

DAVPUBLICSCHOOL, MCL, K.A.  
PRACTIC PAPER - 4  
PHYSICA EDUCATION(048)  
CLASS XII-SESSION 2020-21

TIME ALLOWED:3 HRS

MAX. MARKS:70

GENERAL INSTRUCTIONS:

- 6) *The question paper consists of 30 questions.*
- 7) *Question 1-12 carry 1 mark and are multiple choice questions.*
- 8) *Questions 13-16 carry 2 marks each and should not exceed 40 -60 wordseach.*
- 9) *Questions 17-26 carry 3 marks and should not exceed 80-100words.*
- 10) *Questions 27-30 carry 5 marks and should not exceed 150-200 words.*

SECTION-A

Q.1. Which diet elements should be increased from its normal value in the diet of a body build.

- (a) Carbohydrate (b) Fat (c) Protein (d) Minerals

Q.2. In Rikli & Jones Test for senior citizens, the weight of the dumbbell used for female arm curl test is :

- (a) 5 pound (b) 8 pound (c) 3 kg (d) 1 kg

Q.3. Which one of the following is not the type of coordinative abilities ?

- (a) Handling ability (b) Coupling ability (c) Balancing Ability (d) Reaction ability

Q.4. The sum of tidal volume, inspiratory reserve volume and expiratory reserve volume is known as :

- (a) Tidal Volume (b) Vital Capacity (c) Cardiac Output (d) VO<sub>2</sub> ms

Q.5. Acceleration of an object will increase as the net force increases depending on its...

- (a) Density (b) Mass (c) Shape (d) Volume

Q.6 Which of the following is the instant form of energy ?

- (a) Protein (b) Simple Carbohydrate (c) Amino Acid (d) Poly Saturated Fat

Q.7. Which of the following tests is not used to measure muscular endurance ?

- (a) Sit up (b) Flexed arm hang (c) Squat thrust (d) Distance walk

Q.8. If 8 teams are participating, the number of Knock-out matches will be...

- (a) 16 (b) 8 (c) 7 (d) 9

Q.9. Which is not a fitness component ?

- (a) Endurance (b) Speed (c) Technique (d) Flexibility

Q.10. Word personality derived from Latin word persona which means.....

- (a) Mask (b) Musk (c) Must (d) Msak

Q.11. Which asana is done after taking meal ?

(a) Sukhasana (b) Vajrasana (c) Savasana (d) Padmasana

Q.12. Which is are the cause(s) of Sensory Processing Disorder ?

(a) Environmental (b) Genetic (c) Lower birth weight (d) All of above

#### **SECTION- B**

Q.13. Explain about types of league tournament.

Q.14. Briefly explain any two food myths.

Q.15. Briefly discuss about hypertension.

Q.16. Discuss the causes of ODD.

#### **SECTION- C**

Q.17. Discuss in detail about Run for unity.

Q.18. Explain any three pitfalls of dieting.

Q.19. Mention the benefits of Bhujangasana.

Q.20. What are the types of disability? Explain briefly.

Q.21. Mention the corrective measures for lordosis.

Q.22 Briefly explain about Chair Stand Test.

Q.23. Discuss any three physiological factors determining speed.

Q.24. Discuss various types of friction.

Q.25. State any two dimensions of personality in brief.

Q.26. Discuss the types of strength.

#### **SECTION-D**

Q.27. What do you mean by flexibility? Elaborate the methods of improving flexibility.

Q.28. Discuss asanas as preventive measures in detail.

Q.29. Enumerate any five effects of exercise on muscular system.

Q.30. What do you understand by Coordinative ability? Discuss any four different types of Coordinative abilities.