

**PRACTICE PAPER 3**  
**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. Which type of tournament ensures that every team plays against all other teams?  
(a) Knockout (b) League  
(c) Combination (d) Zonal
2. Read the following statements labelled **Assertion (A)** and **Reason (R)**. Choose one of the correct alternatives given below:

**Assertion (A):** Regular exercise is a must for all human beings.

**Reason (R):** Regular exercise improves muscle strength, muscle tone, muscle flexibility and muscle size.

- (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) Tadasana       | (i) Back bending pose (camel pose) |
| (b) Katichakrasana | (ii) Mountain pose                 |
| (c) Halasana       | (iii) Rotation of waist            |
| (d) Ustrasana      | (iv) Stretches the spine           |

- I. (a) (ii), (b) (iii), (c) (iv), (d) (i)
  - II. (a) (ii), (b) (iv), (c) (iii), (d) (i)
  - III. (a) (i), (b) (iv), (c) (iii), (d) (ii)
  - IV. (a) (iii), (b) (iv), (c) (i), (d) (ii)
4. Which of the following is a macronutrient?  
(a) Vitamins (b) Minerals  
(c) Carbohydrates (d) Iron

5. Identify the asana shown in the given picture.



- (a) Bhujangasana (b) Halasana  
(c) Paschimottanasana (d) Ustrasana
6. Which of these asanas is also called 'Easy Fish Pose'?
- (a) Matsyendrasana (b) Sarala Matsyasana  
(c) Makarasana (d) Ardha-Halasana
7. Special Olympics mainly focus on sports participation for which group?
- (a) Hearing-impaired athletes (b) Athletes with intellectual disabilities  
(c) Athletes with physical disabilities (d) Athletes with visual impairments
8. Which of the following is NOT a component of the Female Athlete Triad?
- (a) Osteoporosis (b) Amenorrhoea  
(c) Eating disorders (d) Hypertension
9. Choose the odd one out:
- (a) Knock knees (b) Kyphosis  
(c) Scoliosis (d) Glycolysis
10. Which test is used to measure motor educability in children?
- (a) Cooper Test (b) Johnson-Metheny Test  
(c) Harvard Step Test (d) Yo-Yo Test
11. Which of the following is an immediate effect of exercise on the cardiovascular system?
- (a) Decrease in heart rate (b) Increase in stroke volume  
(c) Lower oxygen uptake (d) Reduced systolic pressure
12. A sprain is an injury caused to the:
- (a) Muscles (b) Ligaments (c) Bones (d) Skin
13. Which type of friction is mainly reduced during ice skating?
- (a) Rolling friction (b) Sliding friction (c) Static friction (d) Fluid friction
14. At what angle is the maximum horizontal distance achieved in projectile motion (on level ground)?
- (a)  $0^\circ$  (b)  $30^\circ$  (c)  $45^\circ$  (d)  $60^\circ$
15. Self-talk in sports psychology is used mainly to:
- (a) Distract athletes from pressure (b) Improve communication skills  
(c) Replace physical practice (d) Regulate thoughts and enhance performance
16. **Assertion (A):** Adequate fat is a vital part of the normal human diet.  
**Reason (R):** Four essential minerals need dietary fat to be absorbed.
- (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. Which type of aggression is aimed at harming someone with no intention to achieve a goal?  
 (a) Instrumental aggression (b) Hostile aggression  
 (c) Assertive behaviour (d) Goal-directed aggression
18. Which of these is an example of coordinative ability?  
 (a) Aerobic endurance (b) Speed endurance (c) Orientation ability (d) Explosive strength

### SECTION B

19. What is kyphosis and what is one corrective exercise recommended for it?
20. Define a balanced diet. Why is it important for athletes?
21. Rohan performed the Harvard Step Test for 5 minutes. His pulse count 1–1.5 minutes after exercise was 90 beats. Using the formula, calculate his Fitness Index and state whether it indicates good cardiovascular fitness.
22. What is a greenstick fracture? Name one sport in which such fractures commonly occur.
23. What is motivation in sports? Distinguish between intrinsic and extrinsic motivation.
24. What is interval training? Mention one benefit of using it to develop endurance.

### SECTION C

25. Describe the knockout tournament system. State any two advantages and one disadvantage of using this method in school competitions.
26. Mention three long-term effects of regular exercise on the cardiovascular system.
27. What is the concept of inclusion in sports? Describe two strategies that help make physical activities accessible for children with special needs.
28. What are macronutrients? Explain the function of any two macronutrients essential for athletes.
29. Define equilibrium in biomechanics. Differentiate between static and dynamic equilibrium with suitable sports examples.
30. Describe Jung's classification of personality types. How can understanding athlete personality help a coach in training?

### SECTION D

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

To celebrate Anti-Obesity Day, your school organised an awareness rally and talk. Some of the key facts highlighted are listed below. Choose the correct options to complete the facts.

- (i) Obesity causes:  
 (a) Weight loss (c) Diabetes (b) Back pain (d) Both (b) and (c)
- (ii) Which of the following asanas is not useful for curing obesity?  
 (a) Trikonasana (c) Vajrasana  
 (b) Parvatasana (d) Ardha-Matsyendrasana
- (iii) Choose the asana which helps to cure asthma.  
 (a) Sukhasana (c) Parvatasana  
 (b) Vajrasana (d) Shalabhasana
- (iv) Indians are required to have a BMI of \_\_\_\_\_ or less to be considered 'not obese'.  
 (a) 29 (c) 31 (b) 23 (d) 22

OR

Describe two benefits and two contraindications of Dhanurasana.

32. Look at the picture given below and answer the questions that follow.



- The possible underlying causes include \_\_\_\_\_ and \_\_\_\_\_.
- By age 3, at least \_\_\_\_\_ per cent children have this.
- This is known as \_\_\_\_\_ or \_\_\_\_\_.
- Adequate \_\_\_\_\_ and Vitamin \_\_\_\_\_ help prevent this.

OR

Explain how rounded shoulders can be corrected.

33. Identify the injury shown in the picture below and answer the questions that follow.



- This injury to the bone is called a \_\_\_\_\_.
- This is classified as a \_\_\_\_\_.
- This needs immediate attention by a qualified \_\_\_\_\_.
- First aid involves covering the wound with a \_\_\_\_\_ cloth.

OR

What are the four kinds of joint injuries?

### Section E

- Explain the role of yoga in managing asthma. Describe the procedure, benefits and any two contraindications of Bhujangasana and Anuloma-Viloma, specifically for asthma patients.
- Describe the SAI Khelo India Fitness Test for students aged 9-18 years. Explain the purpose and procedure of any three tests from the following:
  - 50 m Speed Run
  - 600 m Run/Walk
  - Sit & Reach Test
  - Partial Curl-Ups / Push-Ups
- What is circuit training? Explain its structure and principles. Describe any four advantages of circuit training for athletes.
- Explain all the methods that can be used to improve flexibility.