

CBSE Class 12 Physical Education 2023 - Set 75-Set-4



Question Paper

Conducted by the Central Board of Secondary Education (CBSE)

Time Allowed: 3 Hours

Maximum Marks: 70

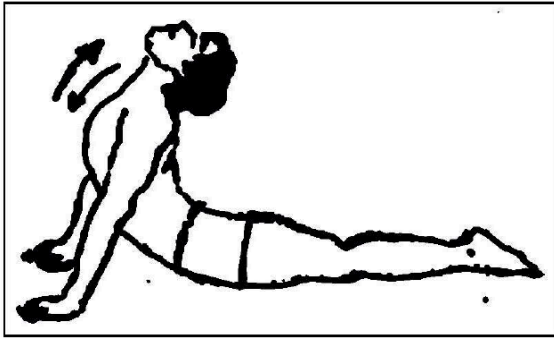
General Instructions

- (i) This question paper contains **37 questions** in five sections.
- (ii) Section A: Q1–18 are compulsory multiple choice questions carrying 1 mark each.
- (iii) Section B: Attempt any five of Q19–24. Each carries 2 marks; answer in 60–90 words.
- (iv) Section C: Attempt any five of Q25–30. Each carries 3 marks; answer in 100–150 words.
- (v) Section D: Q31–33 are case studies carrying 4 marks each. Internal choices are provided.
- (vi) Section E: Attempt any three of Q34–37. Each carries 5 marks; answer in 200–300 words.

Section A

1.

Identify the Asana:



- (A) Bhujangasana (B) Halasana
(C) Vajrasana (D) Dhanurasana

1-VI.

_____ pose is like cobra.

- (A) Bhujangasana
(B) Dhanurasana
(C) Vajrasana
(D) Ardhamatsyendrasana

2.

Traits like sadness, mood swings and emotional instability are related with _____.

- (A) Extroversion (B) Agreeableness
(C) Conscientiousness (D) Neuroticism

3.

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

- (A) Gravity (B) Angle of Release
(C) Buoyant Force (D) Air Resistance

4.

Which of the following factors does NOT determine flexibility?

- (A) Joint Structure (B) Previous Injury
(C) Efficiency of Lungs (D) Age and Gender

5.

Fartlek Training is used to develop _____.

- (A) Endurance (B) Strength
(C) Flexibility (D) Speed

6.

Which type of coordinative ability is required in games like judo and wrestling?

- (A) Orientation ability (B) Coupling ability
(C) Adaptation ability (D) Differentiation ability

7.

The ability to tolerate higher concentration of _____ can help in improving endurance performance.

- | | |
|-----------------|-----------------------|
| (A) Lactic acid | (B) Hydrochloric acid |
| (C) Acetic acid | (D) Sulphuric acid |
-

8.

Centre of Gravity is the average location of an object's _____.

- | | |
|----------------|--------------|
| (A) Weight | (B) Force |
| (C) Resistance | (D) Velocity |
-

9.

Given below are two statements labelled Assertion (A) and Reason (R).

Assertion (A): Aggression is part of human behaviour and is necessary for an individual to live and struggle for higher achievements.

Reason (R): Aggression is inevitable and inseparable in sport activities.

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

10.

Role of water in human body is to _____.

- | | |
|-------------------------------|--------------------------|
| (A) regulate body temperature | (B) give energy |
| (C) repair cell | (D) protect from disease |
-

11.

Which of the following are water soluble vitamins?

- | | |
|-------------------|-------------------|
| (A) Vitamin D & K | (B) Vitamin B & C |
| (C) Vitamin A & E | (D) Vitamin A & C |
-

12.

Which of the following asana is NOT used to cure Asthma?

- | | |
|-----------------|------------------|
| (A) Tadasana | (B) Dhanurasana |
| (C) Parvatasana | (D) Bhujangasana |
-

13.

How many total matches will be played in a knock-out fixture of 19 teams?

- | | |
|--------|--------|
| (A) 18 | (B) 17 |
| (C) 20 | (D) 16 |
-

14.

Knock-out tournament is also known as _____.

- (A) Elimination tournament (B) Round-robin tournament
(C) League tournament (D) Challenge tournament

15.

First Deaflympic Games was organized in the year _____.

- (A) 1896 (B) 1960
(C) 1924 (D) 1951

16.

Match the following:

List-I	List-II
I. Knock Knee / Genu Valgum	1. Increase exaggeration of backward curve
II. Kyphosis	2. Wide gap between the knees when standing with feet together
III. Lordosis	3. Knees touch each other in normal standing position
IV. Bow legs	4. Inward curvature of the spine

Choose the correct option from the following:

- (A) I-3, II-1, III-4, IV-2 (B) I-1, II-3, III-4, IV-2
(C) I-4, II-2, III-1, IV-3 (D) I-2, II-3, III-4, IV-1

17.

Match the following:

List-I	List-II
I. Plate Tapping Test	1. Upper body strength endurance of boys
II. Push-up	2. Speed and coordination of limb movement
III. Partial Curl up	3. Upper body strength endurance of girls
IV. Modified push up	4. Abdominal strength

Choose the correct option from the following:

- (A) I-2, II-1, III-4, IV-3 (B) I-2, II-3, III-1, IV-4
(C) I-1, II-3, III-2, IV-4 (D) I-2, II-3, III-4, IV-1

18.

Menarche is related to:

- (A) Ending of menstrual period in women (B) Beginning of menstrual period in women
(C) Time of pregnancy (D) Spinal deformity

Section B

19.

Briefly explain any two factors determining endurance.

20.

What do you understand by 'Goal Setting'?

21.

Define Flexibility and list down its types.

22.

Elucidate any four types of fractures.

23.

What is BMI? Calculate BMI of a child whose weight is 72 kg and height 1.68 mt.

24.

Differentiate between Macro and Micro Nutrients.

Section C

25.

“Participation in physical activities is advantageous for children with special need.” Briefly explain any six advantages.

26.

Write the functions of Vitamin D and Vitamin K and mention their sources.

27.

Briefly explain the functions of Directing and Controlling to organize sports event.

28.

How can we enhance the sports performance with the help of self-talk and self-esteem? Explain.

29.

Elucidate any six effects of exercise on muscular system.

30.

What do you understand by Round shoulders deformity? Suggest any four corrective measures for round shoulders.

31.

Study the following fixture and answer the questions:

1-2							
1-3	2-3						
1-4	2-4	3-4					
1-5	2-5	3-5	4-5				
1-6	2-6	3-6	4-6	5-6			
1-7	2-7	3-7	4-7	5-7	6-7		
1-8	2-8	3-8	4-8	5-8	6-8	7-8	

31(a).

Which method is shown in the picture to draw fixture in league tournament?

31(b).

What is the formula to calculate number of matches?

31(c).

In league or Round Robin Tournament winner will be decided on the basis of _____.

31(d).

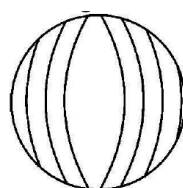
If 7 teams participate in a league Tournament, _____ number of matches will be played.

31-VI.

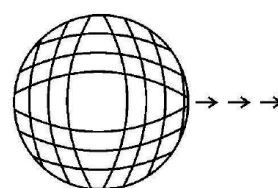
Explain the responsibilities of any four committees required to organize a sports event.

32.

Study the pictures given below showing (A) a Stationary Ball and (B) a Moving Ball. Based on your above study and your knowledge, answer the following questions:



(A)
Stationary Ball



(B)
Moving Ball

32(a).

Which law of motion will be applied to initiate motion of the ball as depicted in the illustration (A)?

32(b).

In illustration (B) which force is acting upon the ball to slow it down?

32(c).

Which law of motion will determine the quality of bounce?

32(d).

_____ of an object directly depends upon the mass of the object and net force applied on it.

OR

32(d).

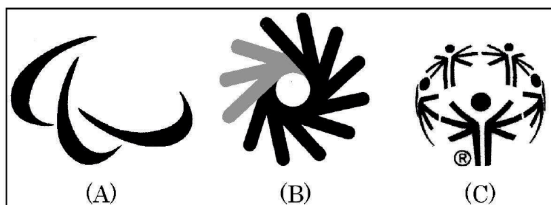
“When a cricket ball is moving with a certain velocity, the player has to apply retarding force to bring the ball at rest in his hands.” Which Newton's Law is applied in this illustration?

32-VI.

By giving suitable examples from sports, explain any two Newton's Laws of Motion in detail.

33.

In relation to the pictures (A), (B) and (C) given below, answer the following questions:



33(a).

Logo shown in picture _____ refers to Special Olympics.

33(b).

Who was the founder of Special Olympics?

33(c).

According to figure 'B', the hand shapes of 'OK', 'Good' and 'Great' that overlap each other in a circle, represent the original sign for _____.

33(d).

How many countries participated in the first Paralympic Games in Rome (Italy) in 1960?

OR

33(d).

The motto of Paralympics is _____.

33-VI.

Explain any four strategies to make physical activities accessible for children with special needs.

Section E

34.

List down any four asanas used for prevention of Hypertension. Explain the procedure and contraindication of any one of them with help of a stick diagram.

35.

What is the purpose of Rikli and Jones fitness test? Explain the procedure of its any two test items in detail.

36.

Define strength and explain any two methods to develop it.

37.

What is Friction? Write the advantages and disadvantages of friction by giving suitable examples from sports.

- End of Question Paper -