

**PRACTICE PAPER 1**  
**Class XII (2025-26)**  
**PHYSICAL EDUCATION (048)**

**TIME: 3 hrs**

**M.M: 70**

**General Instructions:**

1. The question paper consists of 5 sections and 37 questions.
2. Section A consists of questions 1-18, carrying 1 mark each and are multiple choice questions. All questions are compulsory.
3. Section B consists of questions 19-24, carrying 2 marks each. Answers should not exceed 60-90 words. Attempt any 5.
4. Section C consists of questions 25-30, carrying 3 marks each. Answers should not exceed 100-150 words. Attempt any 5.
5. Section D consists of questions 31-33, carrying 4 marks each and are case studies. There is an internal choice available.
6. Section E consists of questions 34-37, carrying 5 marks each, and are long answer type. Answers should not exceed 200-300 words. Attempt any 3.

**SECTION–A**

1. An abrasion is an injury to the:

- (a) Skin (b) Joint  
(c) Bone (d) Ligament

2. Read the following statements labelled **Assertion (A)** and **Reason (R)**. Choose one of the correct alternatives given below:

**Assertion (A):** Fat is one of the three macronutrients in the human diet.

**Reason (R):** Fat is necessary for the absorption of Vitamin C.

In the context of the above two statements, which one of the following is correct?

- (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:

Column I	Column II
(a) Vitamin C	(i) Energy
(b) Vitamin D	(ii) Blood Clotting
(c) Vitamin K	(iii) Scurvy
(d) Vitamin B	(iv) Rickets

- I. (a) (iv), (b) (iii), (c) (ii), (d) (i)  
II. (a) (i), (b) (ii), (c) (iii), (d) (iv)  
III. (a) (iv), (b) (iii), (c) (i), (d) (ii)  
IV. (a) (iii), (b) (iv), (c) (ii), (d) (i)

4. What are the three macronutrients vital to human nutrition?

- (a) Proteins, fat, carbohydrates (b) Fats, water, fibre  
(c) Proteins, carbohydrates, vitamins (d) Minerals, vitamins and fat

5. Identify the injury shown below.



- |                 |               |
|-----------------|---------------|
| (a) Fracture    | (b) Sprain    |
| (c) Dislocation | (d) Contusion |
6. Which yoga asana is also called the 'Tree Pose'?
- |               |                 |
|---------------|-----------------|
| (a) Tadasana  | (b) Gomukhasana |
| (c) Vakrasana | (d) Vajrasana   |
7. Which committee selects umpires, referees, timekeepers, etc., in a tournament?
- |                          |                         |
|--------------------------|-------------------------|
| (a) Organising Committee | (b) Transport Committee |
| (c) Officials Committee  | (d) Ceremony Committee  |
8. Seedings ranks players based on:
- |            |                      |
|------------|----------------------|
| (a) Age    | (b) Height           |
| (c) Gender | (d) Past performance |
9. Find the odd one out.
- |                 |               |
|-----------------|---------------|
| (a) Knock knees | (b) Scoliosis |
| (c) Kyphosis    | (d) Lordosis  |
10. Special needs children do not include:
- |                             |                       |
|-----------------------------|-----------------------|
| (a) Intellectual Disability | (b) Short Height      |
| (c) Cerebral Palsy          | (d) Speech Impairment |
11. Delayed onset muscle cramps are caused by:
- |                                 |                                  |
|---------------------------------|----------------------------------|
| (a) Accumulation of lactic acid | (b) Increased blood supply       |
| (c) Muscular hypertrophy        | (d) Increased muscle temperature |
12. Which of these is not recommended as first aid in case of a sports injury?
- |          |               |
|----------|---------------|
| (a) Rest | (b) Ice       |
| (c) Heat | (d) Elevation |
13. Which of the following describes a sanguine personality?
- |                |                 |
|----------------|-----------------|
| (a) Slow       | (b) Pessimistic |
| (c) Optimistic | (d) Irritable   |
14. Which of the following is NOT a seated yogasana?
- |                |                    |
|----------------|--------------------|
| (a) Vakrasana  | (b) Ardhamakrasana |
| (c) Matsyasana | (d) Gomukhasana    |
15. To participate in Deaflympics, the minimum age must be:
- |       |        |       |        |
|-------|--------|-------|--------|
| (a) 6 | (b) 10 | (c) 8 | (d) 12 |
|-------|--------|-------|--------|

**16. Assertion (A):** Aggression in sports can be either hostile or instrumental.

**Reason (R):** Hostile aggression aims to hurt and injure an opponent during the game to damage and destroy. In the context of the above two statements, which one of the following is correct?

- (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.

**17.** The psychological attributes in sports do not include

- (a) Self-esteem
- (b) Boasting
- (c) Mental imagery
- (d) Goal setting

**18.** Which of the following is mostly found in bones and teeth?

- (a) Sodium
- (b) Potassium
- (c) Calcium
- (d) Sulphur

### SECTION B

**19.** Enumerate the eight different branches of modern yoga.

**Ans.** The eight different branches of yoga are Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.

**20.** What are the non-nutritive and nutritive components of a diet? Why is the non-nutritive component important?

**Ans.** Nutritive components of diet are fats, carbohydrates and proteins, while the non-nutritive components include fibre, water and Phyto nutrients. Non-nutritive components do not provide calories but are essential for cleansing, transporting and providing plant-based nutrients in our food.

**21.** What is food intolerance?

**Ans.** Food intolerance, also known as food sensitivity, occurs when a person has difficulty digesting a particular type of food. Examples include lactose intolerance (milk), gluten intolerance (wheat), intolerance to caffeine in tea and coffee, or intolerance to artificial flavouring in food. Signs include bloating, headaches, cough, etc.

**22.** Enlist any four types of soft tissue injuries.

**Ans.** These include sprains, abrasions, contusions and lacerations.

**23.** Write a short note on the importance of a pre-competition meal in sports.

**Ans.** A well-balanced meal before a competition provides necessary energy, vitamins and minerals. The meal should provide enough calories to supply energy during the competition, while also ensuring adequate hydration. Pre-competition meals should provide energy, prevent fatigue and decrease hunger pains and dehydration.

**24.** What are the suggested SAI Khelo India fitness tests for 5-8 years of age?

**Ans.** For those between 5 and 8, the recommended tests are BMI, Flamingo Balance Test and the Plate Tapping Test.

### SECTION C

**25.** What is circuit training? Elaborate on any one method.

**Ans:** Circuit training is a form of body conditioning or endurance training using high intensity. While there are many types, a common type is strength circuit training, where the focus is on strength-centric, weight-bearing exercises. This is achieved through free-weight, machine-based or body-weight exercises. These can also be mixed.

26. What are levers? What are the three different types? Elaborate on any one of them.

**Ans.** A lever is a rigid bar that moves on a fixed point called a fulcrum. Depending upon the placement of the fulcrum, levers are first class, second class or third class. For example, a first-class lever is one where the fulcrum is located at the midpoint of the load and the effort is applied at the fulcrum. This is illustrated in the action for heading a ball in a football game, where the neck muscles provide effort with the weight of the head serving as the load and the neck being the fulcrum.

27. Explain strategies to make physical activities accessible to CWSN.

**Ans.** CWSN need special planning to create adaptive physical education. The strategies include regular health checks and assessment, specified individual needs to be cared for, specialised equipment like bright colours for the visually impaired, an altered playing environment, different rules, specialised educators and enhanced safety supervision at all times.

28. Briefly discuss the importance of various macronutrients in human diet.

**Ans.** The three macronutrients in human diet are proteins, fats and carbohydrates. While proteins are the building blocks of the body, helping to develop muscles and various hormones, fats are essential for absorbing fat-soluble vitamins, providing long-term energy and protecting internal organs. Carbohydrates are responsible for immediate energy needs and maintain steady body sugar levels.

29. What is exercise adherence? What are the reasons to exercise?

**Ans.** Exercise adherence is the ability to maintain any exercise program for an extended period of time. A healthy body leads to a healthy mind. It facilitates healthier ageing, better sleep, increased energy, diminished stress and self-discipline.

30. Describe personality. Briefly explain its dimensions.

**Ans.** Personality is a combination of qualities and characteristics that form an individual's distinctive character. The dimensions of personality include physical, which focuses on aspects such as appearance, build and height. The second dimension is mental, which includes agility of the mind and its impact. The third dimension is social, which reflects in our behaviour towards others, as well as social norms, customs and traditions. The last dimension is emotional, which teaches us to control anger, fear and anxiety.

## SECTION D

31. Read the following text carefully and answer the questions that follow:

Sports competitions are time-consuming, expensive and need proper planning as well as a good team. While many types of tournament fixtures exist, we need to keep it practical to match the organisers' capabilities.

(i) The fastest method to wrap up a tournament is:

- |                                |                     |
|--------------------------------|---------------------|
| (a) Random method              | (b) Knockout method |
| (c) League-cum-knockout method | (d) League method   |

(ii) The number of matches is always

- |                                       |                                           |
|---------------------------------------|-------------------------------------------|
| (a) One more than the number of teams | (b) One less than the number of the teams |
| (c) Equal to the number of teams      | (d) Double the number of teams            |

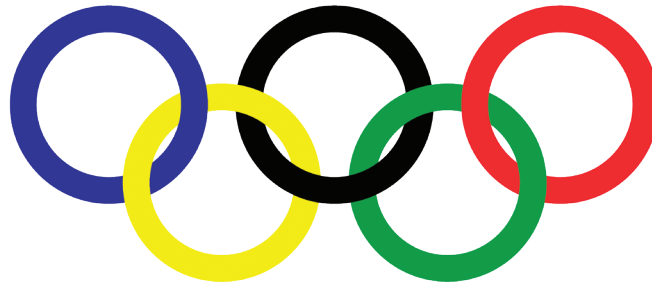
(iii) What is the advantage of this tournament?

- (a) More matches are played
- (b) A smaller number of teams can participate
- (c) The knock-out tournament takes less time and is economical
- (d) All teams play an equal number of matches

(iv) What is the term used if privilege is given to a team to play at a higher round?

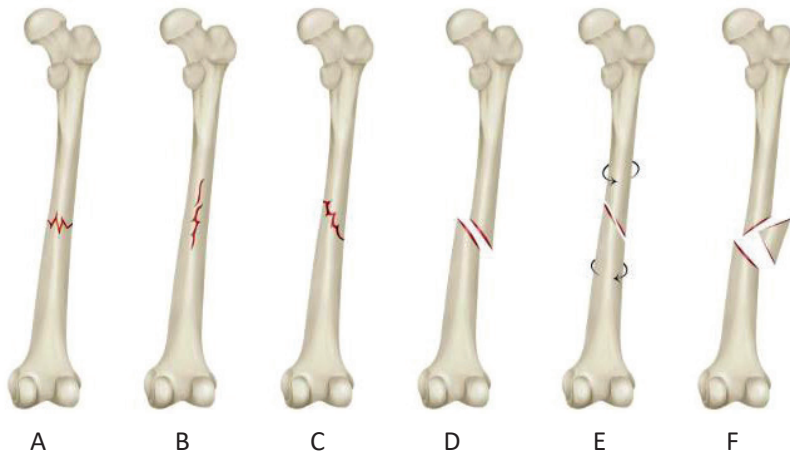
- |         |          |                   |                  |
|---------|----------|-------------------|------------------|
| (a) Bye | (b) Draw | (c) Super seeding | (d) Any of these |
|---------|----------|-------------------|------------------|

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



- (i) Identify the logo.
- |                 |                             |
|-----------------|-----------------------------|
| (a) Olympics    | (b) Paralympics             |
| (c) Deaflympics | (d) Special Olympics Bharat |
- (ii) What do the five circles signify?
- |                    |           |              |                 |
|--------------------|-----------|--------------|-----------------|
| (a) The continents | (b) Unity | (c) Strength | (d) Multi-event |
|--------------------|-----------|--------------|-----------------|
- (iii) In which city was it held in 2024?
- |            |            |               |           |
|------------|------------|---------------|-----------|
| (a) London | (b) Madrid | (c) New Delhi | (d) Paris |
|------------|------------|---------------|-----------|
- (iv) What colours are not included in the logo?
- |            |         |            |           |
|------------|---------|------------|-----------|
| (a) Purple | (b) Red | (c) Yellow | (d) Green |
|------------|---------|------------|-----------|

33. In relation to the given pictures, answer the following questions:



- (i) When the two ends of the injured bone enter each other, it is said to be:
- |                         |                         |
|-------------------------|-------------------------|
| (a) Comminuted Fracture | (b) Greenstick Fracture |
| (c) Impacted Fracture   | (d) Transverse Fracture |
- (ii) \_\_\_\_\_ is a comminuted fracture.
- |       |       |       |       |
|-------|-------|-------|-------|
| (a) B | (b) F | (c) A | (d) D |
|-------|-------|-------|-------|
- (iii) When the bone is broken into many pieces at one place or at different places, it is called:
- |                         |                         |
|-------------------------|-------------------------|
| (a) Oblique Fracture    | (b) Impacted Fracture   |
| (c) Comminuted Fracture | (d) Greenstick Fracture |
- (iv) \_\_\_\_\_ fracture occurs in a straight line at a right angle to the shaft of the bone. It is usually caused by a direct blow.
- |                         |                       |
|-------------------------|-----------------------|
| (a) Greenstick Fracture | (b) Oblique Fracture  |
| (c) Transverse Fracture | (d) Impacted Fracture |

**(Question for Visually Impaired)**

Vitamins and minerals are essential nutrients that protect us from various diseases and are helpful for the general development of the body.

- (i) \_\_\_\_\_ is a group of eight water-soluble vitamins which are important for cellular metabolism.
- (a) Vitamin A (b) Vitamin K  
(c) Vitamin B (d) Vitamin D
- (ii) \_\_\_\_\_ disease is caused due to lack of Vitamin B.
- (a) Anaemia (b) Kwashiorkor  
(c) curvy (d) Beri Beri
- (iii) Vitamin \_\_\_\_\_ is important for healthy bones and teeth.
- (a) K (b) A  
(c) D (d) C
- (iv) Vitamin \_\_\_\_\_ is needed for blood clotting.
- (a) A (b) D (c) K (d) E

**SECTION E**

**34.** What do you mean by strength? What are the various methods of improving strength? Explain any one method.

**Ans.** Strength is defined as the capacity of an object or substance to withstand great force or pressure. The various methods of enhancing strength are isometric exercises, isotonic exercises and isokinetic exercises.

Isometric exercises are those in which the length of the muscle remains constant, while strength increases. During these exercises, the limbs remain still but the muscle mass appears to move. Used to rehabilitate sportspersons, these are primarily performed by bodybuilders, wrestlers, weightlifters and gymnasts.

**35.** What is the concept of divisioning in special sports? How is it implemented?

**Ans.** Divisioning is a concept that permits athletes with special needs to compete with athletes having similar abilities. This makes the playing field more uniform. In individual sports, divisioning is done either by gender, age or ability. This pattern is also observed in group sports. While in individual sports, decisioning by age starts at eight years, in group sports it begins at 15 years.

**36.** What do you understand by endurance? What are its physiological determinants?

**Ans.** Endurance is the capacity to sustain an activity at a desired rate and speed. This is reflected in the staying power of any athlete. Among the various physiological determinants of endurance, the most important are aerobic capacity, which refers to the maximum amount of oxygen the body can consume during intense exercise. This depends on oxygen intake, oxygen circulation, oxygen uptake and energy reserve. Other determinants include lactic acid tolerance, economy of movement and muscle composition.

**37.** What is friction? What are its types? Explain their application in sports.

**Ans.** Friction is the force that resists the sliding or rolling of one solid object over another. Friction can be static or dynamic. Static friction keeps an object at rest, while dynamic friction is initiated by the movement of one object on another.

In sports, for example in skating or skiing, the athlete slipping down on the ice slopes is opposed by ice, but it is low enough to allow a free slide downwards. Similarly, in car racing, the friction between the tyres and the road, or roller skates and the road, helps the athlete control speed and movement.