

HP Board Class 12 2026 Physical Education (NSQF) Question Paper

Time Allowed :3 Hours	Maximum Marks :70	Total Questions :30
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General Instructions

Read the following instructions very carefully and strictly follow them:

1. The paper is divided into Section A and Section B.
2. Section A includes objective-type questions.
3. All questions in Section A are compulsory.
4. Section B includes short answer, and long answer type questions.
5. Answers must be written legibly within the word limit.
6. Use of unfair means or electronic devices is prohibited.
7. Follow the correct format and instructions for each section.

Section - A

1. The method of training that involves repeated bouts of high-intensity work followed by periods of rest or low-intensity activity is known as -----.

- (A) Continuous Training
- (B) Interval Training
- (C) Fartlek Training
- (D) Circuit Training

2. Female Athlete Triad does not include -----.

- (A) Amenorrhea
- (B) Oligomenorrhea
- (C) Osteoporosis
- (D) Bulimia Nervosa

3. Which of the following is NOT the factor affecting projectile trajectory?

- (A) Gravity
- (B) Angle of release

- (C) Buoyant force
 - (D) Air resistance
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4. Self-talk refers to our _____ consisting of statements we say to ourselves, either in our mind or out loud.

- (A) Internal thoughts
 - (B) Internal behavior
 - (C) Internal soul
 - (D) Internal emotions
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5. Find the odd one out.

- (A) Calcium
 - (B) Sulfur
 - (C) Potassium
 - (D) Iron
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6. Which of the following is not a type of coordinative ability?

- (A) Orientation Ability
 - (B) Acceleration Ability
 - (C) Grouping Ability
 - (D) Dynamic Ability
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7. What is the dimension of layout in Johnsen-Methney Test of Motor Educability?

- (A) 15 × 3 feet
 - (B) 15 × 3 meters
 - (C) 15 × 2 feet
 - (D) 15 × 2 meters
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8. The name of Himachal Pradesh State Award for coaches for exemplary service in sport is -----.

- (A) Him Gaurav Award
 - (B) Guru Vashisth Award
 - (C) Bhim Award
 - (D) None of these
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9. A tournament where every team plays with every other team once and the number of matches is determined with the help of the formula $N(N - 1)$ is called as:

- (A) knockout tournament
 - (B) double league tournament
 - (C) single league tournament
 - (D) none of these
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10. Which of the following is not a short-term effect of exercise on muscular system?

- (A) Accumulation of lactate
 - (B) Increased blood supply
 - (C) Muscular hypertrophy
 - (D) Increased muscle temperature
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11. Read the following statements labelled Assertion (A) and Reason (R). Choose one of the correct alternatives given below:

Assertion (A): Planning should be the first step for organizing a tournament.

Reason (R): A tournament can be conducted without planning.

In 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 and (R) is not the correct explanation of (A)
- (C) (A) is true but (R) is false
- (D) (A) is false but (R) is true

12. Which of these is not a soft tissue injury?

- (A) Abrasion
- (B) Dislocation
- (C) Strain
- (D) Incision

13. Which of the following helps with ice skating?

- (A) Rolling friction
- (B) Sliding friction
- (C) Static friction
- (D) Gliding friction

14. Which of the following is a yoga pose for treatment of obesity?

- (A) Gomulka asana
- (B) Bhujang asana
- (C) Paschim tan asana
- (D) Vajrayana

15. What is nutrition?

- (A) Essential substances of food like proteins, fats, carbohydrates, etc.
- (B) Consuming correct ratio of nutrients
- (C) Dynamic process in which consumed food is digested
- (D) Both (a) and (b)

Section - B

16. What is a balanced diet? Mention its importance also.

17. A male student performed the Harvard Step Test for 4 minutes. His pulse was recorded during the recovery periods as 58 beats in the first half-minute, 50 beats in the second, and 42 beats in the third. Using the Harvard Step Test formula, calculate his Fitness Index and state whether his score falls in the Excellent, Good, or Average category.

18. A football player wants to improve his acceleration and quick reaction during a match. Suggest two suitable training methods and justify how each will help improve his performance.

19. League tournament is a better way to judge the best team of the tournament. Comment.

20. Enlist any four types of fracture.

21. Discuss the exercise guidelines for different age groups.

22. Explain strategies to make Physical Activities Accessible for CWSN.

23. What do you mean by Asthma? Mention its symptoms. Explain the procedure, benefits and contraindications of an asana beneficial for the patient of arthritis.

24. What do you understand by circuit training? How will a coach plan circuit training sessions with 6 stations to develop the fitness of his new trainees? Explain.

25. What is a lever? Discuss the application of Lever in sports.

26. Make a table of test items listed under fitness test by SAI (Age group 9-18 yrs) Explain the Procedure and Scoring of 50 MTS Run and Partial Curl Up.

27. Discuss the importance of pre, during, and post-competition diet in detail.

28. A gymnast maintains a handstand position on the balance beam, then performs a flip. Differentiate between the types of equilibrium shown and explain how they help in performance.

29. Write a short note on Sports Psychology.

30. Describe personality. Explain dimensions of personality.
