Delhi Public School, Howrah

PERIODIC TEST - III (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._____ is a macro mineral.

A. Iodine B. Magnesium C. Iron D. Copper

2. Match the asana with lifestyle disease and select the correct answer from the code given below:

	Asana		**Lifestyle Disease**
i.	Garudasana	1	Round Shoulder
ii.	Gomukhasana	2	Lordosis
iii.	Chakrasana	3	Bow legs
iv.	Naukasana	4	Knock knees

CODE				
	i	**ii**	**iii**	**iv**
A.	3	4	1	2
B.	1	3	4	2
C.	4	2	1	3
D.	2	3	4	1

3. The amount of oxygen which can be absorbed and consumed by the working muscles from the blood is called _____.

A. Oxygen Uptake B. Oxygen Intake C. Oxygen Transport D. Vital Capacity

4. Take-off in long jump is an example of _____.

A. Explosive strength B. Maximum strength C. Strength endurance D. Static Strength

5. One gram of carbohydrate contains _____ calories.

A. 2 B. 3 C. 4 D. 5

6. The disorder diabetes is related to which gland?

A. Endocrine B. Pituitary C. Pancreas D. Hypothalamus

7. Kyphosis is also known as _____.

A. Hallow Back B. Hunch Back C. Curve Back D. None of these

8. Traits like sadness, mood swings and emotional instability are related with _____.

A. Extroversion B. Agreeableness C. Conscientiousness D. Neuroticism

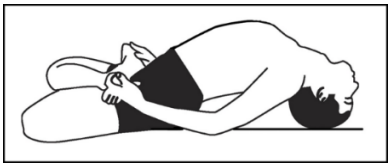
9. Given below are two statements labelled as Statement (I) and Statement (II).

Statement (I): Scurvy is caused due to the deficiency of Vitamin C.

Statement (II): The disease sets in when the diet does not include fresh vegetables and fruits for a long time.

A. Both (I) and (II) are true and (II) is the correct explanation of (A).
B. Both (I) and (II) are true, but (II) is not the correct explanation of (A).
C. (I) is true, but (II) is false.
D. Both (I) and (II) are false.

10. Identify the asana.



A. Supta Vajrasasna B. Matsyasana C. Matsyendrasana D. Dhanurasana

11. If the menstruation cycle does not begin at puberty, the condition is called _____.

A. Primary Amenorrhea B. Secondary Amenorrhea C. Oligomenorrhea D. Dysmenorrhea

12. Match the disorder with the definition and select the correct answer from the code given below:

	Test Batteries		**Measured Fitness**
i.	Plate Tapping Test	1	Upper body strength endurance of boys
ii.	Push-up	2	Speed and coordination of limb movement
iii.	Partial curl up	3	Upper body strength endurance of girls
iv.	Modified push-up	4	Abdominal strength

CODE				
	i	**ii**	**iii**	**iv**
A.	2	1	4	3
B.	2	3	1	4
C.	1	3	2	4
D.	2	3	4	1

13. The ability to tolerate higher concentration of _____ can help in improving endurance performance.

A. Lactic Acid B. Hydrochloric Acid C. Acetic Acid D. Sulphuric Acid

14. _____ number of total matches will be played in a knock-out fixture of 19 teams.

A. 18 B. 17 C. 20 D. 16

15. Slow twitch fibres are _____ in colour.

A. White B. Red C. Transparent D. Brown

16. Given below are two statements labelled as Assertion (A) and Reason(R). Choose one of the correct alternatives given below:

Assertion (A): Ability of a player to perceive the rhythm of a movement is essential to perform sports skill.

Reason(R): Rhythm ability is one of the important type of coordinative ability.

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.

17. _____ is the formula to determine number of matches in double league fixture for even number of teams.

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

18. The Paralympic movement was started by _____.

A. Sir Ludwing Guttmann B. Stoke Mandeville C. J. R. Sherman D. J.F. Williams

SECTION: B

(Attempt any 5 questions)

19. Differentiate between intramural and extramural competitions on the basis of participants and scope. 2

20. Why Vajrasana and Vakrasana are considered as separate yogic postures? Explain on the basis of their technique and benefits. 2

21. Name the fat-soluble vitamins and mention one major function of each. 2

22. Draw labeled diagrams of first, second and third class levers. 2

23. Explain intrinsic and extrinsic motivation and illustrate each with a relevant example. 2
24. List any four types of coordinative abilities and give one example of how each is used in sports. 2

SECTION: C

(Attempt any 5 questions)

25. Identify six types of postural deformities and mention their main features. 3
26. During the Paralympic Games, athletes with different types of physical and intellectual impairments compete in various sports. To ensure fair competition, athletes are classified based on the type and severity of their impairment. Based on the above scenario, classify any six types of impairments or classification processes used in the Paralympics and give a short description of it**.** 3
27. Victor decided to follow a strict fad diet he saw online to lose weight quickly. After a few weeks, he felt weak, tired, and noticed hair fall. Identify the potential pitfalls of such dieting and suggest how he could avoid them. 3
28. Explain how the respiratory system and cardiovascular system work together to deliver oxygen to body tissues and remove carbon dioxide. Analyze why a problem in one system affects the other. 3
29. During a sprint, an athlete pushes hard against the ground to accelerate. Using Newton's second law (F = ma), explain how the force applied affects acceleration. Analyze what would happen if the athlete carries extra weight while sprinting. 3
30. A fitness trainer asks three different athletes to perform exercises: one is lifting dumbbells repeatedly, another is holding a plank position, and the third is using a machine that provides constant resistance throughout a joint movement. Identify which athlete is performing an isotonic, isometric, and isokinetic exercise, and define each type of exercise. 3

SECTION: D

31. A local panchayat launches a Community Sports Initiative to promote physical fitness and social well-being among residents of all age groups. They renovate the village playground, introduce morning walk sessions for senior citizens, create weekend sports clubs for youth, and form women's groups for activities like road race and run for fun. The sports volunteers conduct awareness drives about the importance of regular exercise and organize monthly friendly matches to encourage participation. Within a few months, the community notices reduced stress levels, improved social interaction, and increased participation in physical activity. The panchayat now plans to add more inclusive programs to involve differently-abled individuals as well. 4

i. Conducting awareness drives about regular exercise helps the community primarily by:
   A) Selecting top athletes B) Increasing sports infrastructure costs
   C) Educating people on health benefits and participation D) Reducing the need for physical activity
ii. Which group benefits the most from weekend sports clubs in the community?
   A) Senior citizens B) Youth and adolescents
   C) Professional athletes D) Sports coaches
iii. Community sports programs mainly aim to:
   A) Train athletes for international competitions B) Promote fitness, recreation, and social cohesion
   C) Generate revenue through sports events D) Replace school sports programs
iv. Involving women in sports activities promotes:
   A) Gender equality and empowerment B) High-level competition only
   C) Profit generation D) Reduced community participation

32. During a national-level basketball tournament, Loretta, a star player, started performing poorly under high-pressure situations. He became anxious before matches, had trouble concentrating, and overthought simple plays. His coach noticed this and introduced psychological strategies including relaxation techniques, visualization, self-talk, and goal-setting to improve his mental state and performance.

4

i. Which psychological factor primarily affects Loretta's performance in high-pressure situations?
   A) Aggression B) Arousal C) Team coordination D) Physical fitness
ii. Visualization or mental imagery helps athletes to:
   A) Know the game plan B) Mentally rehearse and improve skill execution
   C) Increase physical strength D) Distract from audience

iii. Goal-setting in sports psychology helps athletes to _____.

A) know the goal position in the penalty area B) set clear targets, track progress, and stay motivated

C) only focus on winning D) reduce tension

iv. Why is sports psychology important for elite athletes like Loretta?

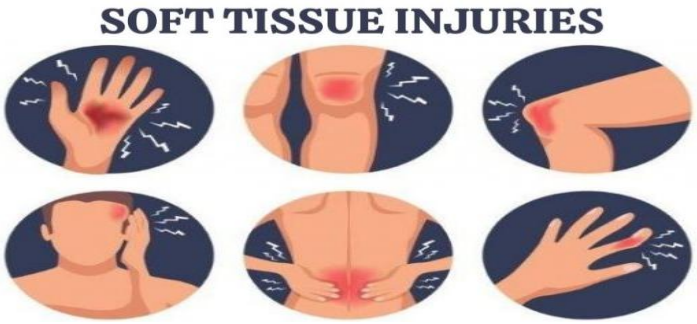
A) It replaces physical training

B) It helps in managing stress, improving focus, confidence, and overall performance

C) It is only for injured players

D) It guarantees winning every match

33.



Scenario: During a volleyball match, Meera landed awkwardly after a jump and felt sharp pain in her wrist. Her wrist became red, swollen, and she found it difficult to move it. The doctor advised her to apply ice.

4

i. What type of soft tissue injury is Meera most likely suffering from?

A) Sprain B) Strain C) Contusion D) Fracture

ii. Identify the name of the tissue which is primarily affected here?

A) Ligament B) Muscle or tendon C) Bone D) Cartilage

iii. _____ is the most appropriate immediate care?

A) Massage the wrist B) Apply RICE

C) Apply heat directly D) Start strength training immediately

iv. Which is a common long-term complication if soft tissue injuries are not treated properly?

A) Joint instability B) Tooth decay C) Hair loss D) Eye strain

SECTION: E

(Attempt any 3 questions)

34. The local community is organizing its annual Summer Sports Festival, and this year seven neighbourhood teams have signed up for the round-robin tournament. As the event coordinator, you want every team to face each other exactly once, with no team sitting idle for too long. To do this efficiently, you've decided to use the cyclic (circle) scheduling method. How can you generate a complete round-robin fixture for all 7 teams using the cyclic method? 5

35. Mrs. Kavita, a 42-year-old office worker, visits your yoga therapy clinic complaining of persistent stiffness in her back and shoulders, along with mild digestive discomfort due to her sedentary lifestyle. She says she has recently started practicing basic yoga and wants to cure her problems. As her yoga instructor, you decide to teach her Halasana (Plough Pose). Explain the complete procedure of performing Halasana for this patient. Also describe its benefits and contraindications. Support your answer with a labelled diagram of the posture. (2+1+1+1) = 5

36. A) Mr. Sharma, a retired school teacher, visits a community fitness center to check his current physical fitness level. The instructor decides to evaluate him using the Rikli & Jones Senior Fitness Test, which is specifically designed to assess functional fitness in older adults. As a student of physical education, list all the test items included in the Rikli & Jones test battery that the instructor would use to assess Mr. Sharma's fitness.

B) As a PE student, explain the complete procedure of administering the Harvard Step Test and describe how the fitness index is calculated. (2+3) = 5

37. Rohan, a talented 17-year-old badminton player, has been performing well in practice but struggles during major tournaments. His coach notices that he loses focus easily, becomes anxious before matches, and lacks confidence when facing tough opponents. As a sports psychology student, identify and explain the key psychological attributes in sports that Rohan needs to develop to improve his competitive performance. 5