

Class - 12TH

Physical Education

MOCK EXAMS

Serial Number: 03

Time: 3 Hours

Maximum Marks: 70

Exam Date: _____



Sample Paper 03
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. Slow twitch fibres are _____ in colour.

(a) Transparent
(c) White

(b) Brown
(d) Red

2. **Assertion (A)** : Magnesium is not classified as a micro mineral.

Reason (R) : Magnesium is a macromineral, required by the body in larger quantities compared to micro minerals like iron, iodine, and copper.

- (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. Match the following:

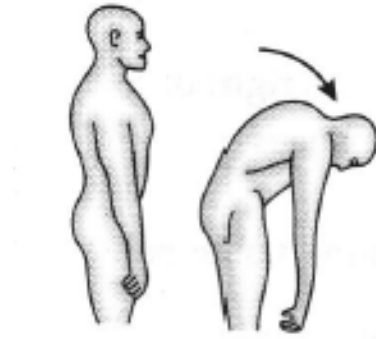
I.	Chair stand test.	1.	Lower Body strength
II	Arm curl test.	2.	Aerobic Endurance
III.	Back scratch test.	3.	Upper body strength
IV.	Six minute walk test.	4.	Upper body flexibility

- (a) I-2, II-3, III-1, IV-4
(c) I-1, II-3, III-4, IV-2

- (b) I-2, II-3, III-4, IV-1
(d) I-1, II-3, III-2, IV-4

4. The amount of oxygen which can be absorbed and consumed by the working muscles from the blood is called _____
- (a) Oxygen Intake (b) Vital capacity
(c) Oxygen Uptake (d) Oxygen Transport

5. Identify the type of movement:



- (a) Adduction (b) Abduction
(c) Extension (d) Flexion
6. Watching others play and enjoy which in turn motivates the Child with special need to participate is a part of which kind of strategy?
- (a) Psychological (b) Social
(c) Mental (d) Physical
7. Jumping on the spot is an example of _____.
(a) Iso-kinetic (b) Iso-metric
(c) Iso-kinesthetic (d) Iso-tonic
8. Select the carbohydrates which are soluble in water and crystalline in structure.
- (a) Compound (b) Simple
(c) Complicated (d) Complex
9. In Law of Acceleration, acceleration of an object is inversely proportionate to its _____.
(a) Speed (b) Force
(c) Size (d) Mass
10. Cartwheel in gymnastics is an example of _____.
(a) Dynamic Equilibrium (b) Passive Equilibrium
(c) Static Equilibrium (d) Active Equilibrium
11. Which asana is helpful in increasing height?
(a) Bhujangasana (b) Vajrasana
(c) Sukhasana (d) Tadasana

12. Match the following:

I.	Garudasana	1.	Round shoulder
II.	Gomukhasana	2.	Lordosis
III.	Chakrasana	3.	Bow legs
IV.	Naukasana	4.	Knock knees

- (a) I-1, II-3, III-4, IV-2
- (b) I-2, II-3, III-4, IV-1
- (c) I-3, II-4, III-1, IV-2
- (d) I-4, II-2, III-1, IV-3

13. How many byes will be given if there are 17 teams?

- (a) 15
- (b) 1
- (c) 12
- (d) 8

14. A person who likes to learn new things, new concepts and new experiences are categorized as _____.

- (a) Extroversion
- (b) Openness
- (c) Agreeableness
- (d) Conscientiousness

15. How many matches will be played in the knockout tournaments first round if there are 15 teams?

- (a) 5
- (b) 6
- (c) 7
- (d) 8

16. Take-off in Long jump is an example of _____ strength.

- (a) Maximum strength
- (b) Static strength
- (c) Explosive strength
- (d) Strength endurance

17. **Assertion (A) :** Intrinsic motivation has long term benefits.

Reason (R) : As factors behind it are naturally pursuing actions that provide fun, pleasure, fulfillment or challenge

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).

18. Weakening of bones due to loss of bone density and improper bone formation is known as:_____.

- (a) Anorexia Nervosa
- (b) Lordosis
- (c) Amenorrhea
- (d) Osteoporosis

SECTION-B

19. Why are children most prone to greenstick fracture? Which are the most common sites of this fracture?
20. Briefly explain the importance of roughage in our diet.
21. What do you understand by Bulimia?
22. Practicing yoga-asanas regularly can prevent many diseases.” Mention the asanas.
23. Discuss the functions and sources of fats.
24. Explain the purpose and procedure of 50 m Speed Test.

SECTION - C

25. Briefly discuss the importance and function of International Paralympic Committee.
26. To prevent the deformity of scoliosis, what precautions should be taken?
27. Compare the responsibility of Announcement Committee and Publicity Committee?
28. Isometric exercises are a very popular method for developing physical fitness. Describe what do you understand about them.
29. State the Third Law of Motion given by Sir Issac Newton.
30. What do you understand by hypertension? Describe the procedure for performing any one yogic asana which reduces hypertension.

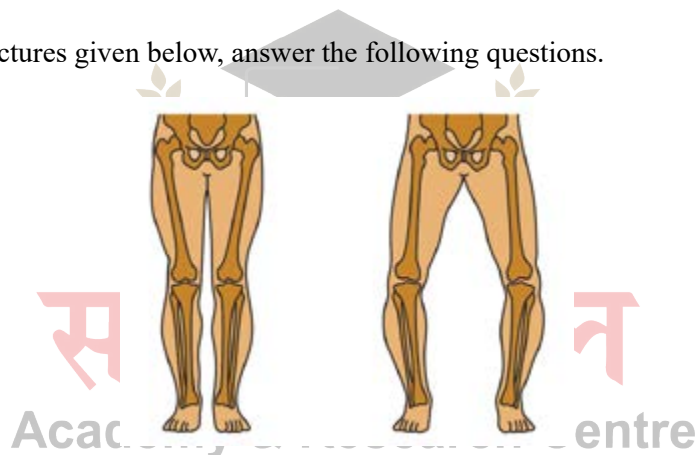
SECTION-D

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



- (i) List any four games included in the Special Olympics.
- Skiing, Handball, Swimming, Judo
 - Basketball, Tennis, Golf, Rugby
 - Cricket, Archery, Football, Gymnastics
 - Badminton, Hockey, Table Tennis, Fencing
- (ii) Identify the logo of these games.
- Olympic Rings
 - Special Olympics Logo
 - Paralympics Logo
 - Commonwealth Games Logo
- (iii) The _____ declared 1986 as the year of 'Special Olympics.'
- International Olympic Committee
 - United Nations
 - World Health Organization
 - UNESCO
- (iv) The pioneer of the Special Olympics was _____.
- Pierre de Coubertin
 - Eunice Mary Kennedy Shriver
 - Jesse Owens
 - Ludwig Guttman

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



- (i) Yoga asanas to cure this deformity are _____ and _____.
- Garudasana and Bhujangasana
 - Garudasana and Ardha Chakrasana
 - Trikonasana and Ardha Chakrasana
 - Bhujangasana and Trikonasana
- (ii) Another name for this deformity is _____.
- Genu Varum
 - Genu Velum
 - Genu Recurvatum
 - Flat Foot
- (iii) Identify the deformity.
- Flat Foot
 - Bowlegs
 - Knock-knees
 - Scoliosis
- (iv) List any two causes of this deformity.
- Lack of Vitamin D and putting extra weight on leg muscles
 - Improper posture and excess calcium
 - Lack of exercise and heredity
 - Trauma and excess walking

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



- (i) Identify the test conducted in the figure.
- (a) Chair Stand Test (b) Eight Foot Up and Go Test
(c) Back Scratch Test (d) Sit and Reach Test
- (ii) Name another test for the same category of people.
- (a) Back Scratch Test (b) Beep Test
(c) Harvard Step Test (d) 12-Minute Run Test
- (iii) The Eight Foot Up and Go Test is a part of _____ test protocol.
- (a) Fitness Gram (b) Cooper Test
(c) Senior Fitness Test (d) Physical Activity Readiness Test
- (iv) The test measures _____, _____, and _____, while moving.
- (a) Speed, flexibility, and endurance (b) Agility, balance, and strength
(c) Speed, agility, and balance (d) Flexibility, strength, and coordination

SECTION-E

34. What do you understand by centre of gravity? Discuss its application in sports?
35. Name the methods used for drawing up fixtures in league tournaments. Draw a fixture of 9 teams with 4 teams being selected.
36. What do you understand by non-nutritive component? Elucidate any four non-nutritive components of diet?
37. Define endurance. Explain the uses of endurance and its types.