

**PRACTICE PAPER-1(2020-21)**

**Subject: P.H.E (048)**

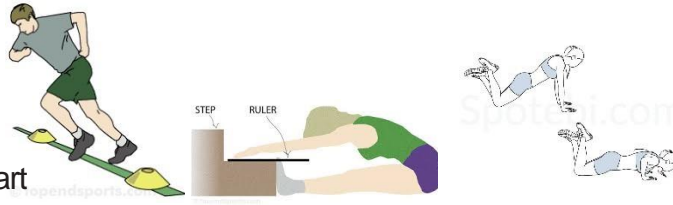
**Class: XII (ANSWER KEY)**

Q.NO.	ANSWER	MARKS DISTRIBUTION	
1.	c. Endurance c. Endurance	1	
2.	b. mass	1	
3.	d. Both a & c a. Femur	1	
4.	c. muscular	1	
5.	b. ODD	1	
6.	c. Advantage given to a team to not play in initial round.	1	
7.	d. Joint injury c. Impacted fracture	1	
8.	b. Acceleration ability	1	
9.	a. 1	1	
10.	d. Both a & b	1	
11.	a. Both (A) and (R) are true and (R) is the correct explanation of (A).	1	
12.	c. 4    3    1    2	1	
13.	a. Bhujangasana b. Trikonasana c. Paschimottasana a d. Ardhamatsyendrasana	0.5X4=2	
14.	a. Flexion b. Extension c. Abduction d. Adduction	0.5X4=2	
15.	<p><b>Free hand Exercises to cure round shoulders:</b></p>	0.5X4=2	
16.	<p><b>Oppositional Defiant Disorder:(ANY TWO)</b></p> <ol style="list-style-type: none"> <li>1. Disruptive behavior</li> <li>2. Pattern of disobedience</li> <li>3. Rebellious</li> <li>4. Anger outburst</li> <li>5. Deliberately annoy</li> <li>6. Refuse to obey</li> </ol>	<p><b>Sensory processing disorder: (ANY TWO)</b></p> <ol style="list-style-type: none"> <li>1. Difficulty in responding.</li> <li>2. Neurological jam</li> <li>3. Reading is difficult</li> <li>4. Problem in senses</li> <li>5. Difficulty in motor responses.</li> </ol>	0.5X4=2

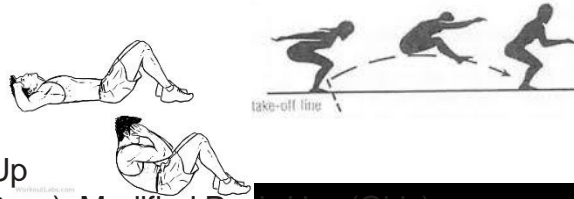
	<b>Attention deficit hyperactivity disorder (ANY TWO)</b> 1. Anxiety attack 2. Impulsive 3. Mood swing 4. Easily distracted 5. Talk excessively	<b>Autism spectrum disorder.(ANY TWO)</b> 1.Avoid eye contact 2.Prefer to remain alone 3.Can't express felling 4.Repitive behavior										
17.	<table border="1"> <tr> <td>A. b</td> <td></td> <td>normal weight</td> </tr> <tr> <td>B.</td> <td></td> <td></td> </tr> <tr> <td>C.</td> <td></td> <td></td> </tr> </table>	A. b		normal weight	B.			C.				1+1+1=3
A. b		normal weight										
B.												
C.												
18.	c. Vajrasana c.>30 b.Walk on outer edge of foot		1+1+1=3									
19.	<b>Micro minerals: (ANY THREE)</b> 1 <b>Iodine:</b> harmones,growth,giotre, mental retardation (sea foods,salt,fish) 2. <b>Iron:</b> Anemia,(liver, dry fruits,banana) 3. <b>Chromium:</b> Insuline,diabeties(soyabean,black gram,barley) 4. <b>Copper: hemoglobin</b> (egg,pulses, green veg.)  <b>Fat soluble vitamins:(ANY THREE)</b> 1. <b>Vit A:</b> Night blindness,Xerophthalmia (papaya,spinach,milk,curd,carrot) 2. <b>Vit D:</b> Teeth,bones,calcium (sunlight,milk,egg yolk) 3. <b>Vit E:</b> Fertility,Adreline gland,skin ( fresh fruits,butter,cotton seeds) 4. <b>Vit K:</b> Clotting of blood, anemia (cauliflower,cabbage,spinach)		1+1+1=3									
20.	<b>Common sports injuries Soft tissue injuries</b> a) Contusion b) Bruises c) Sprain d) Strain e) Abrasion	<b>Bone injuries</b> a)simple fracture b) complicated fracture c) impacted fracture d) green stick fracture e) compound fracture f) comminuted fracture	<b>Joint injuries</b> a) shoulder dislocation b) hip dislocation c) lower jaw dislocation  (ANY TWO from each)	1+1+1=3								

21.	<p><b>1. Rockport Walk Test (One Mile Test)</b> The formula used to calculate VO<sub>2</sub> max is: <math>132.853 - (0.0769 \times \text{weight}) - (0.3877 \times \text{age}) + (6.315 \times \text{gender}) - (3.2649 \times \text{time}) - (0.1565 \times \text{HeartRate})</math></p> <p><b>D. Harvard Step Test</b>  The Harvard Step test is a test of aerobic fitness, developed by Brouha and his associates (1943) in the Harvard Fatigue Laboratories during WWII for college students. It was a very simple and promising field test for measuring cardiovascular endurance of human beings by using easily available and inexpensive equipment.</p> <p><b>Fitness Index (short form)</b> = <math>100 \times \text{test duration (seconds)} / 5.5 \times \text{pulse count (1-1.5 min)}</math></p> <p><b>Fitness Index (long form)</b> = <math>(100 \times \text{test duration in seconds}) / (2 \times \text{Sum of hearts beats in Pulse 1, 2 and 3})</math></p> <p><b>Ans=65.2</b></p>	1+1+1=3
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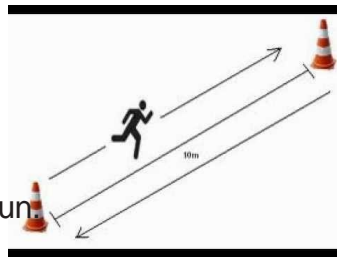
**MOTOR FITNESS TEST (ANY TWO WITH FIGURE)**



1. 50 M Standing Start
2. 600 M Run/Walk
3. Sit & Reach,



4. Partial Curl Up
5. Push Ups (Boys), Modified Push-Ups (Girls)
6. Standing Broad Jump

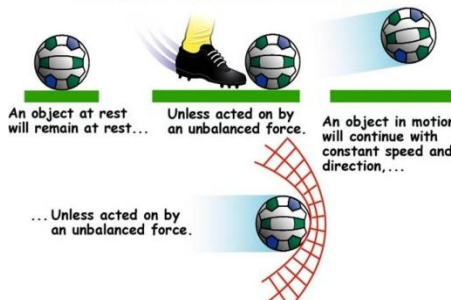


7. Agiity-4x10 M Shuttle Run.

1+1+1=3

22.

**Newton's First Law of Motion**



**Newton's 2nd Law of Motion (cont.)**

- Sports Example:
  - When hitting a tennis ball, the force of the racquet swing causes the ball to accelerate in the direction of the swing force.
  - A heavier ball is slower than a lighter one.

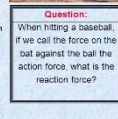


**Newton's Third Law - Reaction**

"For every action there is an equal and opposite reaction"

- For every force between two objects there is always an equal but oppositely directed force.

• The normal reaction force is the support force exerted upon an object which is in contact with another stable object.



**Question:** When hitting a baseball, if we call the force on the bat against the ball the action force, what is the reaction force?

1+1+1=3

23.

**Types of Coordinative Abilities (ANY THREE)**

1. **Orientationability:** It is an ability to realize position of the body or its parts in space at a time.
2. **Couplingability:** Couplingability is the ability to combine the movements of different body parts for performing perfect sports movements.
3. **Reactionability:** It is the ability to react quickly and effectively to a signal.
4. **Balanceability:** Balanceability is the ability to keep the body and its parts in a relatively stable position.

1+1+1=3

	<p>able position in both static and dynamic conditions</p> <p>5. <b>Rhythmability</b>: It is the ability to understand the rhythm of movement and to do the movement with the required rhythm</p> <p>6. <b>Adaptation ability</b>: It is the ability to adjust or bring about an effective change in the movement on the basis of changes or anticipated changes in the situation</p> <p>7. <b>Differentiation ability</b>: The ability to attain a high degree of accuracy and economy of separate body movements and movement phases</p>	
24.	<p><b>Strategies to make physical activities accessible for CWSN: (ANY SIX)</b></p> <ol style="list-style-type: none"> <li>1. Medical check up</li> <li>2. Interest of child to be considered</li> <li>3. Modified Equipment to be used</li> <li>4. Provide specific environment</li> <li>5. Variety of instruction</li> <li>6. Modified rules</li> <li>7. Previous knowledge to be considered.</li> </ol>	0.5X 6=3
25.	<p>Number of team -11  No of Bye= <math>2^n</math> - No of team  = <math>2^4</math> - 11  = 16-11  = 5</p> <p>1. First Bye is given to last team of lower half.  2. Second bye is given to first team of upper half  3. Third bye is given to first team of lower half  4. Fourth bye is given to last team of upper half</p>	1+2=3
26.	<p>Motivation "Drive to strive"</p> <ol style="list-style-type: none"> <li>1. Intrinsic motivation: <ol style="list-style-type: none"> <li>a. learning</li> <li>b. Social contact</li> <li>c. Curiosity</li> <li>d. Respect</li> </ol> </li> <li>2. Extrinsic motivation: <ol style="list-style-type: none"> <li>a) Salary</li> <li>b) Awards</li> <li>c) Promotion</li> </ol> </li> </ol>	1+1+1=3

	d) Appreciation			
	<b>Hostile Aggression:</b> (Reactive aggression) 1. To cause harm 2. Physical or psychological 3. Eg: Deliberate bouncer in cricket	<b>Instrumental Aggression</b> (channelled aggression) 1. To win comp. 2. Without actual anger 3. Eg: Aggressive tackle in football	<b>Assertive Behaviour</b> 1. Legitimate force 2. Psychological discomfort 3. Eg: sledging	

27.	<p><b>Conscientiousness</b>          Dependability          Grit          Organization          Persistence          Planning          Punctuality          Responsibility</p> <p><b>Agreeableness</b>          Collaboration          Collegiality          Generosity          Honesty          Integrity          Kindness          Trustworthiness</p> <p><b>Emotional Stability</b>          Confidence          Coping with Stress          Moderation          Resilience          Self-Esteem          Self-Consciousness          Self-Regulation</p> <p><b>Openness to Experience</b>          Curiosity          Creativity          Global Awareness          Growth Mindset          Imagination          Innovation          Tolerance</p> <p><b>Extraversion</b>          Assertiveness          Cheerfulness          Communication          Optimism          Leadership          Liveliness          Sociability</p>	1X5=5
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28.	<div style="background-color: #808000; color: white; padding: 5px; text-align: center; font-weight: bold;">Spinal Curvature</div> <ul style="list-style-type: none"> <li>• Deformity is related to spine.</li> <li>• Weak muscles cause the formation of spine curvature.</li> <li>• Three types : 1 Kyphosis , 2 Lordosis , 3</li> </ul> <div style="text-align: center; margin-top: 10px;"> <p>Normal      Lordosis      Kyphosis      Scoliosis</p> </div>	1+1+3=5
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# Different stages of a human life

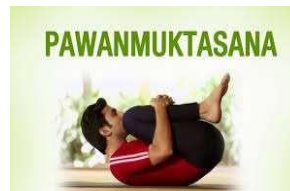
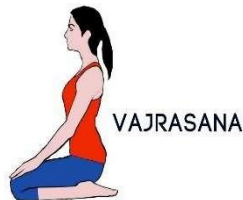
- Infancy (1-2 years)
- Toddler (2-4 years)
- Early school age (5-7 years)
- Middle school age (8-12 years)
- Early adolescence (13-17 years)
- Later adolescence (18-25 years)
- Early adulthood (25-30 years)
- Middle adulthood (30-50 years)
- Later adulthood (50 and up)



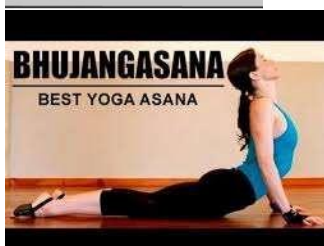
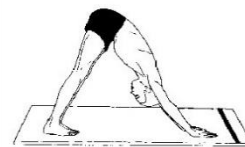
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## HYPERTENSION (ANY TWO ASANAS)

1+2+2=5



## ASTHMA (ANY TWO ASANAS)



30

**Rikli and Jones Senior citizen fitness test:**

1+2+2=5

1. Chair stand test
2. Chair sit and reach test
3. Back scratch test

