

NORTH-EX PUBLIC SCHOOL

(Senior secondary, Affiliated To CBSE)

School Block, Jain Nagar, Sec-38, Rohini, Delhi-81

SUBJECT – PHYSICAL EDUCATION

CLASS –XII (MOCK TEST 2020-21)

Time allowed: 3 hours

Maximum Marks: 70

Instructions:

- (i) The question paper consists of 34 questions.
- (ii) There are 9 internal choices.
- (iii) Answer to multiple questions should be written as its correct option.
- (iv) All questions are compulsory.
- (v) Answers to multiple choice question in Section A carries 1 mark each.
- (vi) Answers to any question in Section B carrying 3 marks should be in approximately 80-90 words.
- (vii) Answers to any question in Section C carrying 5 marks should be in approximately 150-200 words.

(SECTION-A)

1. How many byes are given in knockout tournament when 13 teams are participating?
- a. 8
 - b. 6
 - c. 1
 - d. 3

OR

If 20 teams are participating in knockout tournament then how many matches will be conducted ?

- a. 17
 - b. 19
 - c. 18
 - d. 20
2. Which vitamin is fat soluble?
- a. Vitamin B
 - b. Vitamin H
 - c. Vitamin C
 - d. Vitamin A
3. Vajrasana is known as
- a. Silver pose
 - b. Bronze pose
 - c. Gold pose
 - d. Diamond pose

OR

The full form of ADHD is

- a. Attention deficit hyperactive disorder

- b. Attention deficit hypoactive disorder
 - c. Attention development hyperactive disorder
 - d. Attention deficit hyperplasic disorder kidneys
4. Hunch on the back is known as
- a. Lordosis
 - b. Scoliosis
 - c. Flat foot
 - d. None of the above
5. Which year first women athlete participated in Olympics
- a. 1951
 - b. 1953
 - c. 1952
 - d.1954
6. What is the weight of medicine ball in motor ability teat
- a. 4lbs
 - b. 6lbs
 - c. 5lbs
 - d. 7lbs
7. The value of normal stroke volume is
- a. 70ml to 80ml
 - b. 120ml to 130ml
 - c. 100ml to 110ml
 - d. 140ml to 150ml

OR

The normal breathing rate is

- a. 10
 - b. 14
 - c. 18
 - d. 24
8. The term abduction is
- a. Moving body part toward the midline
 - b. Moving body part away
 - c. Rotating the body part
 - d. None of the above
9. The people who also behave like leaders are
- a. Choleric
 - b. Phelgmatic
 - c. Snguine
 - d. Melancholy
10. Who introduced Isotonic exercises
- a. Hettinger
 - b. Muller
 - c. De Lorme
 - d. Perrine
11. Fartlek training is also known as
- a. Calisthenics
 - b. Aerobics
 - c. Speed play
 - d. None of the above
12. When National sports day is celebrated
- a. 15th August
 - b. 26th January
 - c. 1st May
 - d. 29th August

OR

Which is not a symptom of Food intolerance

- a. Fatigue
 - b. Nausea
 - c. Diarrhea
 - d. Night Blindness
13. Hypertension is
- a. Low Blood Pressure
 - b. High Blood pressure
 - c. Normal Blood pressure
 - d. None of the above
14. ODD is found in
- a. Children
 - b. Adults
 - c. Senior Citizen
 - d. None of the above
15. Anorexia is
- a. Restricting diet
 - b. Over eating
 - c. High nutrition
 - d. None of the above
16. In agility test for senior citizen the distance is
- a. 2 Feet
 - b. 4 Feet
 - c. 8 Feet
 - d. 10 Feet
17. The long term training does not change
- a. Strength of diaphragm
 - b. Strength of intercostals
 - c. Number of functioning bronchioles
 - d. None of the above
18. Circuit training was first introduced in
- a. 1927
 - b. 1947
 - c. 1937
 - d. 1957
19. Which of these is not a type of internal motivation
- a. Bodily needs
 - b. Social
 - c. Emotional
 - d. Job opportunities
20. Fartlek training develops
- a. Strength
 - b. Speed

- c. Endurance
- d. Flexibility

(SECTION B)

- 21. Write the advantages of Knock out tournament.
- 22. What do you mean by micro elements of diet?
- 23. What is the procedure of Parvatasana?
- 24. Write about ADHD.
- 25. Explain Khyphosis.
- 26. Explain the minute structure of muscle.
- 27. Explain the types of aggression.
- 28. Write the importance of biomechanics.

OR

- 29. What do you mean by intrinsic motivation?
- 30. Explain fartlek training.

OR

Describe continuous method for development of endurance.

(SECTION C)

- 31. Draw a fixture of 7 teams participating in the league tournament.

OR

Describe strategies to make physical activities assessable for children for special needs.

- 32. Define motor development. Explain its development for children.

OR

Explain the effects of exercise on respiratory system.

- 33. Write an essay on Newton's law of motion and its application in sports.

- 34. Explain circuit training.

