



Class:ISC XII

Subject: Physical Education

Date:

TIME: 1:30 Hrs

M MARKS:70

**General instructions:**

Read the following instructions carefully and strictly follow them:

- There are 70 questions in this questionpaper.
  - All Questions are compulsory.
  - All questions carry equal marks. There is no negative marking.
  - Candidates should read them thoroughly and attempt accordingly.
  - Fill **OMR sheet with the pencil** given along with the Question paper.
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**Question 1.** It occurs when resistance is moved as quickly as possible to gain power.

- a) Active loading
- b) Negative loading
- c) Power loading
- d) Speed loading

**Question 2.** An isotonic exercise is performed against\_\_\_\_\_.

- a) Force
- b) Load
- c) Fulcrum
- d) Resistance

**Question 3.** —— how many byes are awarded in a league tournament. When 8 teams are participating in it.

- a) 0
- b) 1
- c) 2
- d) 3

Turn over

**Question 4.** What is the role of physical education in the country?

- a) Promoting national funds
- b) Promoting national income.
- c) Promoting national integration
- d) Promoting national industrialization

**Question 5.** The other name of League tournament is

- a) Round robin tournament,
- b) Challenge tournament,
- c) Knock out tournament,
- d) Combination tournament.

**Question 6.** This Training was a type of Physical training involving movements from one exercise station to another the sake of exercise variety and keeping the exercises interests alive in the effort.

- a) Weight training
- b) Conditioning
- c) Specific warmup training
- d) Circuit training

**Question 7.** The Greeks shall always be remembered as pioneers for developing a sports system in form of Pan-Hellenic Festivals:

- a) True statement
- b) False statement
- c) Partially true
- d) None of the above

**Question 8.** 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)  $N(N+1)/2$

**Question 9.** Which development is acquired through games and sports by an individual?

- a) Mental development
- b) Physical development
- c) Spiritual development
- d) All the above

**Question 10.** The intensity of workload is kept at 60-80% range in the \_\_\_\_\_ training method.

- a) Extensive
- b) Intensive
- c) Exclusive
- d) Inclusive

**Question 11.** Special seeding is given to.

- a) Medium Team
- b) Strong Team
- c) Weak Team
- d) All the Above

**Question 12.** Which of the following techniques stresses on “programmed phase of work and recovery”?

- a) Interval training.
- b) Continuous method.
- c) Fartlek.
- d) Acceleration runs.

**Question 13.** The National Institute of Sports was established on

- a) 7<sup>th</sup> May 1962
- b) 7<sup>th</sup> March 1961
- c) 7<sup>th</sup> May 1961
- d) 7<sup>th</sup> March 1962

**Question 14.** \_\_\_\_\_ Is Not the Form of League Type Tournament.

- a) Cyclic
- b) Double League,
- c) Round Robin,
- d) Single League

**Question 15.** Isotonic contraction, which means equal tension, is also known by the name of

- a) Eccentric contraction.
- b) Static contraction.
- c) Concentric contraction.
- d) Dynamic contraction.

**Question 16.** Which of the following activities measures dynamic strength?

- a) Vertical Jump
- b) Short distance run
- c) Forward Roll,
- d) Rope climbing.

**Turn over**

**Question 17.** A normal circuit How many different stations are there.

- a) 6 to 15
- b) 5 to 12
- c) 5 to 10
- d) 4 to 10

**Question 18.** Which of the following is no objective of the sports training?

- a) Technique development,
- b) Aerobic endurance training,
- c) Physical fitness,
- d) Tactical development

**Question 19.** An athlete runs 800 m in exactly two minutes. Which of the following is true?

- a) Approximately 75% of the energy would have come from the oxidation of muscle glycogen
- b) Approximately 75% of the energy would have come from anaerobic pathways.
- c) Approximately 50% of the energy would have come from oxidative pathways and 50% from anaerobic pathways.
- d) None of the above.

**Question 20.** According to the experts a beginner should start his first isotonic weight training program at an intensity.

- a) 1 to 2 Rm
- b) 10 to 12 Rm
- c) 100 to 120 Rm
- d) 50 to 60 Rm

**Question 21.** Which school competition is organized within the school itself?

- a) None of these
- b) Inter – state
- c) Intramural
- d) Extramural

**Question 22.** A strength exercise in which the trainee lowers their hips from a standing position and then stands back up

- a) Leg curling
- b) Squats
- c) Dips

- d) Heel rise

**Question 23.** Who was the first President of the Indian Olympic Association?

- a) Sir Dorabji Tata
- b) Bhalindra Singh
- c) Dr. A. G. Noehren
- d) Suresh Kalmad

**Question 24.** With appropriate training, which is true regarding the time course for the following training adaptations to occur?

- a) An increase in muscle glycogen concentration will occur after 1 week of training.
- b) An increase in internal ventricular volume will be evident after 2 weeks of training
- c) An increase in mitochondrial volume density requires about 5 weeks to occur.
- d) All the above

**Question 25.** Circuit training method was developed by

- a) G.D. Sondhi and Mr. Dorabji Tata.
- b) Dr. D.G. Noehrem.
- c) Mr. Dorabji Tata.
- d) R.E. Morgan and G.T. Adamson.

**Question 26.** The most effective form of training for stimulating an increase in total blood and red cell volume is:

- a) Long-duration continuous training at ~70-75% VO<sub>2</sub> max.
- b) High-intensity endurance interval training.
- c) A combination of both of the above.
- d) Sprint interval training

**Question 27.** It means the maximum amount of resistance one can move a given number of times.

- a) Repetition maximum
- b) Speed maximal
- c) Power lifting
- d) Power maximum

**Question 28.** Which is not a Sports.

- a) Weight lifting
- b) Weight training
- c) Bodybuilding
- d) Powerlifting

**Question 29.** This training offers important health benefits only when you know the technique of doing it properly if not done properly it can lead to injuries such as sprains strains and fractures.

- a) Circuit training

**Turn over**

- b) Endurance training
- c) Weight training
- d) Stamina training

**Question 30.** In which type of exercise, the length of the muscle does not change.

- a) Isometric exercises
- b) Isotonic exercises
- c) Isokinetic exercises
- d) Endurance exercises.

**Question 31.** League-Cum-Knock out is part of which tournament

- a) Knock out
- b) Round robin
- c) Combination
- d) Consolation

**Question 32.** When was sports authority of India

formed? a) 1982

- b) 1984
- c) 1983
- d) 1988

**Question 33.** The ability to generate force over and over again is:

- a) progressive resistance
- b) cardiorespiratory endurance,
- c) muscular endurance,
- d) muscular strength.

**Question 34.** The ancient Greeks wanted to make their children men of \_\_\_\_\_ and men of wisdom in sports field for their country.

- a) Pride
- b) Risk taking
- c) Action
- d) Posture.

**Question 35.** Which of the following is a list of the four components of fitness?

- a) aerobic capacity, agility, intensity, muscular endurance,
- b) aerobic capacity, agility, flexibility, muscular endurance,
- c) aerobic capacity, agility, flexibility, progressive overload,
- d) aerobic capacity, agility, individuality, muscular endurance.

**Question 36.** Energy for physical activity is provided by.

- a) Adenosine triphosphate (ATP).

- b) Phosphocreatine (PC).
- c) Lactic acid.
- d) Oxygen

**Question 37.** The foremost skill required for learning a language is\_\_\_\_\_.

- a) Writing skill
- b) Reading skill
- c) Speaking skill
- d) Listening skill

**Question 38.** When Is National Sports Day Celebrated?

- a) 30 August
- b) 29 August
- c) 28 August
- d) 27 August

**Question 39.** Which one of these is a long-term effect of exercise on cardiovascular system?

- a) Heart rate
- b) Body temperature
- c) Cardiac output
- d) Blood pressure.

**Question 40.** A mass show of set drills, exercises, dance, rhythmic movements and gymnastic in its varied form is rooted in national cultural and emotional objectives.

- a) Bharatanatyam,
- b) Bhartiyam,
- c) Bhagalbarti,
- d) Bholbhartiyami.

**Question 41.** Which of the following is **not** an international organization?

- a) FIFA
- b) NATO
- c) ASEAN
- d) FBI

**Question 42.** Which is not the type of strength?

- a) Maximum strength.
- b) Knock-out strength,
- c) Explosive strength,
- d) Strength endurance.

**Question 43.** When the angle between the two bones decreases it is termed as\_\_\_\_\_.

- a) Flexion
- a) Extension
- b) Abduction
- c) Adduction

**Question 44.** What is the full form of IAAF?

- a) Internal Amateur of Athletics Federation
- b) International Amateur of Athletics Federation
- c) International Athletics of Association Federation
- d) International Association of Athletics Federation.

**Question 45.** The permanent headquarter of IOC is in:

- a) Atlanta (U.S.A)
- b) Lausanne (Switzerland)
- c) Beijing (China)
- d) Stockholm (Sweden)

**Question 46.** The objectives of intramural :

- a) It aims in professional players and constructive results
- b) It provides mass participation, enjoyment and recreation for students
- c) It aims in promoting players to interact with different players outside the four walls
- d) It provides platform for the players to perform in the international level

**Question 47.** Bhartiyam was conducted to promote\_\_\_\_\_.

- a) Indigenous games
- b) Dance activities
- c) Free hand exercises
- d) Mass rhythmic activities

**Question 48.** Competitions organized outside the four walls of the schools are called\_\_\_\_\_.

- a) Opened
- b) Intramural
- c) Extramural
- d) Closed

**Question 49.** Which One of the following is not considered as an organization?

- a) Clubs
- b) Schools
- c) Association
- d) Society

**Question 50.**\_\_\_\_\_ has come up as an exciting and interesting career option for those having aptitude for writing, editing and critically analyzing sports stories columns and articles in order to inform the society correctly on sports matter



- a) Sports manager,
- b) Sports journalism,
- c) Sports journalism,
- d) Sports event coordinator,

**Question 51.** Full form of IOA

- a) International Olympic authority,
- b) Indian Olympic authority,
- c) Indian Olympic Association,
- d) International Olympic association

**Question 52.** A\_\_\_is gifted with speaking fear knowledge of one or more than one sportscommunication skills act abilities to analyze critical the game situation plan patterns and so on.

- a) Sports journalism
- b) sports manager
- c) sports commentator
- d) sports Editor.

**Question 53.** Earlier the Olympics used to be only for\_\_\_\_\_athletes.

- a) Trainers
- b) Amateur,
- c) Students,
- d) Professional

**Question 54.** To place the competitors who, by virtue of previous performance and reputation, are considered superior in separate brackets as far apart as possible in the same brackets in order to minimize their chances of meeting in the early rounds, is called\_\_\_\_\_.

- a) Bracketing
- b) Seeding
- c) Judging
- d) Auction

**Question 55.**\_\_\_\_\_Is the father of physical education in India.

- a) Aristotle
- b) Sir L P Howler
- c) Mr. Harry Crow Buck
- d) Mr. John Brownfield

**Question 56.** When the number of teams entering a tournament is 47 the number of byes will be\_\_\_\_\_.

- a) 5
- b) 13
- c) 21
- d) 17

**Question 57.** What is the Advantage of a continuous training?

- a) It increases the number and size of mitochondria,
- b) It increases the efficiency of heart and lungs,
- c) It makes the individual self-discipline and self-confident,
- d) All the above.

**Question 58.** When was the first meeting of the National Integration Council held?

- a) 1947
- b) 1950
- c) 1962
- d) 2010

**Question 59.** When people talk of sports and physical activity as a means of\_\_\_\_\_.

- a) Strength building,
- b) Physical building,
- c) Personality building,
- d) Professional building.

**Question 60.** Which of the following is the key to increased muscular development?

- a) Extra genetic potential.
- b) Extra exercise.
- c) Extra rest and relaxation.
- d) Extra nutrition

**Question 61.** Which of the following has 'no objective' of the sports training?

- a) Technique development
- b) Aerobic endurance training
- c) Physical fitness
- d) Tactical development

**Question 62.** How many types are there of combination tournament?

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

**Question 63.** When muscle size is increased it is called:

- a) Hyperplasia,
- b) Hypertrophy
- c) Atrophy
- d) Fiber recruitment

**Question 64.** Advantage of Conditioning:

- a) Increases blood Circulation,
- b) Improve Coordination,
- c) Reduces chances of Injuries,
- d) All the Above

**Question 65.** Which game is not a team game?

- a) Hand ball
- b) Rugby
- c) Chess
- d) Soccer

**Question 66.** In Circuit training how many minimum stations are there:

- a) 2 to 5
- b) 6 to 10
- c) 15 to 20
- d) 21 to 30

**Question 67.** The Arjuna Awards are given by the.

- a) Ministry of Sports and CAB,
- b) Ministry of Youth Affairs and Sports,
- c) Ministry of Youth Affairs and SAI,
- d) Ministry of Youth Affairs and State Government.

**Question 68.** The functions of the NSNIS:

- a) 1-year Diploma in Sports Coaching Course
- b) 2-year Master in Sports Coaching Course
- c) 6-week Certificate Sports Coaching Course
- d) All the above

**Question 69.** Dronacharya award is given to whom.

- a) Teachers
- b) Sports Person
- c) Athletes
- d) Coaches

**Question 70.** What is the program made by the organizer before few days or on the same day of the competition called?

- (a) Fixture
- (b) Seeding
- (c) Bye
- (d) None of the above

**Turn over**





ZIEL