

Class - 12TH

Physical Education

MOCK EXAMS

Serial Number: 1

Time: 3 Hours

Maximum Marks: 70

Exam Date: _____



SPARC

Sample Paper 01

PHYSICAL EDUCATION (048) Class

XII Session 2025-26

Time: 3 Hours

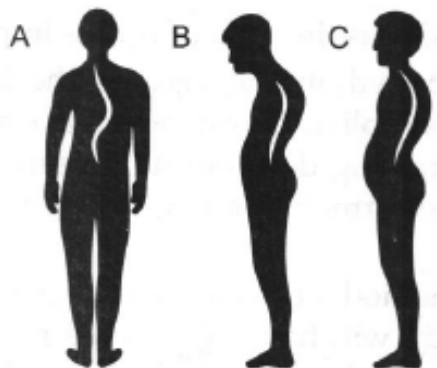
Max. Marks: 70

General Instructions:

1. The question paper consists of 5 sections and 37 Questions.
2. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory
3. Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
4. Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
5. Sections D consist of Question 31-33 carrying 4 marks each and are case studies.
6. Section E consists of Question 34-37 carrying 5 marks each and are long answer types and should not exceed 200-300 words. Attempt any 3.

SECTION-A

1. Which postural deformity has Convexities right or left?
(a) Kyphosis (b) Scoliosis
(c) Knock knees (d) Flat foot
2. Assertion (A) : The Arm Curl Test is conducted for a duration of 30 seconds.
Reason (R) : The test measures upper body strength by counting the number of arm curls performed within the given time frame.
(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.
3. Which of the following is an example of Lordosis?



- (a) B (b) C
(c) A (d) None of these

4. _____ discovered Vitamin A?

- (a) Dr. Harvard (b) Dr. J.B.Nash
(c) Dr. Mc Collum (d) Dr. Coubertin

5. Match the following:

1.	Vitamin B12	A.	Thiamin
2.	Vitamin B3	B.	Biotin
3.	Vitamin B7	C.	Cobalamin
4.	Vitamin B1	D.	Niacin

Choose the correct option from the following:

- (a) 1 2 3 4 (b) 3 4 2 1
(c) 4 3 1 2 (d) 2 3 4 1

6. _____ test is developed to test fitness in senior citizens.

- (a) AAHPER (b) Harvard step
(c) Rockport (d) Rikli and Jones

7. Formula for determining the number of bye in the lower half of a knockout fixture when number of byes are odd?

- (a) $nb/2$ (b) $nb + 1$
(c) $(nb + 1)/2$ (d) $nb - 1/2$

8. Gliding movement occurs at _____ joint.

- (a) Wrist (b) Elbow
(c) Hip (d) Knee

9. Which motor skill is involved in Smashing volleyball?

- (a) Fine motor skills (b) Open skills
(c) Gross motor skills (d) Cross motor skills

10. _____ is the other name for Vitamin B₂.

- (a) Folic Acid (b) Riboflavin
(c) Niacin (d) Thiamin

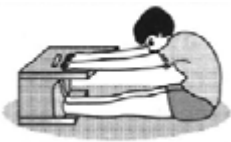
11. _____ is the formula to divide an odd number of teams in the upper half for a knockout fixture.

- (a) $N(N-1)/2$ (b) $N(N+1)/2$
(c) $(N+1)/2$ (d) $N-1/2$

12. Harvard step is performed to check _____ kind of fitness.

- (a) Explosive strength (b) Reaction ability
(c) Cardiovascular (d) Muscular strength

13. Which test is used to test the functional ability amongst senior citizens?
 (a) Rockport one mile test (b) Rikli and Jones test
 (c) Fitness Index score (d) Harvard step test
14. Consolation tournaments are a part of _____ type of fixture.
 (a) League (b) Combination
 (c) Knockout (d) None of these
15. _____ amongst these is not a macro mineral.
 (a) Phosphorus (b) Iodine
 (c) Calcium (d) Potassium
16. **Assertion (A) :** UNICEF says that water is not included in macro nutrients but USDA includes it as part of macronutrients.
Reason (R) : Water must be taken in large quantities therefore it can be considered a macronutrient.
 (a) (A) is true, but (R) is false.
 (b) (A) is false, but (R) is true
 (c) Both (A) and (R) are true and (R) is the correct explanation of (A).
 (d) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
17. What is the name of the postural deformity caused due to increase in the curve at the lumbar region?
 (a) Knock knees (b) Bow legs
 (c) Kyphosis (d) Lordosis
18. Match the following :

1.		A.	lower body strength
2.		B.	lower body flexibility
3.		C.	upper body strength
4.		D.	abdominal strength

- (a) 3 2 4 1 (b) 4 2 3 1
 (c) 3 1 4 2 (d) 4 1 3 2

SECTION-B

19. List down any four benefits of self-talk by athletes in sports.
20. Enlist the four methods of reducing friction.
21. Your grandmother feels she has reduced her upper body flexibility and therefore she wants to test herself. Which test would you suggest her?
22. Suggest exercises as a corrective measure for curing Lordosis.
23. List any four advantages of physical activities of CWSN.
24. What do you understand by Goal setting? Enlist its types.

SECTION-C

25. Explain briefly important types of dynamic friction.
26. State any two laws by Newton which are applied in sports?
27. Explain the physiological factors determining speed.
28. Write a short note on postural deformities.
29. Name any three important minerals. Also explain why these are important for proper growth and functioning of human body?
30. Draw a fixture of 6 teams for a league tournament by cyclic method.

OR

Fixture of 6 Teams.

SECTION-D

31. On the basis of picture given below, answer the following questions.



Here's the multiple-choice version of the questions with answers and explanations:

- (i) _____ is the scientific name for bow legs.
- | | |
|-----------------|----------------|
| (a) Genu valgum | (b) Genu varum |
| (c) Lordosis | (d) Kyphosis |
- (ii) Which of the following are causes of bow legs?
- | | |
|-------------------------------------|--------------------------------|
| (a) Rickets and Blount's disease | (b) Poor posture and scoliosis |
| (c) Overeating and lack of exercise | (d) Arthritis and osteoporosis |
- (iii) Identify the deformity portrayed in the figure.
- | | |
|-----------------|---------------|
| (a) Knock knees | (b) Scoliosis |
| (c) Bow legs | (d) Flat feet |
- (iv) Which of the following are corrective measures and precautions for bow legs?
- | |
|--|
| (a) Vitamin D supplementation and braces |
| (b) Weight training and running |
| (c) Surgery and weight loss exercises |
| (d) Avoid physical activity and use a wheelchair |

32. On the basis of pictures given below, answer the following questions.



- (i) Until 1965, the games in this organisation were known as _____.

(a) Empire Games	(b) British Empire Games
(c) Friendly Games	(d) Olympic Games
- (ii) These games are conducted after every _____ years.

(a) 2	(b) 3
(c) 4	(d) 5
- (iii) Identify the logo.

(a) Commonwealth Games	(b) Olympic Games
(c) Asian Games	(d) FIFA World Cup
- (iv) What is the motto of this organisation?

(a) "Faster, Higher, Stronger"	(b) "Humanity, Equality, Destiny"
(c) "Inspire a Generation"	(d) "One World, One Dream"

33. On the basis of picture given below, answer the following questions.



Here is the multiple-choice version of the questions with answers and explanations:

- (i) Identify the test shown in the picture above.
- (a) Eight Foot Up and Go Test (b) Chair Stand Test
(c) Sit and Reach Test (d) Flamingo Balance Test
- (ii) What are the required equipments for this test?
- (a) A balance beam and a stopwatch (b) A chair and a stopwatch
(c) A treadmill and resistance bands (d) A yoga mat and a timer
- (iii) What is the purpose of this test?
- (a) To measure agility (b) To assess flexibility
(c) To measure lower body strength and endurance (d) To evaluate coordination
- (iv) The time period for this test is ____.
- (a) 60 seconds (b) 20 seconds
(c) 30 seconds (d) 10 seconds

SECTION-E

34. Describe the type of personalities.
35. Briefly explain any five types of coordinative abilities.
36. Manav works in a warehouse. He lifts heavy loads on his back and shoulders for many hours every day. Due to this he has developed an increase of his backward curve in his spine. Identify his postural deformity write the causes and corrective measures.
37. What are the different types of vitamins B complex? Discuss any five of these.