



Physical Education Sample Question Paper 2023-2024 Subject Code: - 048



वसुधैव कुटुम्बकम्
ONE EARTH • ONE FAMILY • ONE FUTURE

Time Allowed: 3hrs

Max. Marks:70

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 choice 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. There is internal choice available.

(SECTION - A)

Q1. Identify the Asana:



- a) Pawanmuktasana
- b) Sukhasana
- c) Chakrasana
- d) Gomukhasana

Q2. Reactive Aggression is also called _____

- a) Instrumental Aggression
- b) Hostile Aggression
- c) Assertive Aggression
- d) Both (a) and (b)

Q3. The Friction force acts in a/an _____ direction to the direction of motion of an object.

- a) Opposite
- b) Same
- c) Downwards
- d) Diagonal

Q4. The irregular tear-like wounds caused by some blunt trauma _____

- a) Laceration
- b) Contusion
- c) Abrasion
- d) Incision

Q5. Given below are two statements, one of which is labelled as Assertion (A) and the other is labeled as Reason (R)

Assertion (A): For improvement of performance in long distance running, continuous training is effective

Reason (R): Continuous method of training improves basic endurance

Which one of the following statement 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

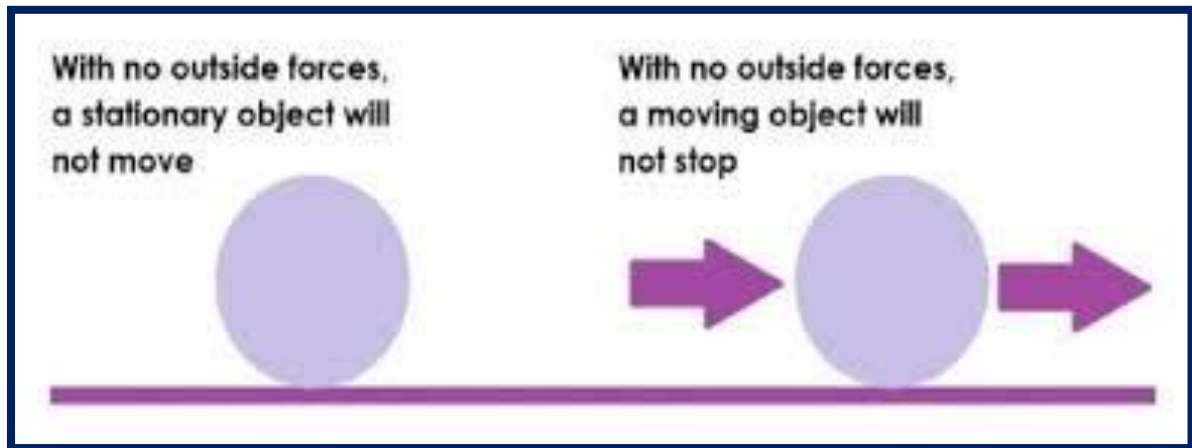
Q6. What do you mean by iso and metric?

- a) Iso means constant and metric means length
- b) Iso means change and metric means size
- c) Iso means constant and metric means velocity
- d) Iso means size and metric means constant

Q7. It is the amount of blood pumped out by each side of the heart (actually each ventricle) in 1 minute _____

- a) Blood pressure
- b) Cardiac Output
- c) Blood volume
- d) Both (a) and (b)

Q8. Identify the given below



- a) First Law of Motion
- b) Second Law of Motion
- c) Third Law of Motion
- d) Law of Effects

Q9. Match List – I with List – II and select the correct answer from the code given below:

LIST - I		LIST - II	
1	Extraversion	i)	Enthusiasm
2	Conscientiousness	ii)	Responsible
3	Agreeableness	iii)	Compassionate behavior
4	Neuroticism	iv)	Emotional Stability

Code				
	i	ii	iii	iv
(a)	1	2	3	4
(b)	4	3	2	1
(c)	3	4	2	1
(d)	2	3	4	1

Q10. Given below are two statements, one of which is labelled as Assertion (A) and the other is labeled 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.

Which one of the following statement 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

Q11. One gram of carbohydrate contains _____ Calories

- a) 2
- b) 3
- c) 4
- d) 5

Q12. Which gland is associated with Diabetes?

- a) Endocrine glands
- b) Pituitary
- c) Pancreas
- d) Hypothalamus

Q13. What is the formula to determine number of matches in League fixture for even number of teams?

- a) $N+1/2$
- b) $N-1/2$
- c) $N(N-1)/2$
- d) $N(N+1)/2$

Q14. Mr. Gopi, Physical Education Teacher of a reputed CBSE school has decided to conduct an Inter School Kabaddi tournament in his premises after proper drawing of fixtures. He consulted the Management and the Principal to conduct the Tournament of Inter School Kabaddi pattern but the Physical Education Teacher was not aware of Inter School Kabaddi Tournament. So he discussed with the National Kabaddi Referee Association.

Which of the following is the best method to organize this kind of tournament?

- a) Knockout tournament
- b) League tournament
- c) Combination tournament
- d) Round Robin tournament

Q15. School management needs to recognize the essential place of physical activity in the education of children with special needs.

Which of these is not one of the results of physical activities in children with special needs?

- a) Improvement in confidence
- b) Improvement in endurance
- c) Increase in depression
- d) Better hand-eye coordination

Q16. If the menstruation cycle does not begin at puberty, the condition is called _____

- a) Primary Amenorrhea
- b) Secondary amenorrhea
- c) Oligo menorrhea
- d) Dysmenorrhea

Q17. Senior Citizen Fitness Test the range of age group is _____

- a) 60-94
- b) 55-79
- c) 65-95
- d) 50-90

Q18. Kyphosis is also known as _____

- a) Hallow Back
- b) Hunch Back
- c) Curve Back
- d) both (a) and

(SECTION - B)

Q19. Point out physiological factor for strength. [4X0.5=2]

Q20. Write short note on Goal setting [1+1=2]

Q21. Explain Isokinetic exercise with suitable examples [1+1=2]

Q22. Write a key point on cardio respiratory factors determining fitness. [1+1=2]

Q23. Explain the procedure and scoring of 600meter run/ walk [1+1=2]

OR

Explain the importance of fluid intake during a competition. [1+1=2]

(SECTION - C)

Q24. Explain any three strategies to Make Physical Activities Accessible for CWSN [1+1+1=3]

Q25. What are the benefits of Non-Nutritive foods? [1+1+1=3]

Q26. What should be the role of technical and marketing committee while organizing the event? [1.5+1.5=3]

Q27. Differentiate between Introvert and Extrovert personality? [1+1+1=3]

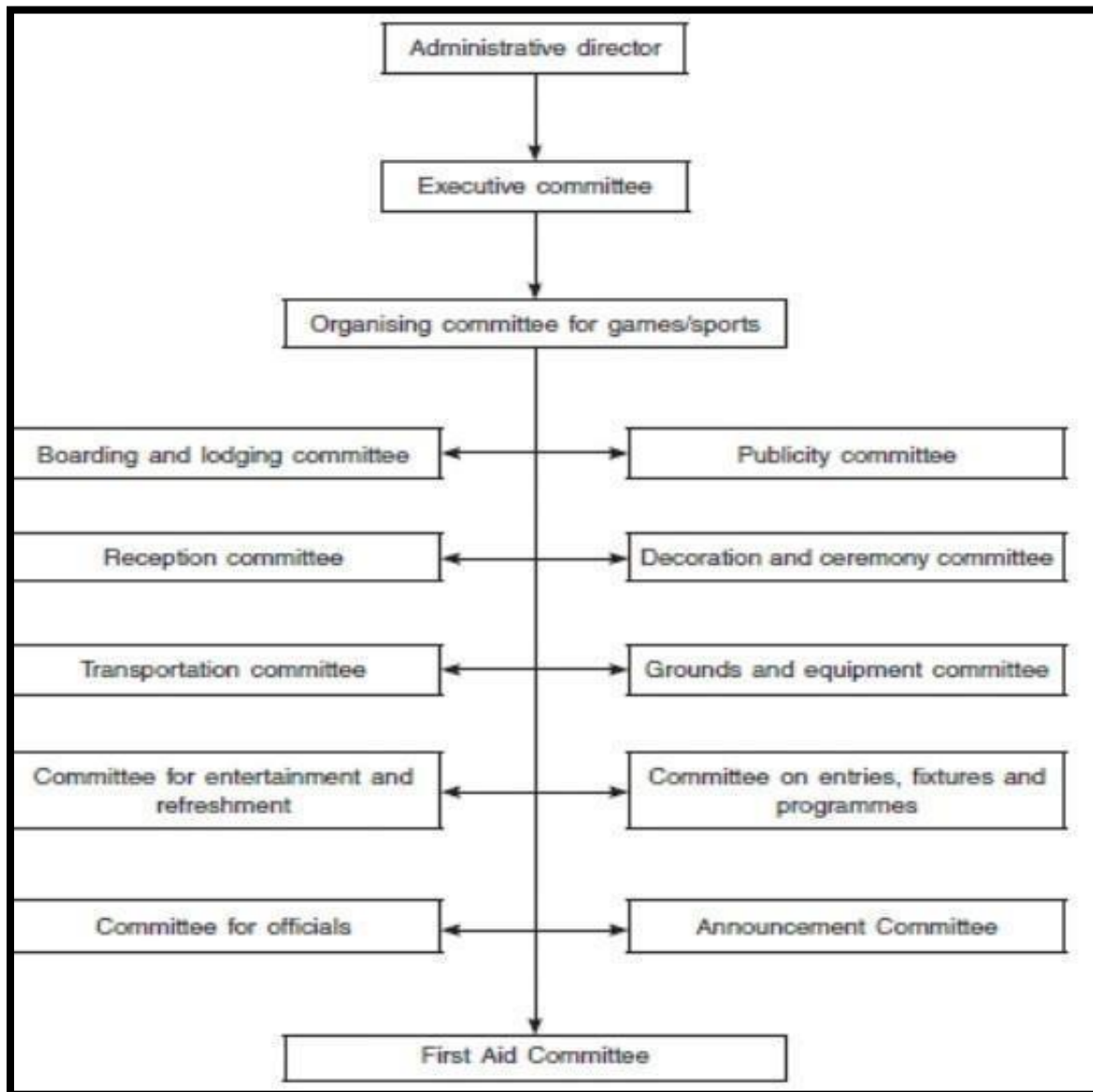
Q28. Define Fracture and explain any four types of fracture [1+2=3]

OR

Write in brief the corrective measures of Bow Leg, Knock Knee and Flat Foot. [1+1+1=3]

(SECTION - D)

Q29. While organizing sports events for the Annual Sports Day, Arjun and Ravi being the captain and vice-captain of sports, formed various committees as shown below.



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

- The members of this _____ committee are responsible for welcoming guests 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.

Q30. During her gymnastics practice, Zoya was finding it difficult to maintain her balance on the balancing beam. Her coach tried to explain to her about basic principles of equilibrium.



According to the principles of equilibrium Centre of gravity plays a very important role.

- a) The nearer the Center of Gravity to the Center of the base of support the more will be the _____.
- b) The position of the centre of gravity changes depending upon the _____.
- c) The sum of all the vertical and horizontal forces acting on the body must be _____
- d) Centre of gravity is the average location of an object's _____

OR

- d) When the sum of force acting upon the object and sum of the movement acting upon the body is both equal to zero then the body is said to be in _____

Q31. School management needs to recognize the essential place of physical activity in the education of children with special needs. In order to develop lifelong habits for fitness and to provide them with many opportunities of socialization, schools need to understand that physical education is not a secondary subject but it is just as important as other skills.



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

- a) Development of Gross Motor and Fine Motor skills are benefits which are part of _____
- b) Graded activities as strategy for effective inclusive physical education program includes _____

- c) _____ for activities should be disturbance free (noise, heat, cold, texture of floor, audience etc.)
- d) The activities that include running, jumping, hopping, galloping, rolling, leaping and dodging, horizontal jump, slide _____

(SECTION - E)

Q32. Discuss the asanas helpful for a person suffering from Hypertension. Write down the procedure and contraindications of Sarala Matsyasana in detail. [2+3=5]

Q33. Make a table of test items listed under fitness test by SAI (Age group 9-18 yrs.) Explain the Procedure and Scoring of 50 MTS Run and Partial Curl Up [1+2+2=5]

Q34. Define Flexibility. Explain its types and any two methods to develop flexibility.

OR

[1+2+2=5]

With the help of suitable examples, discuss the application of Newton's Laws of Motion in sports. [3+2=5]