a and b

III. Which of the following is Not a League Fixture Procedure?

A. Ladder method
B. Stair method
C. Cyclic method
D. Tabular method

IV. How many total number of matches to be played in double league of 6 teams

A. 15
B. 30
C. 10
D.20



Q32.

I. provision for education for the children with special need can be done through

A. Special school C. Integrated education

B. Inclusive education D. None of these

II. Special education is a branch of education deals with

A. Education children with special need

B. To provide opportunity of special education to students

C. Designing programme for children for CWS

D. All of the above

III. Inclusion is vast concept that implies

A. Including learners with differing abilities, appearance and economic conditions in education

B. Including learners with an emotional or intellectual impairment in mainstream education

C. Integrating all children with intellectual disabilities into main stream schooling

D. Integrating all children with physical disabilities into mainstream schooling

IV. What is the primary goal of inclusive sports education for children with special needs: -

A. To exclude mainstream athletes from participating

B. To focus solely on physical fitness

C. To promote equal access and participation

D. To prioritize competitive success

Q33. During a cricket training session, a coach is explaining the importance of friction in cricket to his players. He said that in cricket, friction plays a very major role as it is responsible for stopping the cricket ball when it rolls on. When a batsman hits a grounded stroke, the friction acting on the ball causes it to stop. Without friction, the ball would never stop and go on rolling.

On the basis of above paragraph answer the following questions

Q i Which force is applied on a cricket ball at the time of play? 1

Q ii. What do you mean by friction? 1

Q iii. What are the disadvantages of friction in cricket? 2

Section E

Q34. Discuss the relationship between workload and back pain. Suggest various asanas that focus on relaxation and tension release and explain the procedure, benefits and contraindications of any one of them.

Q35. Why fitness testing is important in sports, Explain the procedure of test for cardiovascular endurance?

Q36. Imagine you are a coach for a youth sports team and are tasked with implementing a talent identification and development program. Describe how you would identify potential athletes and develop their skills over time.

Q37. As a sports scientist or coach, you are tasked with teaching athletes about the practical applications of Newton's laws of motion in their training and performance. Discuss in detail the concept of newtons laws in sports.