

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

Time Allowed :3 Hours	Maximum Marks :70	Total Questions :31
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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. Fartlek training was developed in

- (A) Sweden
 - (B) The USA
 - (C) India
 - (D) England
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2. Sit and reach test is conducted for

- (A) Flexibility
 - (B) Motor fitness
 - (C) Endurance
 - (D) Speed
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3. The Law of acceleration is also known as

- (A) Law of inertia
- (B) Law of action and reaction
- (C) Law of momentum

(D) Boyle's law

4. How many matches will be played in a league tournament of 10 teams?

- (A) 44
 - (B) 45
 - (C) 46
 - (D) 47
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5. The Newton's third law of motion is also known as

- (A) Law of inertia
 - (B) Law of action and reaction
 - (C) Law of momentum
 - (D) Boyle's law
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6. Which type of personality people like to live alone?

- (A) Introvert
 - (B) Extrovert
 - (C) Ambivert
 - (D) None of the above
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7. When did the first Paralympic Games start?

- (A) 1960
 - (B) 1985
 - (C) 1964
 - (D) 1990
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8. To which organ Diabetes is related?

- (A) Heart
- (B) Kidney

- (C) Pancreas
 - (D) Brain
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9. Diabetes is related to which organ:

- (A) Heart
 - (B) Kidney
 - (C) Pancreas
 - (D) Brain
-

10. The total number of matches in a knockout tournament with 34 teams is

- (A) 31
 - (B) 32
 - (C) 33
 - (D) 35
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11. Scoliosis is a postural deformity related with

- (A) Foot
 - (B) Head
 - (C) Vertebral column
 - (D) Hand
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12. To which organ Diabetes is related?

- (A) Heart
 - (B) Kidney
 - (C) Pancreas
 - (D) Brain
-

13. (A) ASSERTION: Some children among CWSN have special needs along with common needs.

(R) REASON: These needs can be linguistic, cognitive and emotional.

- (A) (A) is right but (R) is wrong
 - (B) (A) is wrong but (R) is right
 - (C) (A) and (R) both are right but (R) is not correct explanation of (A)
 - (D) (A) and (R) both are right and (R) is correct explanation of (A)
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**14. ASSERTION (A): Macro Cycle is the largest of all training cycles.
REASON (R): It includes only 10-12 days of training plan.**

- (A) (A) is right but (R) is wrong
 - (B) (A) is wrong but (R) is right
 - (C) (A) and (R) both are right but (R) is correct explanation of (A)
 - (D) (A) and (R) both are right and (R) is not correct explanation of (A)
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**15. (A) ASSERTION: Isometric training is carried out for development of strength.
(R) REASON: Fartlek training is carried out for development of stamina/endurance.**

- (A) (A) is right but (R) is wrong
 - (B) (A) is wrong but (R) is right
 - (C) (A) is right but (R) is not correct explanation of (A)
 - (D) (A) and (R) both are right and (R) is correct explanation of (A)
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Section - B

16. Write a short note on First-Aid.

17. Name different sports training cycles.

18. Write down the objectives and administration of the Flamingo test.

19. What are different types of equilibrium?

20. Explain any two benefits of Vajrasana.

21. List down the important committees during tournament.

22. What is B.M.I.? Write the formula to calculate it.

23. What do you know by Food Intolerance?

24. What is relationship between load and adaptation during training Program?

25. How are physical activities helpful for children with special needs?

26. What are the causes of round shoulders? Explain its remedial measures.

27. Discuss the role of a Psychologist for a team preparing to participate in competition.

28. What are Isokinetic Exercises? Give an example.

29. Define Kinesiology.

30. Explain development characteristics during childhood.

31. What are the changes that take place in the cardiovascular system by doing regular exercises?
