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| Date:- 08/12/2023 | FIRST MODEL EXAMINATION (2023-24) | Max Marks: 70 |
| Grade: XII | PHYSICAL EDUCATION (048) | Time : 3 hours |

GENERAL INSTRUCTIONS:

- 1) The question paper consists of 5 sections and 34 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 19-23 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. There is internal choices available.
- 4) Sections C consist of Question 24- 28 carrying 3 marks each and are short answer types and should not exceed 100-150 words. There is internal choice available.
- 5) Sections D consist of Question 29-31 carrying 4 marks each and are case studies. There is internal choice available.
- 6) Section E consists of Question 32-34 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.

| Question NO | SECTION A | MARKS |
|-------------|--|-------|
| 1 | Identify the asana:  a) Ushtrasana b) Halasana c) Vajrasana d) Dhanurasana | 1 |
| 2 | In which of the following functions of sports event management "recruitment process " take place ? a) Planning b) Staffing c) Controlling d) Directing | 1 |

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| 3 | <p>Frequent menstruation is known as :</p> <p>a) Metrorrhagia b) Oligomenorrhea c) Polymenorrhea d) Dysmenorrhea</p> | 1 |
| 4 | <p>-----is an impairment that consists of a lack of coordination of muscles.</p> <p>a) Ataxia b) Athetosis c) Hypertonia d) Short stature</p> | 1 |
| 5 | <p>Iron is a part of</p> <p>a) Trace minerals b) Macro minerals c) Vitamins d) Carbohydrate</p> | 1 |
| 6 | <p>One gram carbohydrate contain-- calories</p> <p>a) 4 b) 5 c) 9 d) 2</p> | 1 |
| 7 | <p>Johnson Methony test battery has -----items</p> <p>a) 6 b) 5 c) 4 d) 10</p> | 1 |
| 8 | <p>To calculate the total no. of teams in the lower half for knock out tournament when total no. of team is odd, which formula is used</p> <p>a) $N+1/2$ b) $N-1/2$ c) $N-1$ d) $N-2$</p> | 1 |
| 9 | <p>-----contain large numbers of oxidative enzymes and more capillaries</p> <p>a) slow oxidative fibre b) fast oxidative fibre c) slow glycolytic fibre d) slow glycolytic fibre</p> | 1 |

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| 10 | <p>Slow twitch fibers are of -----colour</p> <p>a) Red b) White c) Black d) Blue</p> | 1 |
| 11 | <p>-----is the stretching or tearing of ligaments</p> <p>a) Sprain b) Strain c) Stress d) Incision</p> | 1 |
| 12 | <p>In the human body, the most common class of lever -----</p> <p>a) 1st class lever b) 2nd class lever c) 3rd class lever d) None of the above</p> | 1 |
| 13 | <p>Cyclists often wears streamlined helmets and specially designed clothing to reduce calibration</p> <p>a) Fluid friction b) Rolling friction c) Sliding friction d) Static friction</p> | 1 |
| 14 | <p>Personality is derived from a latin word "persona" meaning</p> <p>a) Shape b) Mask c) Stage d) Philosphy</p> | 1 |
| 15 | <p>What is the formula to determine number of matches in League fixture for even number of teams</p> <p>a) $N+1/2$ b) $N-1/2$ c) $N(N-1)/2$ d) $N(N+1)/2$</p> | 1 |
| 16 | <p>Given below are two statements, one is labelled as Assertion (A)and the other is labelled as Reason (R) Assertion: Scurvy is caused due to the deficiency of vitamin c. Reason :The disease sets in when the diet does not include fresh vegetables and fruits for a long time</p> <p>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</p> | 1 |

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| 17 | Match the following: I. Extraversion 1. Enthusiasm II. Conscientiousness 2. Responsible III. Agreeableness 3. Compassionate behaviour IV. Neuroticism 4. Emotional stability a) I-1,II-2,III-3,IV-4 b) I-2,II-4,III-1,IV-3 c) I-1,II-3,III-2,IV-4 d) I-2,II-3,III-4,IV-1 | 1 |
| 18 | Meso cycle is training of a) One week b) 4 to 10 days c) 3 to 6 weeks d) 3 months | 1 |

**SECTION
B**

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| 19 | Write a key point on skeletal muscle factors determining physical fitness components | 2 |
| 20 | Explain the procedure and scoring of modified pushups ? | 2 |
| 21 | Explain Kapalabhati | 2 |
| 22 | What is meant by Knock knee? Mention a few exercises to correct it. | 2 |
| 23 | Write a short note on community sports . OR | 2 |
| | Define bye.Explain the rules of giving bye with help of an example | 2 |

SECTION C

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| 24 | Draw a fixture of 11 teams using staircase method. | 3 |
| 25 | Make a table explaining any 4 personalities from Big Five Theory and their characteristics | 3 |
| 26 | Explain menstrual dysfunction. | 3 |
| 27 | Write down the procedure and contraindications of Dhanurasana. | 3 |
| 28 | write a short note on Rikli and Jones test . OR | 3 |
| | Explain types of levers ,discuss the application of levers in sports . | 3 |

SECTION D

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On the basis of above given fixture answer the following questions:

- 1) The more force one exerts on the downward bounce, the higher the ball bounces into the air . Which law is this statement being referred to ?
- 2) Among the above given picture, ~~Newton's~~ Newton's third law is depicted in
a) First. b)Second c) Both. ~~d) none of these~~
- 3) The acceleration of an object depends directly upon the net force acting upon the object and inversely upon the objects
- 4) -----is the study of human body and various forces acting on it.

OR

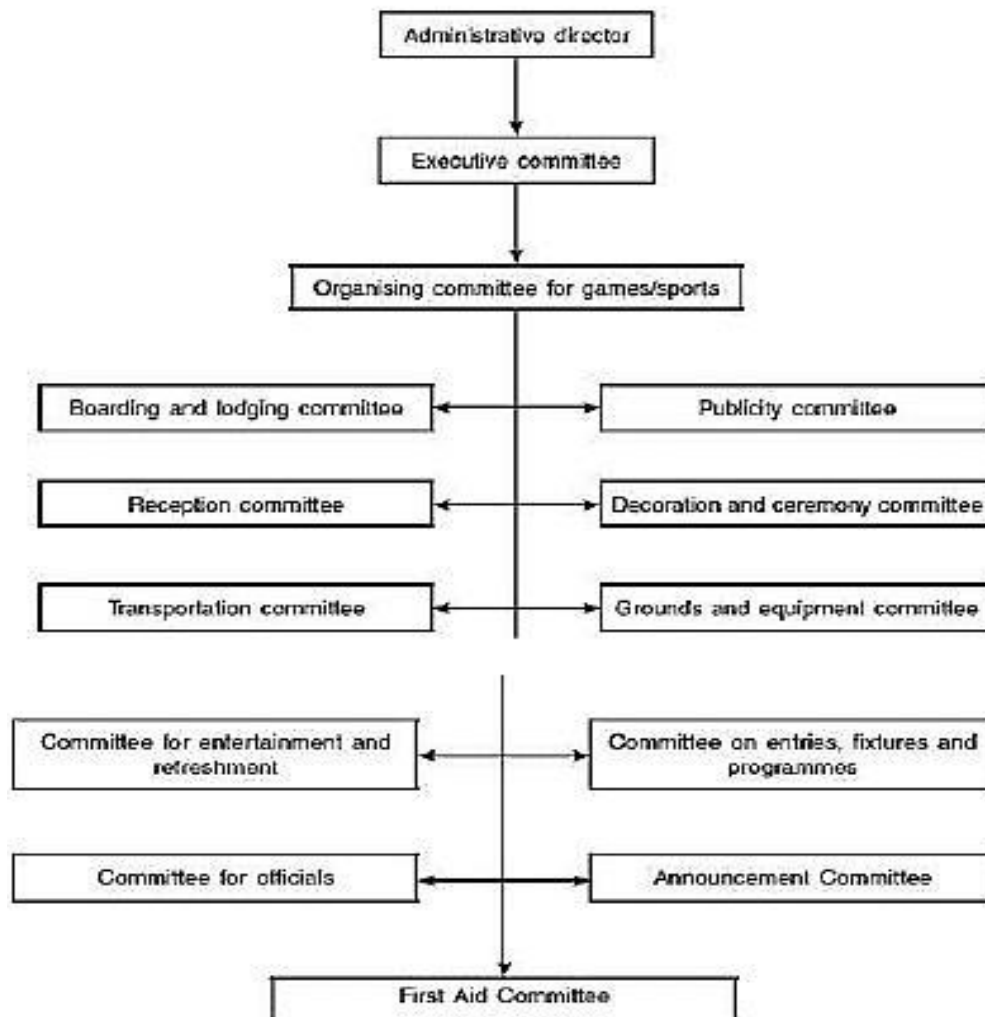
A high jumper can jump higher of a solid surface because it opposes his or her body with as much force as he or she is able to generate .This example refers to which law ?

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While organising sports events for the Annual Sports Day, Arjun and Ravi being the captain and vice captain of sports formed

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various committees as shown below .

On the basis of above given picture answer the following questions:

- The numbers of this -----committee are responsible for welcoming Guest and spectators
- The -----committee responsible for liaison with print media.
- Purchase of sports equipment is a work of the -----committee
- Publication of rules and regulations should be done -----

OR

To prepare a proper score sheet for record is ----- responsibility

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| 31 | <p>On the basis of the pictures given below answer the following questions:</p>  <p>a) Name the fracture shown in the first picture b) Name the fracture shown in the second image c) Name the fracture shown in the third image d) Name the fracture shown in the fourth image OR Name the fracture shown in the fifth image</p> | 5 |
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| SECTION E | | |
|------------------|--|---|
| 32 | Explain the asanas helpful for a person suffering from hypertension. Write down the procedure, benefits and contraindications of Uttanpadasana. | 5 |
| 33 | Explain various types of friction. Is friction advantageous or disadvantageous in games and sports | 5 |
| 34 | <p>Define strength. Explain its types and methods to develop strength</p> <p style="text-align: center;">OR</p> <p>What do you understand by a balanced diet. Explain different types of food groups</p> | 5 |

