



**Resonance**<sup>®</sup>  
Educating for better tomorrow

# CBSE

**CENTRAL BOARD SECONDARY  
EXAMINATION**

**2023**

**CLASS  
XII**

## Questions & Solutions

**Date: 13 March 2023 | TIME : (10:30 a.m. to 01:30 p.m)**

**Duration: 3 hr | Max. Marks: 80**






**SUBJECT: PHYSICAL EDUCATION**

### Resonance Eduventures Ltd.

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SET-4

Series EF1GH

Code No. 75

Roll No.

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Candidates must write the Q.P. Code on the title page of the answer-book

# PHYSICAL EDUCATION

Time Allowed : 3 Hours

Maximum Marks : 70

## Note :

- Please check that this question paper contains **15** printed pages.
- Q.P. Code given on the right hand side of the question paper should be written on the title page of the answer-book by the candidate.
- Please check that this question paper contains **37** questions.
- Please write down the serial number of the question in the answerbook before attempting it
- 15 minute time has been allotted to read this question paper. The question paper will be distributed at 10.15 a.m. From 10.15 a.m. to 10.30 a.m., the E candidates will read the question paper only and will not write any answer 'I' on the answer-book during this period.

## General Instructions :

- The question paper consists of **5** sections and **37** questions.
- Section-A consists of question **1-18** carrying 1 mark each and is multiple choice questions. **All** questions are compulsory.
- Section-B** consists of question **19-24** carrying **2** marks each and are Very Short Answer Types and should not exceed **60-90** words. Attempt any **5**.
- Section-C** consists of question **25-30** carrying **3** marks each and are Short Answer Types and should not exceed **100-150** words. Attempt any **5**.
- Section-D** consists of question **31-33** carrying **4** marks each and are case studies. There is internal choice available.
- Section-E** consists of question **34-37** carrying **5** marks each and are long Answer types and should not exceed **200-300** words. Attempt any **3**

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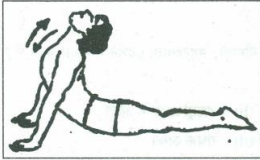
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SECTION - A

(All Questions are compulsory)

1. Identify the Asana :

1



- (a) Bhujangasana (b) Halasana (c) Vajrasana (d) Dhanurasana

Sol. (a) Bhujangasana

(Question for Visually Impaired candidates)

\_\_\_\_\_ pose is like cobra.

- (a) Bhujangasana (b) Dhanurasana  
(c) Vajrasana (d) Ardhamatsyendrasana

2. Traits like sadness, mood swings and emotional instability are related with \_\_\_\_\_ 1

- (a) Extroversion (b) Agreeableness (c) Conscientiousness (d) Neuroticism

Sol. (d) Neuroticism

3. Which of the following is NOT the factor affecting projectile trajectory? 1

- (a) Gravity, (b) Angle of Release (c) Buoyant Force (d) Air Resistance

Sol. (c) Buoyant Force

4. Which of the following factors, does NOT determine flexibility? 1

- (a) Joint Structure (b) Previous Injury (c) Efficiency of Lungs (d) Age and Gender

Sol. (c) Efficiency of Lungs

5. Fartlek Training is used to develop \_\_\_\_\_. 1

- (a) Endurance (b) Strength (c) Flexibility (d) Speed

Sol. (a) Endurance

6. Which type of coordinative ability is required in games like judo and wrestling? 1

- (a) Orientation ability (b) Coupling ability (c) Adaptation ability (d) Differentiation ability

Sol. (b) Coupling ability

7. The ability to tolerate higher concentration of \_\_\_\_\_ improving endurance performance. 1

- (a) Lactic acid (b) Hydrochloric acid (c) Acetic acid (d) Sulphuric acid

Sol. (a) Lactic acid

8. Centre of Gravity is the average location of an object's \_\_\_\_\_. 1

- (a) Weight (b) force (c) Resistance (d) Velocity

Sol. (a) Weight

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9. Given below are the two statements labelled Assertion (A) and Reason (R). 1  
**Assertion (A)** : Aggression is part of human behaviour and is necessary for an individual to live and struggle for higher achievements.

**Reason (R)** : Aggression is inevitable and inseparable in sport activities. In the context of the above two statements, which one of the following 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.

**Sol.** (a) Both (A) and (R) are true and (R) is the correct explanation of (A).

10. Role of water in human body is to \_\_\_\_\_. 1

- (a) regulate body temperature
- (b) give energy
- (c) repair cell
- (d) protect from disease

**Sol.** (a) regulate body temperature

11. Which of the following are water soluble vitamins? 1

- (a) Vitamin D & K
- (b) Vitamin B & C
- (c) Vitamin A & E
- (d) Vitamin A & C

**Sol.** (b) Vitamin B & C

12. Which of the following asana is NOT used to cure Asthma? 1

- (a) Tadasana
- (b) Dhanurasana
- (c) Parvatasana
- (d) Bhujangasana

**Sol.** (a) Tadasana

13. How many total matches will be played in a knock-out fixture of 19 teams? 1

- (a) 18
- (b) 20
- (c) 17
- (d) 16

**Sol.** (a) 18

14. Knock-out tournament is also known as \_\_\_\_\_. 1

- (a) Elimination tournament
- (b) Round-robin tournament
- (c) League tournament
- (d) Challenge tournament

**Sol.** (a) Elimination tournament

15. First Deaflympic Games was organized in the year \_\_\_\_\_. 1

- (a) 1896
- (b) 1960
- (c) 1924
- (d) 1951






**Sol.** (c) 1924

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16. Match the following:

1

List - I		List - II	
I.	Knock Knee / Genu Valgum	1.	Increase exaggeration of backward curve
II.	Kyphosis	2.	Wide gap between the knees when standing with feet together
III.	Lordosis	3.	Knees touch each other III normal standing position.
IV.	Bow legs	4.	Inward curvature of the spine

Choose the correct option from the following:

- |     | I | II | III | IV |
|-----|---|----|-----|----|
| (a) | 3 | 1  | 4   | 2  |
| (b) | 1 | 3  | 4   | 2  |
| (c) | 4 | 2  | 1   | 3  |
| (d) | 2 | 3  | 4   | 1  |
- Sol. (a)

17. Match the following:

1

List - I		List - II	
I.	Plate Tapping Test	1.	Upper body strength endurance of boys
II.	Push-up	2.	Speed and coordination of limb movement
III.	Partial Curl up	3.	Upper body strength endurance of girls
IV.	Modified push up	4.	Abdominal strength

Choose the correct option from the following:

- |     | I | II | III | IV |
|-----|---|----|-----|----|
| (a) | 2 | 1  | 4   | 3  |
| (b) | 2 | 3  | 1   | 4  |
| (c) | 1 | 3  | 2   | 4  |
| (d) | 2 | 3  | 4   | 1  |
- Sol. (a)

18. Menarche is related to :

1

- (a) Ending of menstrual period in women
- (b) Beginning of menstrual period in women
- (c) Time of pregnancy
- (d) Spinal deformity

Sol. (b) Beginning of menstrual period in women

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**SECTION - B**  
**(Attempt any 5 questions)**

19. Briefly explain any two factors determining endurance. **1+1**

- Sol.** (i) Muscle composition  
(ii) Lactic Acid tolerance capacity

20. What do you understand by "Goal Setting"? **2**

**Sol.** Goal setting - involves action plan designed in order to motivate or guide a person or a group towards a goal.

21. Define Flexibility and list down its types. **1+1**

**Sol.** Flexibility is the ability of joint or series of joints to move through an unrestricted, pain free range of motion.

Types :-

- (i) Active  
(a) Static (b) Dynamic  
(ii) Passive

22. Elucidate any four types of fractures. **2**

- Sol.** (i) Communicated :- bone gets broken / crushed into two or more pieces  
(ii) Impacted fracture  
(iii) Stress  
(iv) Oblique

23. What is BMI? Calculate BMI of a child whose weight is 72 kg and height 1.68mt. **1+1**

**Sol.**  $\frac{72\text{kg}}{(1.68\text{mts})^2} = 25.57$

24. Differentiate between Macro and Micro Nutrients. **2**






**Sol.** Carbohydrates + protein + Fat are macro, Vitamins, Minerals salts etc are micro nutrients

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**SECTION - C**  
**(Attempt any 5 questions)**






- 25.** "Participation in physical activities is advantageous for children with special need." Briefly explain any six advantages. **3**
- Sol.** (i) Physical + mental + development  
(ii) Social development  
(iii) Emotional development  
(iv) Discipline + Belongingness  
(v) Becoming Competent / Competency  
(vi) Team work
- 26.** Write the functions of Vitamin D and Vitamin K and mention their sources. **1.5 + 1.5**
- Sol:** Vitamin D - increases bone strength and density - sunlight , red meat , liver , egg yolks.  
Vitamin K - helps making proteins required for blood clotting and developing bone tissues.  
Green vegetables, sprout , cabbage soyabeans etc
- 27.** Briefly explain the functions of Directing and Controlling to organize sports event. **1.5 + 1.5**
- Sol.** Directing : - is the guidance inspiration, the leadership of those men and women constitute the real case responsibilities of management.  
Controlling : - is the process of taking steps to bring actual results and desired results closer together.
- 28.** How can we enhance the sports performance with the help of self-talk and self-esteem? Explain. **1.5 + 1.5**
- Sol.** Self talk :- self talk is the way you talk to your self or your inner voice  
Self - esteem :- What you think about your self or what you consider your self / what you think about your body image
- 29.** Elucidate any six effects of exercise on muscular system. **3**
- Sol :** (i) increased shape and size of the muscles  
(ii) Increased reaction ability.  
(iii) Formation of connective tissues  
(iv) formation of new nerve endings  
(v) Increased blood supply to the Working muscles  
(vi) Oxidation of carbohydrates and fats increases
- 30.** What do you understand by Round shoulders deformity? Suggest any four corrective measures for round shoulders. **1+2**
- Sol:** In Round shoulders the neck gets tilted forward and the tips of the shoulders are also pointed forward.  
Corrective measures –  
(i) Chest stretch for 30 second both sides, 3 sets  
(ii) Upper back foam rolling- roll up and down your upper back over foam roll made specifically for the purpose  
(iii) Dhanurasana  
(iv) Bhujangasana

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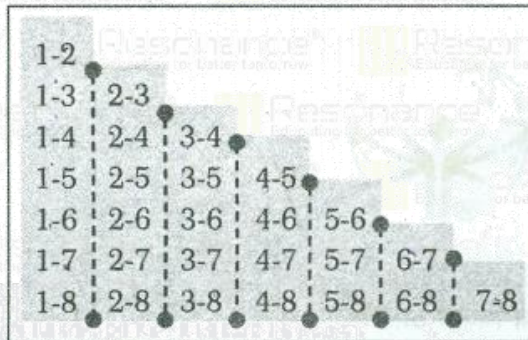
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**SECTION – D**  
**(Internal choices available)**

31.



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

4

- Which method is shown in the picture to draw fixture in league tournament?
- What is the formula to calculate number of matches?
- In league or Round Robin Tournament winner will be decided on the basis of \_\_\_\_\_.
- If 7 teams participate in a league Tournament, \_\_\_\_\_ number of matches will be played.

**(For Visually Impaired Candidates)**

Explain the responsibilities of any four committees required to organize a sports event.

**Sol :**

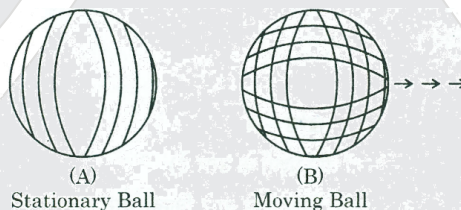
(a) Stair case

(b)  $n \left( \frac{n-1}{2} \right)$

(c) Points

(d) 21

32. Study the pictures given below:



(A) Stationary Ball

(B) Moving Ball

Based on your above study and your knowledge, answer the following questions:

4

- Which law of motion will be applied to initiate motion of the ball as depicted in the illustration (A) ?
- In illustration (B) which force is acting upon the ball to slow it down?
- Which law of motion will determine the quality of bounce?
- \_\_\_\_\_ of an object directly depends upon the mass of the object and net force applied on it.

**OR**

"When a cricket ball is moving with a certain velocity, the player has to apply retarding force to bring the ball at rest in his hands." Which Newton's Law is applied in this illustration?

**(For Visually Impaired Candidates)**

By giving suitable examples from sports, explain any two Newton's Laws of Motion in detail.

**Sol :**

- First law
- Frictional force
- Law of action and reaction
- acceleration

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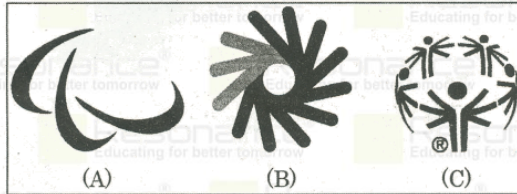
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33. In relation to the pictures, answer the following questions:

4



- (a) Logo shown in picture \_\_\_\_\_ refers to Special Olympic.  
 (b) Who was the founder of Special Olympics?  
 (c) According to figure 'B', the hand shapes of 'OK', 'Good' and 'Great' that overlap each other in a circle, represent the original sign for \_\_\_\_\_  
 (d) How many countries participated in the first Paralympic Games in Rome (Italy) in 1960 ?

OR

The motto of Paralympics is \_\_\_\_\_

(For Visually Impaired Candidates)

Explain any four strategies to make physical activities accessible for children with special needs.

Sol:

- (a) C  
 (b) Eunice Kennedy Shriver  
 (c) Deaflympics / to be united  
 (d) 23

OR

The Motto of Paralympics is "Spirit in motion"

### SECTION – E

(Attempt any 3 questions)

34. List down any four asanas used for prevention of Hypertension. Explain the procedure and contraindication of any one of them with help of a stick diagram.

1+4

Sol.

- (i) Halasana  
 (ii) Shirshasana  
 (iii) Verjarasana  
 (iv) Setu bandhasana

35. What is the purpose of Rikli and Jones fitness test ? Explain the procedure of its any two test items in detail.

1+4

Sol.

The purpose of Rikli and Jones fitness test is to check the fitness levels in senior citizens above 60 years of age.

The two test items are as follows

- (i) Chair sit and stand test (to check the lower body strength)  
 (ii) arm curl test (Check the upper body strength)

36. Define strength and explain any two methods to develop it.

1+4

Sol.

Strength can be defined as an ability to overcome resistance, resistance can be any external weight your own body weight.

The methods to develop strength are as follows

- (i) isotonic method  
 (ii) isometric method

37. What is Friction? Write the advantages and disadvantages of friction by giving suitable examples from sports.

1+4

Sol.

Friction is the force that resists motion when the surface of one object comes in contact with the surface of another.

Advantages and disadvantages of friction in sports

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# CUET (UG)

## 2023

### Common University Entrance Test



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- CUET, known as Common Universities Entrance Test (CUET), is a Computer Based All - India Test for admission to various Undergraduate Programmes in 44 Central Universities and other State Private + Deemed Universities of India.
- CUET (UG) is organized by National Testing Agency (NTA).
- Official Website: <www.samarth.cuet.ac.in> OR <www.cuet.nta.ac.in>

#### Points to Remember: CUET (UG) 2023

- Candidates can choose any Language/Domain Specific Subjects/General Test or a combination as per the requirements of the course in the specific University.
- The choice of Tests/Subjects depend on the course/s chosen by the candidate and the University/ies where admission is sought.
- A Candidate can take a maximum of **10 tests**.



S.No.	SECTION	NO. OF QUESTIONS	QUESTIONS TO ATTEMPT	DURATION
1.	SECTION-I (A+B)	50	40	45 Minutes
2.	SECTION-II	50/45	40/35	45 Minutes*
3.	SECTION-III	60	50	45 Minutes*

\*Not yet announced by NTA.

- **Section IA – 13 Languages (As a medium and “Language”)**

**Assamese | Bengali | English | Gujarati | Hindi | Kannada | Malayalam | Marathi | Odia | Punjabi | Tamil | Telugu | Urdu**

- **Section IB – 20 Languages**

**Arabic | Bodo | Chinese | Dogri | French | German | Persian | Russian | Sindhi | Tibetan | Italian | Japanese | Kashmiri | Konkani | Maithili | Manipuri | Nepali | Santhali | Spanish | Sanskrit**

- **Section II – 27 Domain-Specific Subjects**

There are 27 Domains specific Subjects being offered under this Section. Candidate may choose a maximum of Six (06) Domains as desired by the applicable University/Universities.

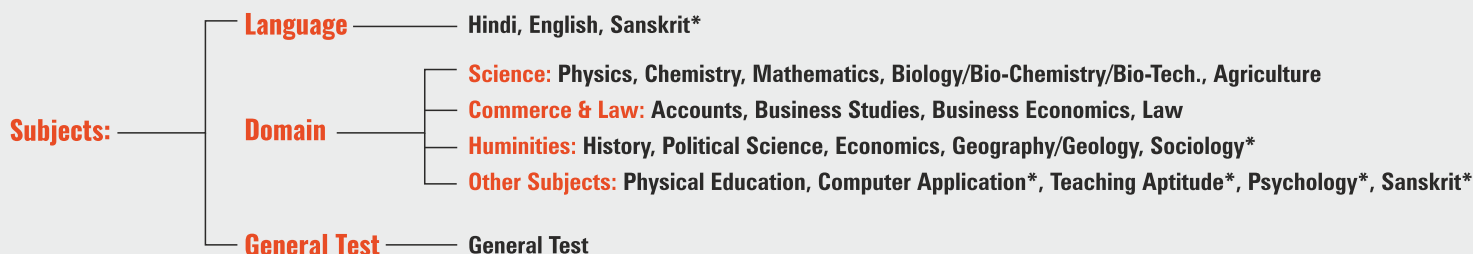
- **Section III – General Test**

General Knowledge, Current Affairs, General Mental Ability, Numerical Ability, Quantitative Reasoning (Simple application of basic mathematical concepts arithmetic/algebra geometry/mensuration/stat taught till Grade 8).

- Candidates, from any Stream (Arts / Commerce / Science), who are appearing in Class12th Examination in 2022-23 OR who have Passed the class 12th or equivalent examination, irrespective of their age can appear in the CUET (UG)–2023.
- Students of Science stream can explore some unique courses of B. Tech/ M. Tech / Bio-Tech courses through CUET exam at some renowned universities of India like DU / BHU etc.
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\* Availability of these subjects depends on number of students enrolled.

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800

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in 3 Subjects

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in 1 Subject

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