

11. What are renewable resources ?
 a. wind energy and solar energy
 c. fossil fuels
 d. nuclear fuels
 ANS: (A) b. minerals
12. What are contraindications of vajrasana
 a. Avoid during slip disc conditions
 insomnia
 c. avoid during low blood pressure
 headache
 ANS: (A) b. avoid during
 d. avoid during
13. Blood pressure is the force of blood in the arteries it is called
 a. obesity
 c. hypertension
 ANS: (C) b. Back pain
 d. asthma
14. What are the categories of BMI of obesity class 1st
 a. 18.5-24.9
 d. 35.0-39.9
 ANS: (C) b. 25.0-29.9
 c. 30.0-34.9
15. How many elements of yoga are there
 a. 7
 d. 10
 ANS: (C) b. 6
 c. 8
16. Meaning of hyperactivity
 a. may bounce from one activity to other
 than one thing at once
 c. seems unable to sit still
 above
 ANS: (D) b. often tries to do more
 d. all of the
17. Cognitive disorder is
 a. speech related disorder
 related challenges
 c. our sense like hearing, touch or taste
 ANS: (A) b. behaviour
 d. all of the above
18. What causes intellectual disability
 a. genetic conditions
 during pregnancy
 c. illness or injury
 them
 ANS: (D) b. problems
 d. all of
19. Physical disabilities are
 a. respiratory disorders
 c. epilepsy and sleep disorders
 ANS: (D) b. blindness
 d. all of above
20. Exercise therapy is
 a. to accelerate the patient's recovery from injury and disease
 b. to evaluate and correct defective speech
 c. focuses mainly on helping patient's to develop skills needed to perform specific
 tasks
 d. none of them
 ANS: (A)

21. what are the basic movements of a child in early childhood? (2 to 5 years)
- a. climbing proficiency using ladders
 - b. balancing and coordination
 - c. motor skills perfected
 - d. planned activities that involve a lot of movements
- ANS: (A)
22. what is 'hollow back' deformity?
- a. kyphosis
 - b. lordosis
 - c. scoliosis
 - d. all of them
- ANS: (B)
23. Name the 'hump back' deformity
- a. scoliosis
 - b. lordosis
 - c. kyphosis
 - d. all of them
- ANS: (C)
24. Lack of vitamin D, calcium and phosphorus cause which deformity
- a. bow legs
 - b. knock knee
 - c. flat foot
 - d. round shoulders
- ANS: (B)
25. What is weakening of the bones due to the loss of bone density and improper bone formation
- a. amenorrhoea
 - b. osteoporosis
 - c. menopause
 - d. anemia
- ANS: (B)
26. Secondary amenorrhoea is
- a. premature menopause occurs cycle never starts
 - b. the menstrual cycle never starts
 - c. the periods may have stopped
 - d. none of them
- ANS: (A)
27. Who is the first Indian woman athlete who won a medal at the Olympic game
- a. Mary Kom
 - b. Anju Bobby George
 - c. P.T. Usha
 - d. Karnam Malleswari
- ANS: (D)
28. What is the distance of the Rockport test
- a. 400 m
 - b. 1500 m
 - c. 1600 m
 - d. 800 m
- ANS: (C)
29. When was the Barrow motor ability test developed
- a. 1950
 - b. 1953
 - c. 1960
 - d. 1955
- ANS: (B)
30. Which one is not a match
- a. chair stand test for lower body strength
 - b. arm curl test for upper body strength
 - c. six minute walk test for aerobic endurance
 - d. eight foot up and go test for leg strength
- ANS: (D)
31. In a trained athlete, tidal volume increases
- a. 600-700 ml/breath
 - b. 400-500 ml/breath
 - c. 500-600 ml/breath
 - d. none of them
- ANS: (A)
32. What is stroke volume?
- a. amount of blood pumped by left ventricle in per beat
 - b. amount of blood pumped by right ventricle in per beat
 - c. amount of blood pumped in one minute by ventricle
 - d. none of them

ANS:(A)

33. Slow twitch muscle fibres found in
a. long distance runner b. boxer c. sprinter d. tennis player

ANS:(A)

34. What is hypertrophy of muscle
a. increase in thickness of individual's muscle fibre b. increase in blood vessel
c. increase heart rate d. increase stroke volume

ANS:(A)

35. Effects of exercise on cardio vascular system are:
a. reduces level of cholesterol b. improves the stroke volume
c. lowers resting heart rate. d. all of them

ANS:(D)

36. What is laceration ? (wound)
a. injury with blunt and deep cut caused by sharp objects
b. injury of surface of the body
c. cut made into the tissues of the body to expose the underlying tissue d. it is total rupture of ligament

ANS:(A)

37. Delayed muscle soreness is the muscle pain or discomfort that occurs after unaccustomed vigorous exercise
a. contusion bruises b. ITB syndrome c. DOMS d. tendinitis

ANS:(C)

38. The force that arises in response to an attempt to slide or roll an object on another is called
a. velocity b. friction c. force d. acceleration

ANS:(B)

39. _____ is the study of forces and their effects on living systems
a. kinesiology b. biomechanics c. kinetics d. motion

ANS:(B)

40. The body type 475 maybe better for
a. athletic b. body builder c. footballer d. tennis player

ANS:(C)

41. Various techniques of motivation for better outcome in sports
a. punishment b. equipment c. praise and criticism d. all of the above

ANS:(D)

42. Instrumental aggression. It is also known as
a. hostile aggression b. channelled aggression c. assertive behaviour
d. none of them

ANS:(B)

43. How many types of speed ability are there
a. 2 b. 5 c. 4 d. 6

ANS:(B)

44. Speed play is related to
a. movement speed b. reaction ability c. fartlek d. continuous training

ANS:(C)

45. The ability to do movements with greater amplitude with external help is called
a. passive flexibility b. active flexibility c. ballistic method d. post iso-metric stretch developed

ANS:(A)

46. In which year fartlek training was invented

- a. 1937 b. 1938 c. 1940 d. 1935

ANS: (A)

47. What is transverse fracture

- a. in which the bone bends and breaks b. which is broken straight across the bone
c. in which the bone is splintered, crushed, or broken into pieces
d. none of them

ANS: (B)

48. Horse riding is the remedial measure of which postural deformity

- a. bow legs b. flat foot c. knock knee d. all of them

ANS: (C)

49. Halasana is good for correcting which deformity

- a. lordosis b. round shoulders c. kyphosis d. scoliosis

ANS: (A)

50. 'OCEAN' is also called

- a. CARL JUNG theory of personality b. big five theory of personality
c. SHELDON classification of personality d. all of them

ANS: (B)

1. Knock out tournament is also as
 - a) Challenge tournament
 - 2) Round robin tournament
 - 3) consolation tournament
 - d) Elimination tournament.
2. A 5km community walk is a type of
 - a) intermural competition
 - b) national tournament
 - c) Specific sports tournament
 - d) Extramural competition
3. Pre- tournament committees include
 - a) Organisation committee
 - b) Award committee
 - c) Medical committee
 - d) Transport committee
4. Round Robin tournament are of --types
 - a) Three
 - b) Four
 - c) Two
 - d) Six
5. Intramurals are significant for
 - a) Physical development
 - b) Mental development
 - c) Social development
 - d) All of the above
6. Nutrients are divided into – groups
 - a) 3
 - b) 6
 - c) 2
 - d) 4
7. As a components of human diet, water, fibre, phytonutrient are
 - a) Nutritive
 - b) Calorie rich
 - c) Non – Nutritive
 - d) Protien-rich
8. The largest mineral in human body is
 - a) Iron
 - b) Zinc
 - c) Calcium
 - d) Selenium
9. Which group of fats usually increases the chances of heart diseases?
 - a) Saturated fats
 - b) Poly unsaturated fats
 - c) Mono- unsaturated fats
 - d) None of the above
10. Trypsin help in the digestion of
 - a) Vitamins
 - b) Fats
 - c) Protien
 - d) carbohydrate
11. Occupational asthma is caused by
 - a) Cold air
 - b) Dry air
 - c) Pollan
 - d) Dust and smoke
12. Pawanmuktasana is also known as -- is a reclining posture
 - a) Calming posture
 - b) Pleasant pose
 - c) Wind relieving pose
 - d) cobra pose
13. Sukhasana should be avoided in
 - a) Pregnancy
 - b) Asthma
 - c) Diabetes
 - d) Knee/Spine problems
14. Obesity can be checked by the regular practice of certain asanas.
 - a) Vajrasana
 - ab) Shavasna
 - c) Bhujangasana
 - d) Pawanmuktasana
15. Healthy BMI range for Indians is
 - a) Less than 18
 - b) 18 -22
 - c) 23 -24.9
 - d) More than 25
16. --- is a birth defect in the spine
 - a) Poliomyelitis
 - b) Autism
 - c) Head injury
 - d) Cerebral palsy
17. ODD patients do not show signs of
 - a) Anger
 - b) Calmness
 - c) Vindictiveness
 - d) Irritation
18. Obsessive behavior therapy is used in
 -) Obsessive Compulsive Disorder
 - b) Poliomyelitis
 - c) Autism
 - d) Attention Deficit Disorder
19. Disability involves impairment in hearing and vision
 - a) Neurological
 - b) Cognitive
 - c) Intellectul
 - d) Sensory
20. Symptoms of OCD do not include
 - a) Repeating rituals
 - b) Compulsions
 - c) Obsessions
 - d) Shouting
21. Early childhood age for motor development in children is

- a) 0 – 1 year b) 11 – 12 years c) 9 – 10 years d) 2 – 6 years
22. An abnormal curve of the spine at the front is called
a) Scoliosis b) Lordosis c) Knock knees d) Kyphosis
23. Women sports persons participated in Olympics for the first time in
a) 1880 b) 1900 c) 1954 d) 1968
24. Motor development consists of -- stages
a) Two b) Three c) Four d) Six
25. Cobra pose is useful to correct
a) Kyphosis b) Scoliosis c) Lordosis d) Knock knees
26. Motor fitness test is a set of -- test
a) Six b) Seven c) Eight d) Ten
27. Which test is suitable for senior citizen to assess agility and coordination
a) Sit and reach test Six minutes walk c) Eight foot up and go
d) Chair sit and reach test
28. Harvard step test measure
a) Knee strength b) Respiratory fitness c) Cardiovascular fitness
d) Running strength
29. Sit and reach test is performed to measure
a) Upper body flexibility b) Lower back strength c) Lower body flexibility
d) upper body strength
30. Rockport one-mile test is
a) Aerobic fitness test for all ages b) fully fit athletes c) Senior citizen
d) Anaerobic fitness for all ages
31. The capacity of the muscle to absorb and consume oxygen is called
a) oxygen intake b) oxygen gain c) oxygen uptake d) oxygen transfer
32. Sprains are classified into ---grades
a) 4 b) 6 c) 2 d) 3
33. In sports injuries three 'P's are the aim of
a) Exercise b) Fracture treatment c) First aid d) Emergency treatment
34. RICE is standard treatment for
a) Fractures b) Abrasions c) Sprains d) Lacerations
35. Blood expelled by the heart in a beat is called
a) Cardiac output b) Blood pressure c) stroke volume d) Blood volume
36. Spikes are used in sports to take advantage of
a) Weight b) Inertia c) Stability d) Frictions
37. Gliding movements occur in
a) Flat bones b) Long bones c) Skull bones d) Small bones
38. Supination and pronation are movement that occur at the
a) Shoulder b) Ankle c) Wrist d) Knees
39. Which one of the following is an example of the law of inertia
a) Starting in rowing b) Stating on roman rings c) Raising an opponent in wrestling
d) All the above
40. Which one of the following is an example of the law of reaction
a) Bouncing on trampoline b) Springing on the diving board c) Thrust against the
water in swimming d) All the above
41. Sanguine, Melancholic, and Phlegmatic are types of
a) Body shapes b) Body sizes c) Personality d) Introvert
42. People who keep to themselves and have their own world of thoughts are
a) Extroverts b) Introverts c) Ambiverts d) Sanguine
43. Intrinsic motivation comes from
a) Teachers b) Family c) Sibling d) Self
44. Using aggression to achieve a goal is known as
a) Hostile aggression b) Assertive aggression c) Instrumental aggression d)
Violent attitude

45. Carl Jung divided personalities into --- types
 a) Two b) Four c) Three d) Five
46. Throwing in shotput needs
 a) Static strength b) maximum strength c) Explosive strength
 d) Strength endurance
47. Fartlek training was developed in
 a) USA b) UK c) Japan d) Sweden
48. --- is the ability of a player to move the physical organs in order to perform
 a) Orientation ability b) Differential ability c) Coupling ability
 d) Reaction ability
49. Endurance can be improved with
 a) Ballistic stretching method b) Pace run c) Interval training method
 d) Acceleration run
50. One repetition maximum is a measure of
 a) Muscle endurance b) Muscle flexibility c) Static strength d) Muscle strength

DAV PS, Chhal

Physical Education (048)

- Q1. Newton's second law of motion is also known as _____
 (a) Law of inertia (b) Law of action reaction
 (c) Law of momentum (d) Law of gravitation
- Q2. "Latissimus Dorsi" is situated in _____
 (a) Lower leg (b) Thigh
 (c) Back (d) Upper arm
- Q3. The path of an object projected into free air space is known as _____
 (a) Speed (b) abnormal curve
 (c) Velocity (d) Parabola
- Q4. During heavy exercise the supply of blood increases towards _____
 (a) Brain (b) Skeletal muscle
 (c) Skin (d) Kidneys
- Q5. Sports injuries can be minimized by _____
 (a) Massage (b) Sona bath
 (c) Steam bath (d) None of the above
- Q6. Knee cartilage injuries are commonly associated with _____
 (a) Swimming (b) Rowing
 (c) Boxing (d) Football
- Q7. The cardiovascular endurance capacity is _____
 (a) Overall body endurance (b) Stamina
 (c) Aerobic power (d) None of the above
- Q8. The amount of blood flowing from the heart over a given period of time is known as _____
 (a) Stroke volume (b) Cardiac output
 (c) Heart rate (d) Blood pressure
- Q9. What is cardiac hypertrophy?
 (a) Changes in heart size
 (b) Due to training the size (volume) of heart increases
 (c) Normal thickness in the ventricular wall
 (d) It is an athletic heart
- Q10. Which of the following is not a fat soluble vitamin ?
 (a) Vitamin A (b) Vitamin C
 (c) Vitamin D (d) Vitamin E
- Q11. Which of the following properties is not possessed by slow twitch fibers?

- (a) Red fibers (b) High myoglobin
(c) Slow action potential (d) High haemoglobin
- Q12. Lever system prevalent in human arm is _____
(a) Class III (b) Class II
(c) Class I (d) None of the above
- Q13. Which muscles are called striated ?
(a) Skeletal (b) Cardiac
(c) Smooth (d) smooth and cardiac
- Q14. In which type of fracture does the bone split along its length ?
(a) Impacted (b) Depressed
(c) Green stick (d) Longitudinal
- Q15. Ratio of the carbohydrate proteins and fats in the diet of an average individual should be _____
(a) 4:1:1 (b) 1:4:4
(c) 3:2:2 (d) 4:4:1
- Q16. Absorption of the fat takes place in _____
(a) Mouth (b) Large intestine
(c) Small intestine (d) Liver
- Q17. Carbohydrate is an important component of diet especially for _____
(a) Sprinters (b) Boxers
(c) Long distance runners (d) chess players
- Q18. Deficiency of vitamin D causes _____
(a) Beri beri (b) Scurvy
(c) Ricket (d) Night blindness
- Q19. Which nutrients are essential for growth and repair of muscle and other body tissues?
(a) Proteins (b) Minerals
(c) Roughage (d) Vitamins
- Q20. Who was the first IOC president?
(a) Pierre de Coubertin (b) Avery Brundage
(c) Lord Killanin (d) Demetrius Vikelas
- Q21. Sugar, sweet, bread and cake are rich sources of.....
(a) Carbohydrates (b) fats
(c) proteins (d) roughage
- Q22. The first Olympics were held in honour of which supreme God ?
(a) Jupiter (b) Zeus
(b) venus (d) Helena
- Q23. Who opened the first Olympics of modern era ?
(a) Prince Constantine (b) Pierre de Coubertin
(c) king George (d) Georgious Averoff
- Q24. Fartlek Training is used best to develop _____
(a) Flexibility (b) strength
(c) Endurance (d) Neuromusecular coordination.
- Q25. Isometric exercise is the one in which muscle length is _____
(a) Constant (b) shortend
(c) Lenthens (d) None of the above.
- Q26. Which of the following is a Micro nutrients ?
(a) Carbohydrates (b) Fats
(c) Water (d) Vitamins
- Q27. Overstretching of ligament cause.

- (a) Stain (b) Sprain
(C) Contusion (d) Bruises.
- Q28. It is a rich source of carbohydrates.
(a) Meat (b) Fish
(C) Wheat,potato (d) None of above.
- Q29. This minerals is essential for health of bones and teeth.
(a) Sodium (b) Calcium
(C) Potassium (d) Iron
- Q30. Which of the following test is the best to measure speed and agility ?
(a) 12 minute run (b) 1500 m race
(C) 4*10 m shuttle run (d) pushups.
- Q31. In hastasana, 'Hast' means
(a) Abdomin (b) Arms
(C) Chest (d) Head
- Q32. Deficiency of vitamin A is____
(a) Beri beri (b) Night blindness
(C) Scurvy (d) Rashes.
- Q33. According to Newton's law,the example can be
(a)100 mts (b) Shot put
(C) equal and opposites reaction (d) Law of inertia
- Q34. Friction can be increased by
(a) Using air cushion(b) lubricants
(C) Using sand (d) Using ball bearings.
- Q35. Two types of motivation are_____
(a)Intensive and extensive (b)Height low intensity
(c) Intrinsic and extrinsic (d) Intramural and extramural
- Q36. Ability to overcome resistance is called _____
(a) Strength (b) speed
(c)co-ordination (d) Endurance
- Q37. Tread mill is the best example for developing this method of strength.
(a)Isokinetic (b) Isometric
(c) speed play (d) Endurance training
- Q38. Methods of endurance are _____
(a) Interval training (b) Fartlek
(c) continuous (d)All of them
- Q39.when was Harvard step test developed ?
(a) 1940 (b)1941
(c)1943 (d)1942
- Q40. Pre tournament tasks are done ?
(a) During the tournament (b) After the tournament
(c)Before the tournament (d) After the award ceremony

Monnet Raigarh

QUESTION BANK

CLASS – XII

SESSION – 2019-20

1. How many byes are given in league tournament when 14 numbers teams are participating-
 - a. 2
 - b. 4
 - c. 6
 - d. 8
2. Formulae of giving byes in a knock out tournament –
 - a. power of 1 minus number of teams
 - b. power of 2 minus number of teams
 - c. power of 3 minus number of teams
 - d. power of 4 minus number of teams
3. which of the following is the ligament injury
 - a. bruises
 - b. sprain
 - c. strain
 - d. contusion
4. Which of the following major muscles is involved in running
 - a. Hamstring
 - b. Deltoid
 - c. Triceps
 - d. Trapezius
5. In which of the personality the individuals are not competitive in nature
 - a. Type A personality
 - b. Type B personality
 - c. Type C personality
 - d. Type D personality
6. How many types of circuit training are there-
 - a. 5
 - b. 8
 - c. 4
 - d. None of these
7. Which of the following muscle is not involved in running-
 - a. Glutes
 - b. Quads
 - c. Calves
 - d. Teras major
8. Standing broad jump is for measuring
 - a. Agility and speed
 - b. Arm strength
 - c. Leg strength
 - d. Shoulder strength
9. For maximum distance, the angle of projection should be
 - a. 45°
 - b. 90°
 - c. 30°
 - d. 60°
10. In knock out tournament team has to-
 - a. Play large number of matches
 - b. Play one match
 - c. Gets bye
 - d. Play till they are winning

11. Which is NOT a symptoms of food intolerance?
 - a. Fatigue
 - b. Diarrhoea
 - c. Nausea
 - d. Night blindness
12. Diabetes can be cured by-
 - a. Bhujang asana
 - b. Kapal bharti
 - c. Paschimottasana
 - d. All of the above
13. Alzheimer's disease is related to-
 - a. Brain
 - b. Heart
 - c. Lungs
 - d. Kidney
14. Which is not a factor affecting motor development
 - a. Heredity
 - b. Wellness
 - c. Proper sleep
 - d. Trauma
15. A tool of mechanical efficiency of body which causes minimum stress to muscles each is known as
 - a. Fitness
 - b. Wellness
 - c. Posture
 - d. Healthy body
16. Pitfalls of dieting refers as-
 - a. Skipping meal
 - b. Reduce of energy food
 - c. Drinking lot of water
 - d. Taking food supplements.
17. Swimming with breast stroke is a suitable remedial exercise for-
 - a. Lordosis
 - b. Kyphosis
 - c. Scoliosis
 - d. Round shoulder
18. What do we evaluate with the help of 600m run\ walk test-
 - a. Agility
 - b. Flexibility
 - c. Strength
 - d. Aerobic fitness
19. Static strength is applied in phases in
 - a. Football
 - b. Shot put
 - c. Weightlifting
 - d. Long jump
20. The amount of blood injected per beet from left verticle is called
 - a. Stroke volume
 - b. cardiac output
 - c. Heart rate
 - d. Blood pressure.

21. Standing broad jump is for measuring

- a) agility and speed
- b) arm strength
- c) leg strength
- d) shoulder strength

22. Physiological factors which determine strength is

- a) Mobility of nervous system
- b) Flexibility
- c) Explosive strength
- d) Size of the muscle

23. According to the duration of activity how many types of endurance are there:

- a) 2
- b) 3
- c) 6
- d) 4

24. According to which law of motion "A body is at rest position".

- a) Law of Inertia
- b) Law of reaction
- c) Law of acceleration

25. Which exercise is not visible

- a) isotonic exercise
- b) isometric exercise
- c) isokinetic exercise
- d) none of the above

26. Which one of the following is not a muscle injury

- a) contusion
- b) abrasion
- c) strain
- d) sprain

27. Kraus Weber Test consist how many tests?

- a) five
- b) six
- c) seven
- d) eight.

28. Which sports or games are suitable to ectomorph?

- a) Weight lifting
- b) Gymnastic
- c) Power lifting
- d) Running

29. Which of the following factor does not affect in determining strength?

- a) size of muscles.
- b) Body weight
- c) Muscle composition
- d) Aerobic capacity

30. Sedentary life style refers as-

- a) Active life style
- b) Simple life style
- c) Life style without any physical activity
- d) None of the above

31. Diabetes can be cure by

- a) Bhujang asana
- b) Kapal Bharti
- c) Paschimottasana
- d) All of the above

32 Which of the following is the method to develop speed?

- a) Acceleration runs
- b) fartlek training metho
- c) interval training method
- d) isokinetic exercises

33. Roughage Is a component of food which has –

- a) No nutritive value
- b) Heavy nutritive value
- c)Very high nutritive value
- d) None of the above

34. What is the systolic blood pressure of a healthy person?

- a)110-102 mmHg
- b) 100-120 mmHg
- c) 120-150 mmHg
- d) 110-140 mmHg

35. Asthma is caused by-

- a) constriction of airways
- b)dilation of airways
- c) ulcer of airways
- d) none of the above

36. In what type of fracture bone is broken into three or more pieces?

- a) communitated fracture
- b) greenstick fracture
- c)impacted fracture
- d) compound fracture

37. Which plane is also known as antero posterior plane?

- a) Sagittal or Medial Plane
- b)Frontal
- c)Coronal
- d) None of these

38. Which parameter is not required in the calculation of Rock port 1 mile test?

- a) Height
- b) Weight
- c)Age
- d) Heart Rate

39. Harward Step test is a

- a) Muscular Fitness Test
- b) Endurance Fitness Test
- c)Cardio-Vascular Fitness Test
- d) Flexibility Fitness Test

40. Female athlete triad has a amenorrhea eating disorder osteoporosis

- a) communitated fracture
- b) greenstick fracture
- c)impacted fracture
- d) All of the above.

DAV PS, Hudco, Bhilai
ONE MARK QUESTIONS
PHYSICAL EDUCATION – XII

1. Which of the following is not a type of tournament?
a. Knockout tournament b. **Cash tournament** c. Challenge tournament d. League tournament
2. If total number of teams in knockout tournament are 13, how many teams will be in upper half?
a. 5 b. 6 c. **7** d. 8
3. Knockout cum league and league cum knockout are called – Combination Tournament.
4. Write another name for single elimination tournament – Knockout tournament.
5. I am also called round robin tournament. Who am I? – League tournament.
6. Micro elements are required in very small amount. They are : choose the right option –
a. Proteins b. Fats c. Carbohydrates d. **Vitamins.**
7. Deficiency of Vitamin A is –
a. Beriberi b. **Night blindness** c. scurvy d. Rashes
8. Mention only Non-nutritive components of Diet.
a. **Water and Roughage** b. Carbohydrates c. Fats & Vitamins d. Proteins
9. The BMI for healthy weight is - 18.5 to 24.9
10. Mention macro elements of dieting – Proteins, carbohydrates, fats and water.
11. Mention two pitfalls of dieting – Grey hair and poor internal strength.
12. Which asana is suitable for Back pain –
a. Hastasana b. **Shalabhasana** c. Chakrasana d. Vakrasana
13. In Hastasana, “Hast” means –
a. Chest b. **Arms** c. Abdomen d. Head
14. When the BMI exceeds 30, it is called – Obese Category.
15. Ardh means – Half.
16. Normal blood pressure of the body should be – 120/80 or 110/70 (Systolic/Dystolic)
17. It resembles the face of cow. Name the asana. – Gomukh Asana
18. Mention two hypertensions related asana – Tadanana & Vajrasana.

19. The air way gets blocked in Asthama. Give two reasons.
- Due to Air pollution
 - Dust and suffocation
20. This is the best asana for mental relaxation and release of stress. – Shavasana.
21. A condition in which the brain has trouble receiving and responding to preformation through senses is –
- ASD
 - ODD
 - ADHD
 - SPD**
22. Which of the following is not a disability etiquette?
- Think before you speak
 - Listen attentively
 - Use of normal tone of voice
 - d.
- Pretending to understand**
23. Write full form of ADHD – Attention Deficit Hyperactive Disorder.
24. To which type of disorder is ASD related?
- Speech and communication problem.
25. Mention two activities for disabled child.
- Modified Basketball and Circle game.
26. Which type of disability is Vision Defect. – Physical Disability.
27. Female Athlete triad include –
- Oestoperosis
 - Eating disorder
 - Amenoria
 - All the above**
28. Motor development refers to the development of movement and various motor abilities from _____ till _____ Birth till death.
29. Bow legs deformity is also called – Rickets.
30. Two eating disorders are – Bulimia and Aneroxia Nervosa.
31. Depression of chest is common in – Kyphosis deformity.
32. What is increase of a backward posterior curve? – Lordosis.
33. Name the exercises suitable for infancy age group. – Ball game & Hopping and cycling
34. The purpose of this test is to check the explosive strength of legs.
- Arm Curl
 - Push ups
 - Long jump**
 - 600 mts. run
35. Zig-zag run and medicine ball put are – Barrow General Motor ability tests.
36. The weight of medicine ball for boys – 3Kg. and girls – 1 Kg. in Barrow Test.
37. Distance of Rock port test is – 1 mile.
38. Back scratch test is for upper body – flexibility.
39. Harvard step test is for measurement of – Cardio-respiratory endurance.
40. Write the purpose of modified pushups for girls. – Strength in arms and shoulders.
41. Suggest one test for Aerobic endurance of senior citizen – 6 minutes walk test.
42. The components of physical fitness are – strength, speed, endurance, flexibility.
43. In this type of fracture the bone is broken into pieces – Communnated fracture.
44. Name four soft tissue injuries – Sprain, Strain, Contusion, Abrasion.
45. Friction can be increased by –
- Using air cushion
 - Lubricants**
 - using sand
 - using ball bearing.
46. Biomechanics is a science which studies – the forces and their effect on living systems.
47. Friction is necessary. Give two reason –
- it prevents from slipping.
 - It helps to hold the object properly
48. Name the muscle used while extending an arm. – Triceps.
49. Enlist different types of movements –
- Flexion
 - Extensions
 - Abduction
 - Adduction
50. Mention Sheldon physical characteristics –
- Endomorphy
 - Mesomorphy
 - Ectomorphy
51. Sticking to a regular program of exercise for 5-6 days is called – Exercise Adherence.
52. Vigorous activity under fatigue condition is –
- Strength
 - Speed
 - Endurance**
 - Coordination
53. Another name for isotonic exercises is –

- a. Static strength b. Strength endurance c. Dynamic strength d. **Maximum strength**

54. Fartlek means – Speed play.
 55. It is based on principle effort recovery, effort recovery, effort and recovery – Interval method of endurance.
 56. Which method was developed by Gosta and Holmer? – Fartlek
 57. Iso means same and metric means – Length.
 58. Post Isometric method is very good for developing – Flexibility.
 59. Range of motion around a joint is also called – Flexibility.
 60. Ability to overcome resistance is called – Strength.

DAV PS, BISHRAMPUR

- Which formula is used to find out the number of matches in a double league tournament?
 (a) $N - 1$ (b) $N + 1$ (c) $N(N - 1)$ (d) $\frac{N(N-1)}{2}$
- The number of matches in Knock-Out tournament, where number of teams (N)=21
 (a) 21 (b) 20 (c) 22 (d) None of these
- Which Sports competition is organised within the school itself?
 (a) Knock – out (b) intramural (c) inter – state (d) extra mural
- A series of competition between various teams playing a particular game is called ---
 (a) Tournament (b) Seeding (c) health run (d) intramural
- Which type of tournament is more time consuming and expensive but only strong and deserving team can win .
 (a) Knock – out (b) League (c) combination (d) challenge
- Seeding is given in a League Tournament -(True /False)

7. Balance diet provides
 (a) Proper sleep (b) Prevention from natural disease (c) help to control weight (d) all of the above
8. What is another name of Riboflavin
 (a) Vitamin-B (b) Vitamin-B5 (c) Vitamin-B2 (d) Vitamin-C
9. Which of the following Vitamins is insoluble in fats ?
 (a) A (b) E (c) K (d) C
10. If the weight is in Kg. and height in M, which of these is the correct formula of calculating Body Mass ? Index
 (a) $Wt. \times M$ (b) $Wt./M^2$ (c) $M/Wt.$ (d) $M/Wt.^2$
11. Deficiency of which of the following leads to ricket ?
 (a) Iron (b) Iodine (c) Calcium (d) Chromium
12. Bhujangasana is used to cure
 (a) Asthma (b) Back- pain (c) Diabetes (d) All of above
13. Panschimottanasana is performed.
 (a) Bending Back (b) Bending side ward (c) Bending forward and holding (d) Long breathing
14. Children suffering from which disorder find it difficult to pay attention to things and are always restless ?
 (a) SPD (b) ADHD (c) OCD (d) ODD
15. Congnitive disability affects
 (a) Learning (b) Sleep (c) Memory (d) Both (a) and (b)
16. Ravi's mother has the habit of washing her hand every minutes and spends she entire day arranging things exactly he way she wants which of these is a possible disorder she might be suffering from ?
 (a) ADHD (b) ASD (c) OCD (d) ODD
17. Paralympic Games are meant for
 (a) Congntive Disabled person (b) Normal person (c) Vision disabled person (d) Physical impairment person
18. Disability means
 (a) Impairment of cognitive, developmental and intellectual (b) Problem of illness of body or mind (c) Not able to work (d) Sense organs not working properly
19. What are the two types of motor development of muscles in the body?
 (a) Gross and fine (b) Gross and net (c) Coarse and fine (d) Gross and measured
20. Which of these asanas is suggested for relief from Lordosis ?
 (a) Chakrasana (b) Vajrasana (c) Halasana (d) Matsyasana
21. Female Athlete Triad has
 (a) Amenigrra (b) Osteoporosis (c) Eating disorder (d) All of the above
22. Bow legs deformity is
 (a) Wide gap between knees (b) Knees collide with each other (c) Plain foot sole (d) Bending to sideward
23. Who was the first Indian the silver medal in Badminton at summer Olympic?
 (a) Saina Nehwal (b) Jwala Gutta (3) P,V. Sindhu (4) Sania Mirza
24. What aspect of motor ability in the Zig-Zag Run in the Barrow Three Item Test supposes to test?
 (a) Power (b) Strength (c) Endurance (d) Agility
25. What component of senior citizen's fitness is tested by the six minute walk Test?
 (a) Lower body strength (b) Upper body strength (c) Balance (d) Endurance
26. In the Rockport Fitness Walking Test , what is the total distance that an individual has to cover—
 (a) 1 km. (b) 1 mile (c) 100 mt. (d) 1 yard
27. Which of these acids gets accumulated in the muscles during intense physical activity ?

- (a) Citric acid (b) Nitric acid (c) Acetic acid (d) Lactic acid
28. Cardiac output is the ability to
(a) Breathing with maximum volume of air (b) No cardiac problem (c) To pumping blood in one minute
(d) Decrease in blood pressure
29. The prime objective of First aid is to
(a) Take the victim to hospital (b) To provide water and food to victim (c) Immediate and temporary care to save life of victim
30. In swimming , a swimmer gets propelled faster in the forward direction if she pushes the water faster in the backward direction, This is an application of which law of motion given by Newton ?
(a) First law of motion (b) Second law motion (c) Third law of motion (d) None of these
31. Which the these types of friction is stronger than the others given below ?
(a) Rolling friction (b) Sliding friction (c) Static friction (d) All are equally strong
32. In which type of fracture do bones break into three or more pieces, seen often in cycling and motorcycling race.
(a) Oblique fracture (b) Green Stick fracture (c) Compound fracture (d) Comminuted fracture
33. A decrease in the angle between the femur and the tibia because of the movement of the knee is an example of
What type of movement ?
(a) Flexion (b) Extension (c) Abduction (d) Adduction
34. The first law of motion states about
(a) Law of Inertia (b) Law of Acceleration (c) Law of Action and Reaction (d) All of the aboves
35. Introvert personality is characterized like .
(a) Friendly, talkative and good social activities (b) Shy, talk less, and self centered
(d) Less strength and slim
36. Intrinsic motivation depends upon
(a) Teachers guidance to improve (b) Reward and honour to do better (c) Fear of punishment
(d) Self realization to improve
37. Aggression types are
(a) Hostile aggression (b) Assertive behavior aggression (c) Instrumental aggression (d) All of the above
38. The best training method for development of endurance
(a) Continuous method (b) Interval method (c) Fartlek method (d) Circuit training method
39. What type of speed is defined as the ability to maintain maximal speed for maximal distance and maximal duration?
(a) Acceleration ability (b) Locomotor ability (c) Movement ability (d) Reaction abilitys
40. Strength can be developed through
(a) Iso- metric exercises (b) Iso-Kinetic exercises (c) Iso- tonic exercises (d) All of the above

DAV PS, PANDAVPARA

OBJECTIVE TYPE QUESTIONS : 2019-20
PHYSICAL EDUCATION
CLASS-12

- (1)When player is engaged in vigorous exerises for long duration,it develops _____.
- (2)50 metre standing start helps in measuring _____.
- (3)This type of injury is not hard type of injury.
- (4)The disorder in which person is impulsive and hyperactive_____.
- (5)Give two examples of third law of motion from sports.
- (6)What is the purpose of Back Scratch Test?
- (7)Ability to overcome resistance is called_____.
- (8)Iso means same and metric means_____.
- (9)Write two exercises of circuit training.
- (10)"Sticking to a regular program of exercise" for 5-6 days is called_____.
- (11)Define the term motive.
- (12)From which word personality is derived?
- (13)Mention two reason to exercise.
- (14)Mention four types of aggression in sports.
- (15)Biomechanics is a science which studies_____.
- (16)Name the muscle used while extending an arm.
- (17)Which movement is involved in the movement away from the body?
- (18)which movement is involved in increasing the angle of a point?
- (19)Incision is the example of which type of injury?
- (20)Transverse is the example of which type of injury?
- (21)Luxation is the example of which type of injury?
- (22)Elaborate P.R.I.C.E.
- (23)The fracture in which the broken bone is inside the covering of skin?
- (24)Enlist two objectives of first aid.
- (25)Name the fractures in sports.
- (26)What is dislocation?
- (27)What is Physiology?
- (28)Under which test does 50m test come?
- (29)What is the distance of shuttle run?
- (30)What is PEI?
- (31)Who developed Harvard step test?
- (32)What test would you suggest to measure upper body strength for aged population?
- (33)How can we calculate BMI?
- (34)In which postural deformities a person stands erect with his feet close together?
- (35)What is the compensatory adjustment to the deviations in the spine called?
- (36)For which deformity horse riding is recommended?
- (37)In this defect the legs are bent outward and widens the gap between knees.
- (38)Anorexia means lack of _____.
- (39)A postural defect in which shoulder looks like round in shape?
- (40)Write Full form of ADHD.
- (41)Mention two activites for disabled child.
- (42)Write Full form of OCD.
- (43)Which type of disability is Vision defect.
- (44)Write Full form of SPD.
- (45)Write Full form of ASD.

- (46) What do you mean by Autism?
- (47) Which is a medical term often used in Yoga to describe a physical condition?
- (48) Ardh means_____.
- (49) It resembles the face of cow. Name the Asana.
- (50) Mention two asanas as preventive measure.
- (51) The BMI of healthy weight is_____.
- (52) Mention macro elements of diet.
- (53) Mention two pitfalls of dieting.
- (54) The responsibility of technical committee is to_____.
- (55) In which type of tournament the team which is defeated, gets eliminated and does not have another chance to play.
- (56) A preparation for any action is called_____.
- (57) In hastasana, 'Hast' means
- | | |
|-------------|----------|
| (a) Abdomen | (b) Arms |
| (c) Chest | (d) Head |
- (58) Friction can be increased by
- | | |
|-----------------------|------------------------|
| (a) using air cushion | (b) lubricants |
| (c) using sand | (d) using ball bearing |
- (59) Vigorous activity under fatigue condition is
- | | |
|---------------|------------------|
| (a) Strength | (b) Speed |
| (c) Endurance | (d) Coordination |
- (60) When was Harvard step test developed?
- | | |
|----------|----------|
| (a) 1940 | (b) 1941 |
| (c) 1943 | (d) 1942 |
- (61) Fartlek training is developed by
- | | |
|----------------------|-----------------------|
| (a) Gosta and Holmer | (b) Adamson & Morgau |
| (c) Woodsworth | (d) None of the above |

-----x-X-x-----