

Exam ID. Candidates must write the Set No.
on the title page of the OMR

DAV PUBLIC SCHOOLS, ODISHA ZONE –I
PA-II EXAMINATION, 2021-22

1. Check that this question paper contains 9 printed pages.
2. Set number given on the right-hand side of the questions paper should be written on the OMR SHEET by the candidate
3. Check that this question paper contains 60 questions.

CLASS-XII
SUB: PHYSICAL EDUCATION (048)

Time: 90 Minutes**Maximum Marks:35****General instructions:**

1. There are three sections in the Question paper namely Section A, Section B and Section C.
2. Section A consists of 24 questions amongst which 20 questions have to be attempted.
3. Section B consists of 24 questions amongst which 20 questions have to be attempted.
4. Section C consists of 12 questions amongst which 10 questions have to be attempted.

SECTION A (KNOWLEDGE AND UNDERSTANDING)

Section–A consists of 24 questions. Attempt any 20 questions from this section. The first attempted 20 questions would be evaluated.

Q1. What is the other name for vitamin B9?

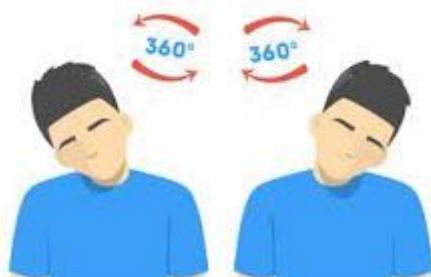
- A. Folic acid B. Riboflavin C. Thiamine D. Niacin

Q2. What is the formula to divide an even number of teams in the lower half for a knock-out fixture?

- A. $N/2$ B. $N-1$ C. $N(N-1)/2$ D. $N(N+1)/2$

Q3. Which one of the following tests is also known as a Fullerton functional test?

- A. Cardiovascular fitness test B. Harvard step test
C. Rockport one-mile test D. Rikli and Jones test

Q4. Identify this movement and give its name?

- A. Rotation B. Circumduction C. Plantar flexion D. Elevation

Q5. Abduction movement is:

- A. Reduces angle of joint. B. Away from the body.
C. Increases the angle of the joint. D. Towards bodyline.

Q6. League tournament is also known as:

- A. Seeding tournament. B. Round Robin tournament.
C. Challenge tournament. D. Elimination tournament.

Q7. Fat soluble vitamins are-

- A. Vitamin A and B. B. Vitamin B and C.
C. Vitamin D and E. D. All of these.

Q8. Which of the following mineral is helpful for water balance of the body?

- A. Calcium B. Sodium C. Potassium D. Iron.

Q9. The number of matches in the round Robin tournament is where 'N' is the number of teams.

- A. $N(N-1)/2$ B. $N-1$ C. $N-2$ D. N

Q10. What is the name of the postural deformity caused due to an increase in the curve at the front?

- A. Lordosis B. kyphosis C. bow legs D. knock-knees.

Q11. Which test is used to test the lower body flexibility amongst senior citizens?

- A. Sit and reach test. B. Arm curl test.
C. Chair sit and reach test. D. Back stretch test.

Q12. What does arm curl test measure?

- A. Upper body strength. B. Lower body strength.
C. Upper body flexibility. D. Lower body flexibility.

Q13. In which postural deformity the spine is in lateral direction?

- A. Lordosis B. kyphosis C. Round shoulders D. Scoliosis

Q14. Which of the following activity is good for development in early childhood children?

- A. Football. B. Athletics. C. Fun games. D. Volleyball.

Q15. Which one of the following is an example of the law of inertia?

- A. Starting in rowing. B. Starting on Roman Rings.
C. Raising an opponent in wrestling. D. All of the above.

Q16. The modified push up test measures:

- A. Shoulder strength. B. Shoulder power.
C. Shoulder strength endurance. D. Flexibility of solder.

Q17. Which of them is a combination tournament?

- A. League cum knock-out. B. Knock-out cum league.
C. Both (A) and (B). D. None of them.

Q18. Which of the following is not a leg related deformity?

- A. Flat foot B. knock knees C. Scoliosis D. Bow legs

Q19. What according to you is the main cause for Anaemia?

- A. Deficiency of iron. B. Deficiency of iodine,
C. Deficiency of chromium. D. Deficiency of calcium.

Q20 Which of the following outline the importance of biomechanics in sports?

- A. Improvement of training.
- B. Understanding the human body.
- C. Development of new method.
- D. All of these

Q21. Which of the following is not a step to maintaining a healthy body weight?

- A. Goal setting.
- B. Yoga.
- C. Intake of calories through drinking.
- D. Avoiding carbohydrate rich food.

Q22. The formula for determining the number of rounds in a single league fixture when the number of teams is odd.

- A. N
- B. N+1
- C. N-1
- D. $N(N-1)/2$

Q23. Which postural deformity is related to lateral curve of the spine?

- A. Bow legs.
- B. Knock knees.
- C. Scoliosis.
- D. Kyphosis.

Q24. When the angle between the bones of a joint decreases, the movement is called:

- A. Flexion.
- B. Abduction.
- C. Adduction.
- D. Extension.

SECTION B (APPLICATION + HOTS)

Section–B consists of 24 questions. Attempt any 20 questions from this section. The first attempted 20 questions would be evaluated.

Q25. Name the component which is measured by this test?



- A. Strength
- B. Endurance
- C. Flexibility
- D. Strength and endurance

Q26. Which exercise should be done to cure this deformity?



- A. Backward bending exercises.
- B. Forward bending exercises.
- C. Horse riding.
- D. Skipping.

Q27. Identify the component of fitness that is tested through this exercise.



- A. Strength and endurance.
- B. Speed and agility.
- C. Strength and flexibility.
- D. Speed and endurance.

Q28. How many matches are to be played if there are 10 teams for the single league fixture?

- A. 45 B. 35 C. 25 D. 15

Q29. How many byes will be given if there are 17 teams in the knock-out tournament?

- A. 11 B. 13 C. 15 D. 17

Q30. Paschimottasana is used for curing which of the following deformities?

- A. Kyphosis. B. Lordosis. C. Knock knees. D. Bow legs.

Q31. Match the following.

List I.

- A. Vitamin A.
B. Vitamin D.
C. Vitamin E.
D. Vitamin K.





List II

1. Weakness in muscles.
2. Anaemia.
3. Night Blindness.
4. Rickets.

CODES

A	B	C	D
A. 1	3	4	2
B. 3	2	4	1
C. 3	4	1	2
D. 4	3	2	1





Q32. Match the following.

A.		1. Upper body flexibility
B.		2. Lower body strength
C.		3. Upper body strength
D.		4. Lower body flexibility

CODES

A	B	C	D
A. 4	3	1	2
B. 3	4	2	1
C. 1	2	3	4
D. 2	1	4	3

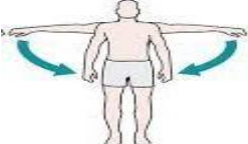



Q33. Match the following.

A. Lordosis	1.	
B. kyphosis	2.	
C. Flat foot	3.	
D. Knock -knees	4.	

CODES

	A	B	C D
A	1	2	4 3
B	2	1	3 4
C	4	3	2 1
D	3	4	1 2

Q34. Match the following.

A. 	1. Planter flexion
B. 	2. Rotation
C. 	3. Adduction
D. 	4. Flexion

CODES

	A	B	C D
A	3	2	4 1
B	2	3	1 4
C	4	1	2 3
D	1	4	3 2

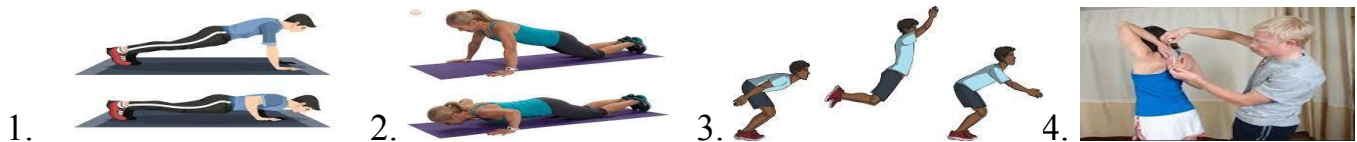
Q35. Which statement is not true about fats?

- A. It is helpful in the regulation of body temperature.
- B. It is helpful in making the body soft and smooth.
- C. It protects the body from extreme effects of hot and cold climates.
- D. It is considered poorer than carbohydrates.

Q36. How many rounds will be played if the number of teams are nine in the single league cycle league fixture?

- A. 9
- B. 8
- C. 7
- D. 6

Q37. Identify the odd one.



Q38. Given below are the two statements labelled as assertion (A) and reason (R).

A. Assertion (A) Traditional conventional or common misconception about good are food myths.

B. Reason (R). People believe in these myths as they are followed by generations.

- A. Both A and R are true and R is not the correct explanation of A.
- B. A is true, but R is false.
- C. A is false, but R is true.
- D. Both A and R are true but R is the correct explanation of A.

Q39. Given below are the two statements labelled as assertion (A) and reason (R).

A. Assertion (A) in India women's participation in sports is quite less.

B. Reason (R) Indian society still does promote or accept women participation in sports.

- A. Both A and R are true and R is not the correct explanation of A.
- B. A is true, but R is false.
- C. Both A and R are true but R is the correct explanation of A.
- D. A is false, but R is true.

Q40. Identify the movement.



- A. Dorsiflexion.
- B. Extension.
- C. Abduction.
- D. Adduction.

Q41. What will be the fitness index score of a boy if the test duration was 300 seconds and the pulse count (1 min -1.5 min) was 70.

- A. 77.92
- B. 87.29
- C. 77.29
- D. 87.92

Q42. Match the following.

- a) 13 teams in knockout.
- b) 10 teams in league.
- c) 17 teams in knockout.
- d) 11 teams in league.
- i. 55 matches will be played.
- ii. 16 matches will be played.
- iii. 9 rounds will be played.
- iv. 3 byes will be given.

- A. a-iv, b-iii, c-ii, d-i
- B. a-iii, b-iv, c-i, d-ii

C. a-i, b-iii, c-ii, d-iv

D. a-ii, b-i, c-iv, d-iii

Q43. Match the following vitamin with disease caused due to their deficiency.

- A. Energy yielding
- B. Body building
- C. Protective
- D. Fiber

- 1. Carbohydrates.
- 2. Vitamins.
- 3. Cellulose.
- 4. Proteins.

CODES

A	B	C	D
A. 1	4	2	3
B. 4	1	2	3
C. 4	1	3	2
D. 1	2	3	4

Q44. In cricket, the greater the force entered by the bat on the ball, the higher is the speed with which the ball moves toward the boundary. This is an application of which law of motion given by Newton?

- A. First law.
- B. Second law.
- C. Third law.
- D. None of these.

Q45. Given below are the two statements labelled as assertion (A) and reason (R).

- A. Assertion (A) biomechanics aims to achieve performance enhancement in sports.
- B. Reason (R) qualitative analysis helps in technique improvement and injury prevention.

- A. Both A and R are true and R is not the correct explanation of A.
- B. Both A and R are true but R is the correct explanation of A.
- C. A is true, but R is false.
- D. A is false, but R is true.

Q46. Identify which one of these is not the objective of planning?

- A. To enhance sports performance.
- B. To reduce unnecessary pressure.
- C. To maintain a good control.
- D. To reduce the efficiency.

Q47. Identify the test for which this pattern is followed?



- A. Partial curl up.
- B. Modified push ups.
- C. Sit and rich.
- D. Shuttle run.

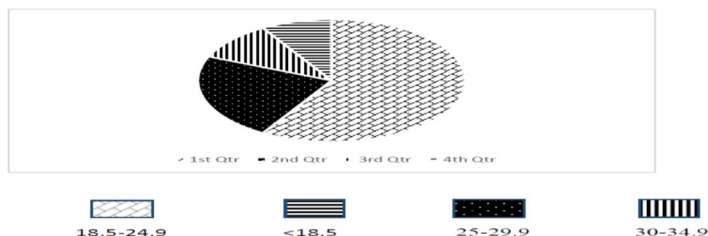
Q48. Calculate the BMI of a boy and identify the category if his weight is 75 kg and height is 180 cm.

- A. Normal weight.
- B. Under weight.
- C. Overweight.
- D. Obesity class 1.

SECTION C (CASE STUDIES)

Section–A consists of 12 questions. Attempt any 10 questions from this section. The first attempted 10 questions would be evaluated.

Q49. Below given is the BMI data of a school health check-up.



In which category does the major student population fall ?

- A. Obese. B. Underweight. C. Normal weight. D. Overweight.

Q50. Your grandmother feels that she has reduced her efficiency in doing some activities and therefore she wants to test herself. You suggested her to do an activity.



The test shown in the picture is performed to assess which component?

- A. Flexibility. B. Agility. C. Endurance. D. Speed.

Q51. Physical education teacher of DAV school was teaching the students about Newton laws of motion. While explaining to the students this picture and tried to explain how there is a difference in the motion.



Can you name the law?

- A. Law of inertia. B. Law of acceleration.
C. Law of reaction. D. None of these.

Q52. Deepak is a student of class XII and he was the vital player of the basketball team. He showed the best performance in the school state under 19 tournament and was selected for the national camp. But he was facing the problem of being overweight. Which diet component the coach has advised Deepak to decrease the weight.

- C. Carbohydrates. B. Fats. C. Vitamins. D. Proteins.

Q53. Your school has been given the responsibility to contact zonal basketball competition for girls. The total number of teams of girls` teams were 7 and the competition has been organised in 2 days. The fixture was drawn according to cyclic method.

How many matches will be there if the number of teams are 7 in cyclic method?

- A. 11 B. 21 C. 07 D. 14

Q54. Anand is a student of class XI and is suffering from Kyphosis. During summer camp yoga season, he was advised to do back bending related asanas for curing it.

The yoga instructor of the school has asked him to perform:

- A. Tadasana. B. Bhujangasana. C. Paschimottanasana. D. Halasana.

Q55. Pratibha is a student of class VI and is suffering from knock knee. During a recent medical at school she was advised to practice yoga and other sports activities for curing this.

The yoga in structure of the school advise her to perform:

- A. Trikonasana. B. Savasana. C. Padmasana. D. Bhujangasana.

Q56. Utpal is the coach of a school. He wanted to select the students for different games according to their physical ability. Therefore, he decided to check the physical ability of the students. Which test will Utpal conduct to check the agility of students:

- A. Shuttle run. B. Standing broad jump.
C. Partial curl up. D. Sit and reach test.

Q57. In equestrian Sports, when the horse comes to rest, then the rider bends forward to avoid falling. Riders bending forward can be related to which Law of Newton?

- A. First B. Second C. Third D. Fourth.

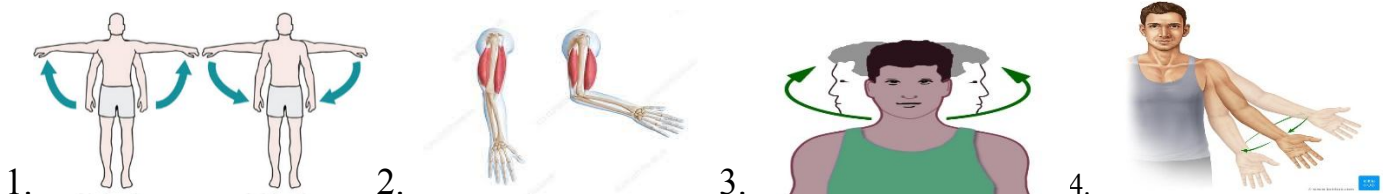
Q58 The sports teacher observed that Sagarika, a student of class IX has a sideward curve of the vertebral column. He suggested some exercises to rectify this problem.

This deformity is known as:



- A. Scoliosis. B. Kyphosis. C. Lordosis. D. Flat foot.

Q59. The sports teacher Sujit was demonstrating various kinds of movements of sports. Students got to understand so many things regarding biomechanical aspect of games and sports.



Adduction and abduction come under which movement?

- A. Gliding B. Angular C. Rotation D. Circumduction

Q60. In a table tennis competition, there were 8 teams A to H. In the first round, 4 teams tossing the matches and were out of the event.

What type of tournament is it?

- A. Round Robin tournament. B. Knock out tournament.
C. Combination tournament. D. Challenge tournament.

***** ALL THE BEST *****