



Date:09/11/2023 GRADE: XII	MONTHLYTEST -03 (2022-23) PHYSICAL EDUCATION	Max marks: 20 Time: 50 Minutes
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General Instructions:
All questions are compulsory.

Qn.No	Section A	Mark allocated
1	-----system provide energy during 5000m race a) ATP CP System b) Anaerobic system c) Aerobic system d) Endurance system	1
2	Which is not a long term effect of exercise on muscular system? a) Hypertrophy of muscles b) Increased metabolism c) Increased Myoglobin d) Increased blood supply	1
3	A fracture in which the bone breaks diagonally is called a ----- a) Greenstick fracture b) Impacted fracture c) Oblique fracture d) Transverse fracture	1
4	Centre of gravity is the average location of an objects. a) Weight b) Force c) Balance d) Velocity	1

5	The frictional force acts in a/an-----direction to the direction of motion of an object . a) Opposite b) Same c) Downwards d) Diagonal	1
Section-B		
6	Explain long term effect of exercise on muscular system?	2
7	What is a soft tissue injury ? name four types of soft tissue injury and describe it.	2
8	Discuss the importance of the Centre of gravity in sports with suitable examples?	2
Section-C		
9	Name the types of fractures and describe them.	3
10	With the help of suitable examples, discuss the applications of Newton's laws of motion.	3
11	What do you mean by lever ? Explain with the help of diagrams.	3