



Delhi Public School, Howrah

PERIODIC TEST - II (2025-2026)

Care must be taken not to write anything on the question paper. All the questions must be attempted in the correct sequence.

SUBJECT: PHYSICAL EDUCATION (048)

Time: 3 Hours

Class- XII

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. There is internal choice available.
- 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

(All questions are compulsory)

Answer the following by choosing the most appropriate options:

1.



These two asanas could be performed to rectify which postural deformity?

- a. Flatfoot b. Scoliosis c. Knock-knees d. Bow legs

2. Match the international sporting events with founders and select the correct answer from the code given below:

	International Sporting Event		Founder
i.	Deaflympic	1	Guttman
ii.	Modern Olympic	2	Eugène Rubens-Alcais
iii.	Paralympic	3	Eunice Kennedy Shriver
iv.	Special Olympic	4	Coubertin

CODE				
	i	ii	iii	iv
a.	2	4	3	1
b.	2	4	1	3
c.	4	1	3	2
d.	1	4	2	3

3. The formula to divide an odd number of teams into the upper half of a knockout fixture is _____.

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

4. In which method, no bye is given?
 a. Staircase b. League c. Round Robin d. Combination

5. Given below are two statements labelled as Assertion (A) and Reason(R).

Assertion (A): We can prevent ourselves from postural deformities by corrective measures up to a certain age.

Reason(R): During childhood our joints and muscles are flexible.

- 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. Both (A) and (R) are false.
6. _____ is not a symptom of diabetes.
 a. Weight gain b. Blurred vision c. Numbness d. Tiredness
7. Which yoga pose provides the best stretch for the front of the upper torso?
 a. Tadasana b. Ardha-Chakrasana c. Pawanmuktasana d. Vajrasana
8. Special Olympic Bharat was registered in the year _____.
 a. 1995 b. 2001 c. 2005 d. 2020

9. Given below are two statements labelled as Statement (I) and Statement (II).

Statement (I): Iodine is essential for proper thyroid function and its deficiency causes goiter.

Statement (II): Best sources of Iodine are sea-food and salt, which also reduce the chance of thyroid related deficiencies.

- a. Both statements I and II are correct and II explains I.
 b. Both statements I and II are correct and II does not explain I.
 c. Statement I is true and statement II is false.
 d. Both statements I and II are false.
10. The Basal Metabolic Rate (BMR) refers to the amount of energy your body needs to maintain _____ essential process.
 a. Homeostasis b. Water level c. Energy d. Calcium
11. Through SAI Khelo India fitness test, which component you can't measure?
 a. Agility b. Stability c. Speed d. Flexibility
12. Match the vitamins with the diseases and select the correct answer from the code given below:

	Vitamin		Disease
i.	Vitamin A	1	Pyorrhea
ii.	Vitamin B	2	Rickets
iii.	Vitamin C	3	Beriberi
iv.	Vitamin D	4	Night Blindness

CODE				
	i	ii	iii	iv
a.	2	4	3	1
b.	1	2	4	3
c.	4	3	1	2
d.	3	1	2	4

13. The _____ fibers produce more force as they can contract faster.
 a. Food b. Slow twitch c. Muscle d. Fast twitch
14. Identify the physiological factors that determine strength -
 a. Explosive strength b. Flexibility c. Muscle Composition d. Aerobic capacity
15. There are total _____ number of muscles in our body.
 a. 206 b. 210 c. 645 d. 650
16. Acceleration of an object will increase as the net force increases depending on its _____.
 a. Density b. Mass c. Shape d. Volume
17. Archery and shooting are the example of _____ equilibrium.
 a. Static b. Dynamic c. Neutral d. All of these
18. A projectile follows _____ path.
 a. Rotation b. Variation c. Parabola d. Trajectory

SECTION: B

(Attempt any 5 questions)

19. What are the corresponding vitamin designations for Riboflavin and Cobalamin? 2
20. Enumerate the names of four motor stunts evaluated in the "Johnson and Metheny test of Motor Education". 2
21. Explain the key physiological changes that take place in various body systems as a result of the natural aging process in humans. 2
22. As an athlete, understanding how to control momentum and minimize friction is essential for enhancing performance. Explain four effective methods by which an individual can reduce friction during sports activities. 2
23. Describe the step-by-step procedure for performing Pavanmuktasana. 2
24. State the objectives that intramural tournaments aim to achieve. 2

SECTION: C

(Attempt any 5 questions)

25. Imagine you are a qualified sports nutritionist. One day, a professional athlete visits you for a consultation to assess and improve his daily nutrition plan. After carefully evaluating his lifestyle and dietary habits, you discover that he has a significant deficiency in carbohydrate intake, which could impact his performance and overall health. As a nutritionist, explain the following:
- a) Four key functions of carbohydrates in the human body, particularly for athletes.
 - b) Two good dietary sources of carbohydrates that you would recommend to help correct this deficiency.
- Ensure your explanation highlights the importance of carbohydrates in supporting athletic performance and maintaining energy levels. (2+1) = 3
26. The Sports Authority of India (SAI), under the Khelo India initiative, has developed a structured fitness assessment system tailored to different age groups to evaluate and promote physical fitness among students. Based on the age groups, identify the test batteries designed under the SAI Khelo India Fitness Assessment. 3
27. After performing regular exercise, noticeable changes can be observed in the muscular system. As a Physical Education student, how would you differentiate between the short-term and long-term effects of exercise on the muscular system? 3
28. Stability is a crucial concept in physical education and biomechanics. Identify and explain the guiding principles that are used to determine the degree of stability. 3
29. The Female Athlete Triad is a serious health concern commonly observed in physically active and competitive female athletes. Define the Female Athlete Triad and explain its three interrelated components. 3
30. To ensure fair and competitive participation, the Paralympic Games classify athletes based on specific types of physical impairments. There are eight officially recognized categories of physical impairments used in this classification system. Select and explain any six of these physical impairments. In your explanation, describe the nature of each impairment and how it may impact an athlete's ability to perform in various sports. 3

SECTION: D

Read the text carefully and answer the following questions:

31. A fracture is a break or crack in a bone, often caused by trauma like a fall or accident, though repetitive motions or weakened bones can also lead to fractures. Symptoms typically include pain, swelling, bruising, and tenderness. Treatment involves immobilizing the bone with a cast or splint to allow healing, with more severe cases requiring surgery using pins, screws, or plates.

4

- a. _____ is the fracture in a young, soft bone, in which the bone bends.
- i. Stress fracture ii. Transverse iii. Greenstick iv. Comminuted
- b. _____ is the fracture in which a bone is broken, splinted, or crushed into number of pieces.
- i. Greenstick ii. Comminuted iii. Oblique iv. Transverse
- c. _____ fracture is when there is a straight break right across a bone.
- i. Impacted ii. Oblique iii. Comminuted iv. Transverse
- d. _____ fracture is one in which the bone breaks diagonally.
- i. Oblique ii. Impacted iii. Transverse iv. Stress fracture

32. The lever is a type of machine. It is the human body's mechanism for movement, and although it may be viewed as a part of the skeletal system, the role of the muscles in supplying the necessary force for lever action should be kept in mind. The bony levers will be less stationary until they are moved by the muscles, which are motionless until the nervous system stimulates them.

4

- When throwing a ball fulcrum will be _____.
i. Elbow ii. Triceps iii. Arm / Ball iv. Finger
- At the time of doing V-sit-up effort will come from _____.
i. Hip joint ii. Lower body iii. Abdomen iv. Legs
- In straight Push-ups, load will be _____.
i. Hand ii. Body weight iii. Fingers iv. Hip joint
- During flexion at the elbow, biceps will be considered as _____.
i. Fulcrum ii. Effort iii. Load iv. None of these

33. Based on the picture given below, answer the following questions.



Scenario:

A knockout tournament is to be organized with a total of 23 teams.

1X4 = 4

- Total numbers of byes will be _____.
i. 8 ii. 9 iii. 11 iv. 7
- 7th bye will be given to _____ number team.
i. 12 ii. 13 iii. 14 iv. 15
- 8th bye will be given to _____ number team.
i. 11 ii. 8 iii. 19 iv. 7
- 6th bye will be given to _____ number team.
i. 2 ii. 3 iii. 12 iv. 13

SECTION: E **(Attempt any 3 questions)**

34. As an athlete, it is important to understand the relationship between nutrition and performance. Despite this, many common food myths persist among the general population. Identify and explain some of the prevalent food myths related to sports nutrition.

5

35. Fitness tests are not only conducted for athletes but also designed to assess the physical health of senior citizens. Explain the various test items included in the Rikli & Jones Senior Citizen Fitness Test (SFT).

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36. As a coach, possessing a thorough understanding of soft tissue injuries is crucial for effective athlete management. Identify five common soft tissue injuries, and provide a detailed explanation of their causes and appropriate treatment methods.

5

37. Understanding Newton's laws of motion is essential for analyzing movement and performance in sports. As a student of Physical Education, explain each of Newton's three laws of motion and critically discuss their relevance and application in various sporting contexts.

5