PRACTICE PAPER 5
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. Hypertension is also known as:

(a) Low blood pressure (b) High blood pressure

(c) Falling blood pressure (d) Normal blood pressure

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

Assertion (A): Obesity is a condition where there is too much body fat in a person for their height.

Reason (R): Obesity is detrimental to overall wellness and is related to many lifestyle diseases but yoga has no solution to help with this condition.

In the context of the above 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) Knock knees	(i) Pes planus
(b) Bow legs	(ii) Genu valgum
(c) Flat feet	(iii) Hunchback
(d) Kyphosis	(iv) Genu varum

I. (a) (iv), (b) (iii), (c) (ii), (d) (i)

II. (a) (i), (b) (ii), (c) (iii), (d) (iv)

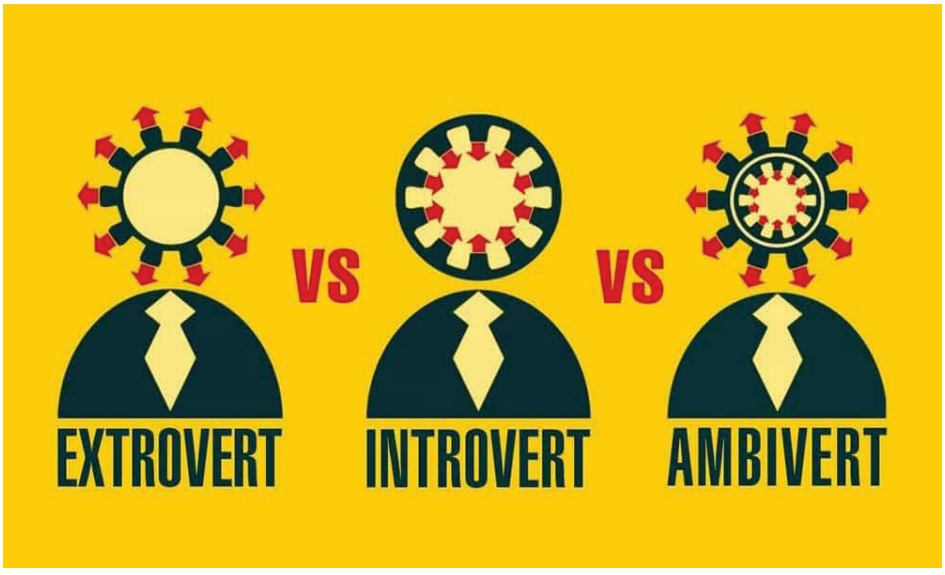
III. (a) (iv), (b) (i), (c) (ii), (d) (iii)

IV. (a) (ii), (b) (iv), (c) (i), (d) (iii)

4. Which vitamin is NOT fat-soluble?

(a) A (b) B (c) E (d) D

5. What does the image below represent?



(a) Mental skills (b) Sports groups (c) Personality types (d) Somatotypes

6. Anulom-Vilom is a type of:

(a) Injury (b) Dhyana (c) Pranayama (d) Asana

7. Which is the odd one out?

(a) Kyphosis (b) Pes planus (c) Scoliosis (d) Lordosis

8. When there are too many teams taking part, the best format for organising a tournament is:

(a) Round robin (b) Combination (c) League (d) Knockout

9. A sports event organising committee is headed by:

(a) President (b) Chief of Leagues (c) Chairman (d) Secretary

10. Tournaments within institutions are called:

(a) Interschool (b) Intramural (c) Extramural (d) League Tournament

11. Anorexia Nervosa is another term for:

(a) Total loss of appetite (b) Excessive indulgence in food

(c) Intermittent fasting (d) Vomiting after eating

12. Secondary amenorrhea is the absence of a woman's:

(a) Period (b) Appetite (c) Haemoglobin (d) Energy

13. Injury to the joint is known as:

(a) Fracture (b) Contusion (c) Dislocation (d) Laceration

14. The arm curl test is done in men with _____pounds of weight:

(a) Four (b) Eight (c) Five (d) Ten

15. The acceleration in a state of equilibrium is:

(a) Slow (b) Very high (c) Zero (d) Gradually rising

16. **Assertion (A):** A direct effect of exercise on the muscles is hypertrophy of the muscles.

Reason (R): The more we use a muscle, the stronger and more powerful it becomes, and thus the size of the muscle increases.

In the context of the above 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. In plate tapping test, two discs are kept with their centres _____cm apart.

(a) 60 (b) 70

(c) 50 (d) 40

18. With reference to coordination, which of these is the ability of a person to adjust according to time and movement?

(a) Differential ability (b) Orientation ability

(c) Coupling ability (d) Reaction ability

SECTION B

19. What is the law of reversibility with reference to flexibility?

Ans: The law of reversibility states that flexibility is reversible, will diminish over time and will ultimately be entirely lost if one does not exercise the said muscles regularly. This is based on decay caused by disuse.

20. What is the role of fibre in human diet?

Ans: Fibre is the component of diet that is mostly not digested. The soluble component of fibre slows down digestion and helps lower cholesterol and regulate blood sugar. The insoluble part acts to clean up the intestines and add bulk for smooth bowel movement.

21. What are the pitfalls of dieting?

Ans. Dieting nowadays is very common among individuals seeking to lose weight. This leads to nutritional deficiency, compromising various body metabolic functions. Metabolic slowdown is the result which, in turn, leads to weight loss plaques and consequent frustration. Muscle mass is often lost during diets, leading to loss of strength.

22. What is Shavasana? Briefly describe the procedure followed to perform it.

Ans. Shavasana is an asana associated with relaxation. It mimics the posture of a dead body, hence the name. It is generally practised in the latter portion of a yoga session. The procedure is as follows:

(a) Lie flat on the back with eyes closed and legs comfortably apart, with the lower limbs totally relaxed.

(b) Slowly relax the entire body.

(c) Take slow, gentle and deep breaths to relax even more.

(d) Surrender your whole body to the floor and ensure you do not fall asleep.

(e) After a little while, roll onto your right side and sit up gently into the pose followed while performing Sukhasana.

23. Differentiate between sprain and strain.

Ans. A strain is an injury to the tendons and muscles at their junction. Graded into three degrees depending on the severity, the treatment is dictated by the grade of the injury. A sprain, on the other hand, is an injury to ligaments that connect two bones and helps stabilise the joint by keeping bones in their proper position.

24. What are the various dimensions of personality?

Ans. There are four distinct dimensions of personality. These are physical, mental, social and emotional dimensions. The physical dimension refers to height, looks and facial structure. An erect posture and a smile make for a good first impression. The mental dimension reflects a person's intellectual capacity, and intelligence adds to physical grace. A good attitude, good habits and a sportsmanship spirit make up our social persona, while the ability to control anger, stress, anxiety and aggression reflects our emotional dimensions.

SECTION C

25. How is the fitness of senior citizens assessed?

Ans. The fitness of senior citizens is assessed mainly through a series of tests known as the Rikli and Jones tests. This simple six-test series includes the chair stand test to assess lower body strength, arm curl test to look for upper body strength, chair sit and reach test for lower body flexibility, back scratch test for upper body flexibility, 8-foot up and go test for agility and 6-minute walk test for overall endurance and stamina.

26. What are the physiological changes associated with ageing?

Ans. Ageing is a complex, multifactorial process that all humans encounter in their lifetime. As we age, the body undergoes many changes. With ageing, the heart tends to lose its elasticity and with fatty deposits inside the blood vessels, the heart needs to work harder. Bones, muscles and joints tend to lose strength and flexibility, and osteoporosis sets in, causing a stooped posture.

Digestive challenges too begin to develop, making swallowing difficult. Constipation may also be a challenge. Kidney function tends to decline and with the ageing of brain reflexes, they slow down, leading to cognitive deterioration. Eyes and ears become less efficient, weight tends to increase, and muscle tone decreases.

27. Who are children with special needs? How are they assessed?

Ans. Children with a disability are referred to as children with special needs. This can be an intellectual disability, wherein these children have below average intelligence, or may suffer from speech and language impairment, making them incapable of expressing themselves or understanding others. They may also have physical disabilities such as loss of vision, cerebral palsy, etc. Learning difficulties and emotional disabilities, such as antisocial or other behavioural problems, also fall under this classification.

28. Discuss the effects of exercise on the muscular system.

Ans. Exercise has a profoundly positive, lifelong impact on the bones, muscles and joints. It causes the bulk, strength and endurance of the muscles to increase by increasing the muscle mass. Increased capillary density makes the muscles look redder, while increased muscle tone adds to the firmness of the muscles. Regularly exercising muscles leads to better reaction time to stimuli and improved posture results. Stored intramuscular and overall body fat tends to diminish. Fatigue is delayed and muscle movement becomes swift.

29. What is a lever? What are its different types?

Ans. A lever is a rigid bar that moves on a fixed point called a fulcrum when a force is applied to it. There are three types of levers based on the position of the load with reference to the fulcrum. First-class levers occur when the fulcrum is located at the midpoint between the effort and the load. In the second class of levers, the load is in the middle, between the fulcrum and the effort. The third class of levers is where the effort is in the middle, at the fulcrum, and the load is on either side.

30. What is cardiovascular fitness? Describe, in brief, the Harvard Step Test to measure cardiovascular fitness, including the formula for the short form equation.

Ans. Cardiovascular fitness is a measure of the ability of the heart and lungs to supply oxygen-enriched blood to muscles. A good test to measure this is called the Harvard Step Test. It is done using a step or platform 20-inches high, a stopwatch and a metronome. The athlete steps up and down on the platform every two seconds for a span of 5 minutes or until exhaustion. The athlete sits down and their heart rate is measured at that moment. Then, based on this data, we use a formula to calculate fitness. The short form equation is the duration of exercise in seconds multiplied by hundred and then divided by pulse count between 1 and 1.5 minutes multiplied by 5.5.

SECTION D

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

SAI Khelo fitness tests in schools are conducted based on the students' age and class. This allows schools to monitor and track the health and fitness of the students. These tests are either for children between 5 and 8 years in classes 1 to 3 or for children in classes 4 to 12 aged between 9 and 18 years.

(i) The focus of these tests in younger children is on:

(a) Fundamental movement skills
(b) Endurance for intramural sports
(c) Selection for national games
(d) None of these

(ii) BMI, carried out in both groups, is a ratio of:

(a) Age to weight
(b) Height to weight
(c) Push-up time for 25 push-ups
(d) Body fat to muscle

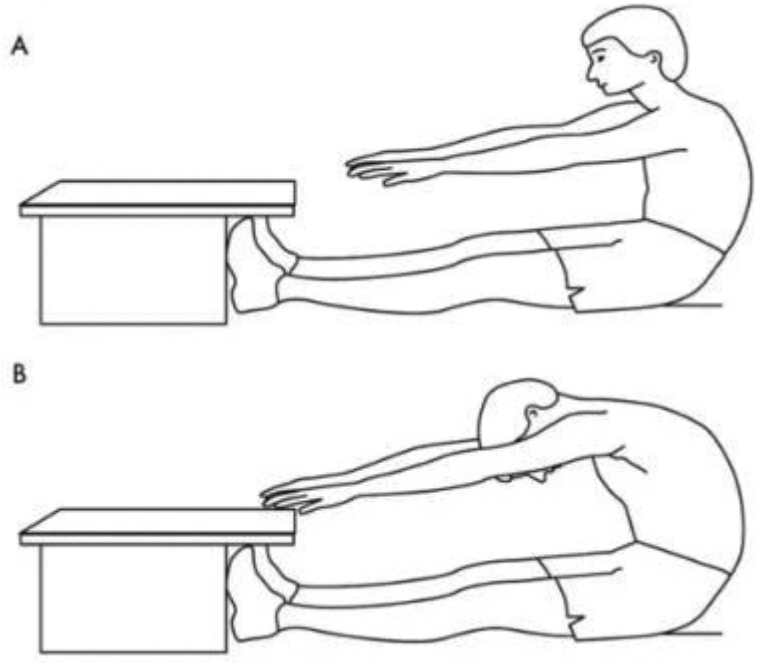
(iii) Partial curl-up test measures the strength of which muscle group?

(a) Chest
(b) Arms
(c) Abdominal
(d) Legs

(iv) Cardiovascular run/walk is for _____metres?

(a) 600
(b) 400
(c) 800
(d) 200

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



(i) Identify the test.

(a) Forward curl test
(b) Arm sit and reach test
(c) Toe touch test
(d) Spine bed test

(ii) What does it measure?

(a) Endurance
(b) Strength
(c) Flexibility
(d) Acceleration

(iii) It is specific to what body part?

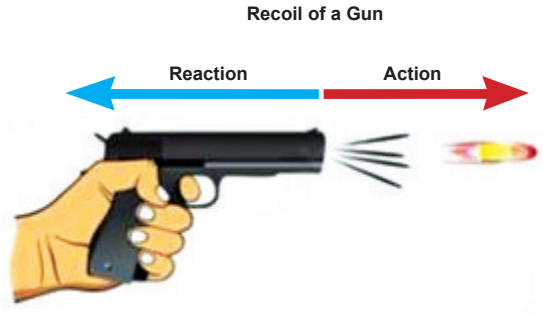
(a) Arms
(b) Legs
(c) Neck
(d) Lower Back

(iv) What age group is suitable for this test?

(a) Less than two years (b) 4-6 years

(c) Over 9 years (d) Up to 8 years

33. In relation to the below-given image, answer the following questions:



(i) What Law of Motion does the picture represent?

(a) First (b) Second

(c) Third (d) Fourth

(ii) These laws are named after:

(a) Newton (b) Marie Curie

(c) Einstein (d) Oppenheimer

(iii) This law is also known as:

(a) Law of acceleration (b) Law of inertia

(c) Law of reaction (d) Law of proportion

(iv) This law is a part of three laws called:

(a) Laws of movement (b) Laws of locomotion

(c) Laws of Aristotle (d) Laws of motion

(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) Which of these is not a part of the four fat-soluble vitamins that are important for cellular metabolism?

(a) Vitamin A (b) Vitamin K

(c) Vitamin B (d) Vitamin D

(ii) _____ is caused due to lack of Vitamin C.

(a) Anaemia (b) Kwashiorkor

(c) Scurvy (d) Beri Beri

(iii) Vitamin_____ is important for blood clotting.

(a) K (b) A

(c) D (d) C

(iv) Vitamin_____ is needed for good eyesight

(a) A (b) D

(c) K (d) E

SECTION E

34. What do you mean by circuit training? Discuss the advantages and disadvantages of this training method.

Ans. Circuit training is a form of body conditioning that combines endurance and resistance training with high-intensity exercises. This increases the heart rate, strengthens muscles and improves endurance. The advantages of circuit training include rapid calorie burning, reduced injury risk, time efficiency, better lean muscle mass and tone, ease of learning and doing without continuous supervision and requiring very little equipment, making it suitable for use anywhere. Its disadvantages include needing adequate space, good planning and effort. Additionally, it is initially very tiring and may not lead to sustainable endurance.

35. What is the difference between a pace run and an acceleration run?

Ans. Both these are methods of developing speed in a sportsperson. While many other factors, such as genetics, gender and diet, play a role, training has a definite impact. An acceleration run is a type of anaerobic training where the speed of the practising athlete changes. For the first two seconds, the speed increases to its peak, achieving maximum velocity. Then, one slows down for a while to gain acceleration and so on. This is an effective method for training for sprints. Pace running, on the other hand, involves running a specific distance at a constant speed, with pace maintained throughout. The longer the race, the steadier the speed. This is vital in long-distance running, so energy is preserved throughout rather than used up in a short span of time.

36. What is equilibrium? Mention its types and elaborate on their use in sports.

Ans. Equilibrium is the state of balance. It is a stable situation where opposite forces cancel each other out and, therefore, no change occurs. There are two types of equilibrium: static and dynamic. Static equilibrium is when the body is in balance during its rest or stationary position. Dynamic equilibrium, on the other hand, is the balance of the body during movement. This is important in sports. For example, a weightlifter holding the barbell above their head in a stationary position is an example of static equilibrium. Parachuters and skydivers maintain balance while they are in movement, as do gymnasts in their gymnastics routines. These are examples of dynamic equilibrium.

37. What is goal setting in sports? What are the various types of goals?

Ans. Goal setting is the method for a sportsperson to focus on the right activities, increase their commitment and energise themselves for accelerated performance. The three significant types of goals in sports psychology are outcome goals, performance goals and process goals. Outcome goals focus on how an individual or a team is to compete with and compare to other teams. Winning is the most obvious outcome goal for a person or a team. The second goal is a performance goal where the athlete sets a goal for personal achievement within the team or in their individual sport. Here, examples include completing a race within a set time, achieving a particular height in the high jump or scoring a century in cricket. The third goal is the process goal, where the focus is on performance with an emphasis on the behaviours used to achieve the final result, such as breathing control, body posture or imagery.