

CBSE Class 12th Physical Education 2024 Answer Key

1. Which of the following is NOT the cause of Food Intolerance?

- (a) Toxins formation due to food poisoning
- (b) Absence of an enzyme
- (c) Roughage
- (d) Gluten

Answer: (c) Roughage

2. Which of the following pranayama is helpful to reduce obesity?

- (a) Kapalbhathi Pranayama
- (c) Suryabhedan Pranayama
- (b) Anulom Vilom Pranayama
- (d) Sitili Pranayama

Answer: (a) Kapalbhathi Pranayama

3. International Paralympic Committee was formed in:

- (a) 1985
- (b) 2003
- (c) 1989
- (d) 2001

Answer: (c) 1989

4. Given below are two statements labelled Assertion (A) and Reason (R).

Assertion (A): The Basal Metabolic Rate (BMR) is the number of calories needed to maintain body function at resting condition.

Reason (R): A person who does not engage in any work, still requires energy for the functioning of their internal organs.

In the context of the above two statements, which of the following options is correct?

- (a) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of the Assertion (A).
- (b) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).
- (c) Assertion (A) is true, but Reason (R) is false.
- (d) Assertion (A) is false, but Reason (R) is true.

Answer: (a) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of the Assertion (A).

5. Given below are Explanation in function List-II: of Sports Management in Likagra and their Explanation in List II

List-I

- I. Planning
- II. Controlling
- III. Directing
- IV. Staffing

List-II

- 1. It is a function of guiding, inspiring and instructing people to accomplish organisational goals.
- 2. Preparing a layout for the future course of action.
- 3. Ensuring that proper talent is serving that specific job.
- 4. Establishing performance standards, measuring actual performance and comparing them for irregularities.

Match the items of List-I with List-II and choose the correct option from the following:

Answer: I-2, II-4, III – 1, IV – 3

6. Given below are two statements labelled Assertion (A) and Reason (R).

Assertion (A): In a normal standing posture, both knees touch each other, while there is a gap of 3-4 inches between the ankles.

Reason: It occurs due to Genu Valgum and it can develop due injury or infection in the knee or leg, rickets, severe lack of D and calcium, obesity, or Jage Chritis in the knee.

In the context of the above statements, which one of the options is correct?

- (a) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of the Assertion (A).
- (b) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).
- (c) Assertion (A) is true, but Reason (R) is false.
- (d) Assertion (A) is false, but Reason (R) is true.

Answer: (a) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of the Assertion (A).

7. In which of the following fitness components an athlete gives better performance, if he/she has more slow twitch fibre in comparison to fast twitch fibres.

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

(d) Flexibility

Answer: (c) Endurance

8. Identify the factor which decreases equilibrium.

- (a) Larger base
- (c) Lower centre of gravity
- (b) Greater weight
- (d) Higher centre of gravity

Answer:(c) Lower centre of gravity

9. Identify the characteristics of an introverted personality.

- (a) Meet unknown people easily
- (b) Self-centred
- (c) Highly socialised
- (d) Expressive nature

Answer: (d) Expressive nature

10. Jump for smash in volleyball is an example of

- (a) Static strength
- (c) Explosive strength
- (b) Maximum strength
- (d) Strength endurance

Answer: (c) Explosive strength

11. Which of the following is the objective of Intramural competition?

- (a) To achieve high performance
- (b) To provide career opportunities
- (c) To promote health and fitness
- (d) To promote cultural and economic development

Answer: (c) To promote health and fitness



12. According to W.H.O. (World Health Organisation) recommendations, children of _____ should be engaged in physical activities for 180 minutes and should have 10-13 hours of good quality sleep per day.

Answer: (b) 1-2 year

13. Identify the sans shown in the picture given below and choose the correct option from the following:

- (a) Bhujangasana
- (c) Pawanmuktasana
- (b) Katichakrasana
- (d) Salabhasana

Answer: (a) Bhujangasana

14. Which is the main governing body responsible for the organisation of Deaflympics?

- (a) World Deaf Champions Committee
- (b) National Sports Federation
- (c) International Coordinating Committee for Disabled Sports
- (d) International Committee of Sports for the Deaf

Answer: (d) International Committee of Sports for the Deaf

15. Body Mass Index is one of the common ways of assessing healthy body weight. Which of the following BMI ranges is considered for healthy weight?

- (A) 25.0-29.0
- (b) 30.0-84.9
- (c) 18.5-24.9.
- (d) 35.0-39.9

Answer: (c) 18.5-24.9.

16. In partial curl-up test the difference between two parallel lines is

- (a) 8 inches
- (b) 4 inches
- (c) 6 inches
- (d) 10 inches

Answer: (b) 4 inches

17. Goal setting is a _____ approach, under motivational technique.

- (a) Cognitive
- (c) Social
- (b) Pedagogical
- (d) Facilitation

Answer: (a) Cognitive

18. Which functional fitness component of senior citizens is determined in the test shown below?

- (b) Upper Body Flexibility
- (a) Physical Mobility
- (c) Lower Body Flexibility
- (d) Upper Body Strength

Answer: (c) Lower Body Flexibility

(For Visually Impaired Candidates Only)

Which of the following tests determines the upper body strength of a senior citizen?

- (a) Chair Stand Test
- (c) Arm-Curl Test
- (b) Back Scratch Test
- (d) Chair sit and Reach test

Answer: (b) Back Scratch Test

