

Class - 12TH

Physical Education

MOCK EXAMS

Serial Number: 02

Time: 3 Hours

Maximum Marks: 70

Exam Date: _____



Sample Paper 02
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. In a single tournament, a total of how many matches are to be played if 11 teams participate?
(a) 5 (b) 11
(c) 12 (d) 10
2. **Assertion (A) :** Light and infrequent menstruation occurs when a woman has oligomenorrhea.
Reason (R) : Oligomenorrhea refers to infrequent or light menstrual periods caused by hormonal imbalances.
(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.
3. Match the following :

A.	Plate Tapping Test	1.	Flexibility
B.	Eight foot up and go	2.	Single leg balance
C.	Flamingo Balance	3.	Limb movements
D.	Sit and Reach Test	4.	Agility

- (a) A-4, B-3, C-1, D-2 (b) A-1, B-2, C-3, D-4
(c) A-2, B-1, C-4, D-3 (d) A-3, B-4, C-2, D-1

4. If a male senior citizen of 65 years completes two trials in the Eight Foot Up and Go Test in 5.3 and 4.2 seconds respectively, his agility will be classified as _____.
(a) Above average (b) Extremely poor
(c) Below average (d) Average
5. The source of phosphorus is _____.
(a) Meat (b) Eggs
(c) Fish (d) All of these
6. Identify the bone fracture below :



- (a) Stress fracture (b) Transverse fracture
(c) Greenstick fracture (d) Comminuted fracture
7. Which of the following is a cause of kyphosis?
(a) Hearing light and shapeless clothes (b) Disease affecting vertebrae
(c) Habitual overeating (d) None of the above
8. _____ training method was given by Woldemar and Greshler in 1939.
(a) Interval (b) Fartlek
(c) Continuous (d) All of these
9. In case of diabetes, which organ experiences inability to function properly?
(a) Kidneys (b) Pancreas
(c) Liver (d) Intestines
10. Which of the following statements is correct about fats?
(a) Fats improve external organs.
(b) Fats increase blood pressure.
(c) Fats provide cooked material.
(d) Fats improve the proper functioning of glands.

11. What is the normal adult heart rate?
 (a) 75 beats/min (b) 92 beats/min
 (c) 82 beats/min (d) None of these
12. _____ is helpful in the clotting of blood, prevention of haemorrhage and excessive bleeding in wounds.
 (a) Vitamin E (b) Vitamin A
 (c) Vitamin C (d) Vitamin K
13. According to _____, personality is the totality of sentiments, attitudes, ideas, habits, skills and behaviors of an individual.
 (a) RB Cattell (b) Warren
 (c) NL Munn (d) Ogburn and Nimkoff
14. Which asana is also known as Cobra Pose?
 (a) Bhujangasana (b) Chakrasana
 (c) Gomukhasana (d) Paschimottasana
15. In a single knock-out tournament, how many byes need to be given if 17 teams are participating?
 (a) 15 (b) 14
 (c) 17 (d) 16
16. Match the following :

A.	Oblique	1.	Ends of cracked bones are driven into each other.
B.	Comminuted	2.	Curved or diagonal angle break to the bone.
C.	Greenstick	3.	Break or splinter into more than two fragments.
D.	Impacted Fracture	4.	Bone bends and cracks.

- (a) A-3, B-1, C-2, D-4 (b) A-4, B-2, C-1, D-3
 (c) A-2, B-3, C-4, D-1 (d) A-1, B-4, C-3, D-2
17. Isokinetic exercises have been developed by _____ in 1968.
 (a) Hettinger (b) Muller
 (c) Perrine (d) De Loone
18. Given below are the two statements labelled Assertion (A) and Reason (R).
Assertion (A) : Vitamins are compounds of carbon which are essential for the normal growth and working of the body.
Reason (R) : Vitamin D is essential for normal growth of the body. Deficiency of Vitamin A leads to night blindness and also effects kidneys, nervous system and digestive systems.
 In the context of the above two statements, which one of the following is correct?
 (a) A is false, but R is true.
 (b) A is true, but R is false.
 (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.

SECTION-B

19. List any four applications of mental imagery.
20. What is the purpose of Plate Tapping Test? What are the equipments needed?
21. In Equestrian sport, when the horse comes to rest, then the rider bends forward to avoid falling. Rider's bending forward can be related to which Law of Newton? State the law.
22. Explain any two essential elements of diet.
23. Differentiate between Ardha Matsyendrasana and Matsyasana.
24. What is stroke volume?

SECTION-C

25. What are the characteristics of introvert personality group?
26. Draw a comparison between 'passive flexibility' and 'active flexibility'.
27. State the effects of exercise on the respiratory system.
28. Explain the procedure of partial curl-ups exercise.
29. Which benefits make the Pawanmuktasana important to reduce obesity? List two of its contraindications.
30. Draw a fixture of 11 football teams participating in a tournament using knock-out.

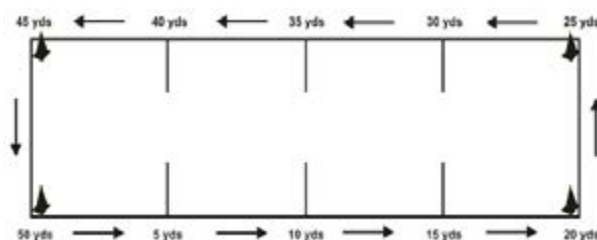
SECTION-D

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



- (i) This nutrient was discovered by _____.
 (a) Elmer McCollum (b) Frederick Banting
 (c) Linus Pauling (d) Alexander Fleming
- (ii) Its deficiency can lead to _____.
 (a) Rickets (b) Night blindness
 (c) Beriberi (d) Scurvy
- (iii) This fruit is a rich source of _____.
 (a) Vitamin C (b) Vitamin A
 (c) Vitamin D (d) Vitamin E
- (iv) The nutrient is also known as _____.
 (a) Tocopherol (b) Thiamine
 (c) Retinol (d) Niacin

32. On the basis of the figure below, answer the following questions.



- (i) This is a part of _____ Test Protocol.
 (a) Cooper Test Protocol
 (b) Senior Fitness Test Protocol
 (c) Fitness Gram Test Protocol
 (d) Physical Activity Readiness Protocol
- (ii) What is the average result for men in the age group 60-64 years old?
 (a) 500 to 600 meters
 (b) 610 to 735 meters
 (c) 700 to 800 meters
 (d) 800 to 900 meters
- (iii) These field measurements are particular to which test?
 (a) Six-Minute Walk Test
 (b) Beep Test
 (c) Rockport Walking Test
 (d) 12-Minute Run Test
- (iv) What is the purpose of conducting this test?
 (a) To measure flexibility
 (b) To assess strength and agility
 (c) To measure aerobic fitness or endurance
 (d) To evaluate coordination

33. On the basis of the pictures below, answer the following questions.



- (i) This injury most commonly affects the _____ of the four fingers.
- (a) Thumb knuckle (b) Middle knuckle
(c) Ring knuckle (d) Index knuckle
- (ii) Identify the type of injury.
- (a) Sprain (b) Dislocated finger
(c) Fractured finger (d) Ligament tear
- (iii) Name two more injuries of this type.
- (a) Ligament tear and muscle strain (b) Ankle dislocation and elbow dislocation
(c) Wrist sprain and shoulder fracture (d) Knee sprain and hip dislocation
- (iv) Mention the cause of this injury.
- (a) Sudden twisting motion
(b) Over-bending the finger backwards or catching it during fast movement
(c) Continuous overuse
(d) Lack of joint lubrication

SECTION-E

34. A trainer can improve cardiorespiratory system with the help of exercise. Justify.
35. What do you understand by eating disorders? Discuss three disorders caused due to this.
36. What do you understand by Chair Sit and Reach Test? Explain the equipment required and procedure for conducting it.
37. Eric is having a spinal deformity. There is an increased a forward curve in his lumbar region. Identify the postural deformity. What are its causes and corrective measures?