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# CBSE

**CENTRAL BOARD SECONDARY  
EXAMINATION**

**2023**

**CLASS  
XII**

## Questions Paper

**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 E 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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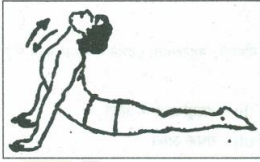
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SECTION - A

(All Questions are compulsory)

1. Identify the Asana :

1



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

(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

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

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

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

1

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

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

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

1

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

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

1

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

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.

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10. Role of water in human body is to \_\_\_\_\_. 1  
 (a) regulate body temperature  
 (b) give energy  
 (c) repair cell  
 (d) protect from disease
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
12. Which of the following asana is NOT used to cure Asthma? 1  
 (a) Tadasana      (b) Dhanurasana      (c) Parvatasana      (d) Bhujangasana
13. How many total matches will be played in a knock-out fixture of 19 teams? 1  
 (a) 18      (c) 20      (b) 17      (d) 16
14. Knock-out tournament is also known as \_\_\_\_\_ 1  
 (a) Elimination tournament  
 (b) Round-robin tournament  
 (c) League tournament  
 (d) Challenge tournament
15. First Deaflympic Games was organized in the year \_\_\_\_\_ 1  
 (a) 1896      (b) 1960      (c) 1924      (d) 1951

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:

- |     |          |           |            |           |
|-----|----------|-----------|------------|-----------|
|     | <b>I</b> | <b>II</b> | <b>III</b> | <b>IV</b> |
| (a) | 3        | 1         | 4          | 2         |
| (b) | 1        | 3         | 4          | 2         |
| (c) | 4        | 2         | 1          | 3         |
| (d) | 2        | 3         | 4          | 1         |

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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  |

18. Menarche is related to :

1

- Ending of menstrual period in women
- Beginning of menstrual period in women
- Time of pregnancy
- Spinal deformity

### SECTION - B

(Attempt any 5 questions)

19. Briefly explain any two factors determining endurance.

1+1

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

2

21. Define Flexibility and list down its types.

1+1

22. Elucidate any four types of fractures.

2

23. What is BMI? Calculate BMI of a child whose weight is 72 kg and height 1.68m.

1+1

24. Differentiate between Macro and Micro Nutrients.

2

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**SECTION - C**

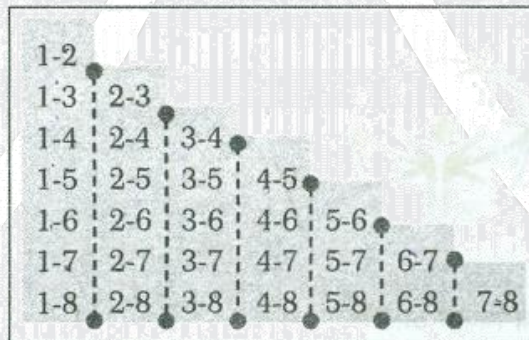
(Attempt any 5 questions)

25. "Participation in physical activities is advantageous for children with special need." Briefly explain any six advantages. 3
26. Write the functions of Vitamin D and Vitamin K and mention their sources. 1.5 + 1.5
27. Briefly explain the functions of Directing and Controlling to organize sports event. 1.5 + 1.5
28. How can we enhance the sports performance with the help of self-talk and self-esteem? Explain. 1.5 + 1.5
29. Elucidate any six effects of exercise on muscular system. 3
30. What do you understand by Round shoulders deformity? Suggest any four corrective measures for round shoulders. 1+2

**SECTION - D**

(Internal choices available)

31.



On the basis of above fixture, answer the following questions: 4

- (a) Which method is shown in the picture to draw fixture in league tournament?
- (b) What is the formula to calculate number of matches?
- (c) In league or Round Robin Tournament winner will be decided on the basis of \_\_\_\_\_.
- (d) 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.

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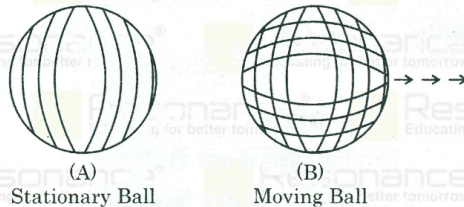
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32. Study the pictures given below:



- 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.

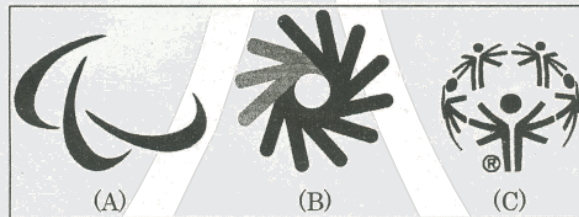
OR

"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.

33. In relation to the pictures, answer the following questions: **4**



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

OR

The moto of Paralympics is \_\_\_\_\_

**(For Visually Impaired Candidates)**

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

### SECTION – E

**(Attempt any 3 questions)**

- 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**
- What is the purpose of Rikli and Jones fitness test ? Explain the procedure of its any two test items in detail. **1+4**
- Define strength and explain any two methods to develop it. **1 +4**
- What is Friction? Write the advantages and disadvantages of friction by giving suitable examples from sports. **1+4**

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# CUET (UG)

## 2023

### Common University Entrance Test



#### About CUET (UG)

Common University Entrance Test (CUET) is the program that provides equal opportunity to all students from different Boards & different region.

- 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**

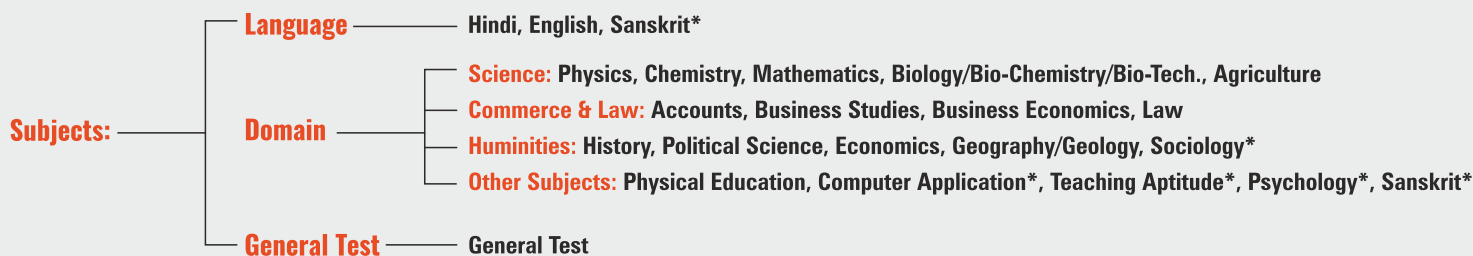
General Knowledge, Current Affairs, General Mental Ability, Numerical Ability, Quantitative Reasoning (Simple application of basic mathematical concepts arithmetic/algebra geometry/mensuration/stat taught till Grade 8).



- 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.
- Candidates have to fulfil the age criteria if it is specified by a Particular University to which the candidate wishes to apply.

## Resonance Offering

The following Courses are being offered by Resonance for CUET (UG)-2023



\* Availability of these subjects depends on number of students enrolled.

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- Counseling on the basis of Test



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- Counseling on the basis of Test



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- Medium: English
- Mode: Online




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## CUET (UG) 2022



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