

BUDHA DAL PUBLIC SCHOOL PATIALA
Second Term Examination (15 December 2023)

Class XII (Humanities)
Subject – Physical Education (Set-A)

Time: 3hrs.

M.M. 70

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. There is internal choice available.
- 4) Sections C consist of Question 24-28 carrying 3 marks each and are short answer types and should not exceed 100-150 words. There is internal choice available
- 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 should not exceed 200-300 words. There is internal choice available.

Section – A

- Q1. Full form of BMI (1)
a) Basic Mental rate b) Basic Metabolic Index c) Body Mass Index d) Basal Energy Index
- Q2. Back Scratch Test measure the : (1)
a) Shoulder strength b) Lower body flexibility c) upper body strength d) upper body flexibility
- Q3. What is measuring in 50m standing start help? (1)
a) Ability b) Balance c) Speed d) Endurance
- Q4. Which is not the component of physical fitness? (1)
a) speed b) strength c) endurance d) anaerobic endurance
- Q5. Slow twist fibres are of _____ colour. (1)
a) Red b) White c) Black d) Blue
- Q6. Involuntary muscles : (1)
a) Function according to one's will
b) Do not function according to one's will
c) Function throughout the life of a person
d) None o the above
- Q7. It is the amount of Blood Pumped out by the heart into main artery (aorta) (1)
a) Blood pressure b) Cardiac output c) Blood volume d) Anaemia
- Q8. Find out which is not the Newton's law of motion: (1)
a) Law of exercise b) Law of action-reaction
c) Law of acceleration d) Law of Inertia
- Q9. Equilibrium provides us : (1)
a) Balance b) Stability c) Rest d) Both (a) and (b)

10. Spikes shoes used by athlete for running. Give advantage of _____ (1)
a) force b) weight c) friction d) stability
- Q11. Sliding friction is a form of dynamic friction applicable in the sports event of _____ (1)
a) Running sprints b) Broad jump c) Tennis d) Ice skating
- Q12. Sports psychology means : (1)
a) Study of Player's behaviour
b) Study of individual's behaviour
c) Study of inner and outer capabilities of an individual
d) The science of mind
- Q13. Which of the following is a legitimate behaviour? (1)
a) Hostile Aggression b) Instrumental Aggression c) Assertiveness d) Proactive Aggression
- Q14. In which type of aggression verbal force is involved? (1)
a) Assertive behaviour aggression b) Hostile aggression
c) Instrumental aggression d) Emotional aggression
- Q15. Sports training means : (1)
a) Training to body builder b) Training to player for high performance
c) Teaching the skills d) Finding mistakes in sports
- Q16. What is the duration of meso cycles? (1)
a) 3-6 week b) 5 months c) 1 years d) 6 years
- Q17. Explosive strength can be seen in a _____ (1)
a) Road cycling b) Take off in long jump c) Bench fress d) Dead – lift in weightlifting
- Q18. Which is not the method to improve flexibility? (1)
a) Ballistic method b) Slow stretch and hold method
c) Slow stretch method d) Slow continuous method

Section – B

- Q19. Discuss any two factors determining speed.
Q20. What is stroke Volume?
Q21. Write about internal soft injuries.
Q22. Write about the static Equilibrium.
Q23. Which methods are used for reducing friction?

OR

Define Sports training.

Section - C

- Q24. How do we test the upper body flexibility of senior citizens?
- Q25. Write down the immediate effects of exercise on cardio respiratory system.
- Q26. What is air resistance? List any two factors.
- Q27. Write a short note on goal setting and self talk.
- Q28. Define flexibility and its types.

OR

Write a short note on interval training method.

Section - D

Q29. In relation to the picture answer the following questions:

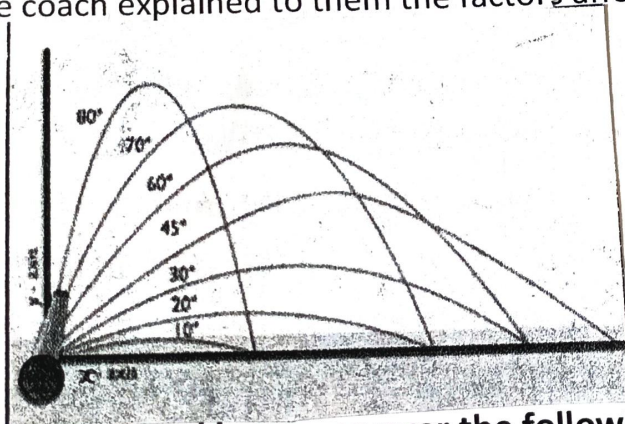


- a) What is the name of the test shown in the first picture?
- b) The aim of this test (picture -1) is to assess -----.
- c) The test in the second picture is known as -----.
- d) What is the purpose of the test shown in picture III.

OR

Who introduced these test items?

Q30. While explaining how to release basket ball at the correct angle to successfully score points, a coach showed student this picture. Basketball players wanted to know more about projectile motion. The coach explained to them the factors affecting flight of an object.



Based on this case and image answer the following questions:

- a) An object covers less distance when the projected path is at -----degrees.
- b) If the initial velocity is low, the object will cover -----distance.
- c) If the weight of the object is more, the impact of gravity will be -----.
- d) -----angle is ideal angle in sports.

OR

Define projectile.

Q31. Kamal student of class 10th was identified as a strong girl, both physically and mentally. She is being encouraged by her teacher to take up wrestling as a professional sports and start training. Kamal is also interested in the sport as she has been watching the sports on the TV and she is highly impressed by the Indian woman wrestler.

Based on the given case, answer the following questions:

- Name any four components of physical fitness.
- Which component of physical fitness is most important for Kamal?
- Define that component which is required for wrestling.
- How many types of component which is required for above case?

Section – E

Q32. Enlist the various sports injuries. Write a note on the prevention of injuries in sports.

Q33. What is it Equilibrium? Discuss the type of equilibrium and their application in sports.

Q34. What do you mean by personality? Describe the type of personality in brief.

OR

What do you mean by Fartlek training method? Draw a diagram showing Fartlek training and explain briefly the importance of Fartlek training.