



विद्या सर्वार्थ साधिका

ANANDALAYA
PRACTICE TEST
Class : XII

Subject: Physical Education

Date :26 /12/2019

M.M: 70

Time: 3 Hour

General Instructions:-

All questions are compulsory.

1. Answer the questions carrying 1 mark may be answered in one word.

2. Answer the questions carrying 3 marks may be answered in 80 – 90 words.

3. Answer the questions carrying 5 marks may be answered in 150 – 200 words.

1. Throwing a shot put needs (1)
(a) Explosive strength (b) Endurance strength (c) Relative strength (d) Static strength
2. A 5 km community walk is a type of _____. (1)
(a) Intramural competition (b) Specific sports programme
(c) Extramural competition (d) National tournament
3. Sports psychologists help athletes improve _____. (1)
(a) Health (b) Performance (c) Personality (d) Diet
4. A healthy BMI for Indians is _____. (1)
(a) Between 28 and 30 (b) Between 25 and 28
(c) Between 18 and 23 (d) Less than 18
5. Using dusting powder on the carom board is an example of changing _____. (1)
(a) Speed (b) Strength (c) Friction (d) Energy
6. Obesity can be checked by the regular practice of certain asanas. Among the most beneficial is ___. (1)
7. A _____ is an injury to the tendons, muscles or their junction. (1)
(a) Sprain (b) Laceration (c) Contusion (d) Strain
8. Cognitive behaviour therapy is used in (1)
(a) Obsessive Compulsive Disorder (b) Poliomyelitis
(c) Untrained instructors (d) Specialized equipment
9. The senior fitness test includes. (1)
(a) Chair Stand Test and Arm Curl Test (b) Chair Sit and Reach Test
(c) Back Scratch Test and 8- Foot Up and reach Test (d) All of the above
10. _____ is a weakening of the bones due to loss of bone density and improper bone formation. (1)
(a) Lordosis (b) Amenorrhoea (c) Anorexia Nervosa (d) Osteoporosis
11. Spikes are used in sporting shoes to take advantage of _____. (1)
(a) Weight (b) Inertia (c) Friction (d) Stability
12. Walking on the treadmill helps to develop _____. (1)
(a) Isometric strength (b) Isokinetic strength (c) Endurance (d) Explosive strength

13. Using aggression to achieve a goal is known as _____ . (1)
14. RICE is the standard treatment for _____. (1)
 (a) Fractures (b) Sprains (c) Abrasions (d) Lacerations
15. Motor fitness tests include _____ meter sprint. (1)
16. Menarche is defined as the _____. (1)
 (a) Ending of menstrual period in women
 (b) Beginning of menstrual period in women
 (c) Time of pregnancy
 (d) Beginning of pregnancy
17. When blood supply to the central nervous system, especially the brain, is blocked, it leads to a physical as well as sensory disability called _____. (1)
 (a) Infection (b) Stroke (c) Head injury (d) Paralysis
18. Trikonasana must not be practised by those suffering from _____. (1)
 (a) Diabetes (b) Lower backache (c) Asthma (d) Obesity
19. The largest mineral in the human body is _____. (1)
20. What is the motto of Khelo India? (1)
21. Discuss the pre-games responsibility of officials of various committees. (3)
22. Define the role of nutrition in a healthy body. (3)
23. Briefly explain Hypertention and Asanas. (3)
24. Explain three advantages of physical activities for special needs children. (3)
25. What are the causes of Osteoporosis? (3)
26. What do you understand by fracture? How can fractures be classified? Explain. (3)
27. What is endurance? How can Fartlek method develop it? (3)
28. Explain the methods of improving strength. (3)
29. The recoil of a gun, when fired, is an example of which Newton law? Explain. (3)
30. Briefly explain different types of coordinative abilities. (3)
31. Explain the cognitive aspect of stress. Suggest any four techniques to overcome stress. (5)
32. Explain in detail about the effects of regular exercise on Respiratory system. (5)
33. What do you mean by correct posture? Explain the standing and sitting postures. What are the causes of bad posture? (5)
34. What is motivation? Explain the different techniques of motivation to achieve high goals in sports. (5)