

Name.....

Stream.....

Roll No.....

1. **Tournament in which every team plays with all other teams is called:**
 a) Knockout b) League c) Intramural d) Extramural
2. **Fixtures are drawn to:**
 a) Ensure fair competition b) Increase expenses c) Reduce number of teams d) Delay matches
3. **The formula $N - 1$ is used for calculating the number of matches in:**
 a) Knockout b) League (Single) c) League (Double) d) Intramural
4. **League tournaments are also known as:**
 a) Round Robin b) Pyramid c) Ladder d) Tabloid
5. **Which committee is responsible for maintaining equipment?**
 a) Publicity Committee b) Boarding & Lodging Committee
 c) Equipment Committee d) Transport Committee
6. **Seeding is done to:**
 a) Reduce strong teams meeting early b) Increase matches
 c) Select best referees d) Reduce expenses
7. **Knockout tournaments are preferred because they:**
 a) Are time consuming b) Need fewer officials
 c) Need more grounds d) Give every team equal chance
8. **Writing reports of sports events is work of:**
 a) Announcement Committee b) Publicity Committee
 c) Decoration Committee d) Press Committee
9. **The fixture drawn by *bye* is used in:**
 a) League tournament b) Knockout tournament
 c) Round robin d) Intramural
10. **First Aid is the responsibility of:**
 a) Purchase Committee b) Medical Committee
 c) Transport Committee d) Discipline Committee
11. **In a league tournament, number of matches in single league =**
 a) $n - 1$ b) $n(n - 1)/2$ c) $n + 1$ d) $2n$
12. **“House system” is important for:**
 a) Intramurals b) Extramurals c) Knockout d) Fixtures
13. **A bye is given to:**
 a) Last seed b) First seed c) Any random team d) Referees
14. **The simplest type of tournament is:**
 a) League b) Knockout c) Round robin d) Challenge
15. **Which helps maintain discipline during sporting events?**
 a) Control Committee b) First Aid Committee
 c) Announcement Committee d) Lodging Committee
16. **Officiating is related to:**
 a) Managing spectators b) Giving decisions during match
 c) Preparing schedule d) Recording results
17. **Advantage of intramurals is:**
 a) Expensive b) Only for outsiders c) Mass participation d) Time consuming
18. **League tournaments require:**
 a) Less time b) More time c) No officials d) No grounds
19. **“Fixtures” are prepared by:**
 a) Organising Committee b) Record Committee c) Publicity Committee d) First Aid
20. **Extramural tournaments are held:**
 a) Within school b) Between different schools
 c) With foreign teams d) Only for teachers
21. **Early sports specialization in children may lead to:**
 a) Overtraining b) High concentration c) Less flexibility d) Low self-esteem
22. **Menarche refers to:**
 a) First pregnancy b) First menstrual cycle c) Hormonal imbalance d) Bone density

23. **Amenorrhea means:**
 a) Regular periods b) No menstruation c) Painful periods d) Excess bleeding
24. **Female Athlete Triad does NOT include:**
 a) Osteoporosis b) Eating Disorder c) Amenorrhea d) High BP
25. **Best exercise for children:**
 a) Strength training with heavy weights b) Fun activities
 c) Only long-distance running d) None
26. **Women have lower _____ than men:**
 a) Lung capacity b) Flexibility c) Body fat d) Motivation
27. **Knock knees occur due to deficiency of:**
 a) Vitamin A b) Vitamin D c) Vitamin B d) Iron
28. **Flat foot is caused by:**
 a) Weak foot muscles b) Poor diet c) Overstretching d) High arches
29. **Posture problems in children increase due to:**
 a) Heavy school bags b) Playing sports c) Balanced diet d) Yoga
30. **Which sport is best for increasing height?**
 a) Cricket b) Basketball c) Chess d) Weightlifting
31. **The term "Somatotype" refers to:**
 a) Body type b) Fat percentage c) BMI d) Metabolism
32. **Anaemia in girls is due to deficiency of:**
 a) Calcium b) Iron c) Vitamin C d) Vitamin D
33. **Which nutrient helps bone growth in children?**
 a) Iron b) Vitamin D and Calcium c) Protein alone d) Fat
34. **Which is NOT a postural deformity?**
 a) Kyphosis b) Lordosis c) Scoliosis d) Flexibility
36. **Hypertension refers to:**
 a) Low BP b) High BP c) Obesity d) Diabetes
37. **Obesity can be prevented by:**
 a) Sedentary lifestyle b) Yoga & exercise c) Excess calories d) Junk food
38. **Diabetes is caused by deficiency of:**
 a) Insulin b) Calcium c) Iron d) Vitamin C
39. **Best yoga for diabetes:**
 a) Dhanurasana b) Mandukasana c) Tadasana d) Shavasana
40. **Asthma can be controlled by:**
 a) Kapalbhati b) Pranayama c) Bhastrika d) All of these
41. **Stress is reduced by:**
 a) Tightening muscles b) Meditation c) Overtraining d) Screaming
42. **Obesity increases risk of:**
 a) Diabetes b) Heart disease c) Hypertension d) All
43. **Which asana is best for posture correction?**
 a) Tadasana b) Vajrasana c) Bhujangasana d) Shavasana
44. **"Lifestyle disease" includes:**
 a) Polio b) Diabetes c) Smallpox d) Measles
45. **Pranayama improves:**
 a) Digestion b) Oxygen supply c) Blood pressure d) All
46. **Best yoga for hypertension:**
 a) Shavasana b) Surya namaskar c) Tadasana d) Trikonasana
47. **Which is NOT a yogic kriya?**
 a) Dhouti b) Jal Neti c) Kapalbhati d) Sprinting
48. **Hyperglycemia means:**
 a) Low BP b) High blood sugar c) Low oxygen d) High cholesterol
49. **Yoga improves:**
 a) Flexibility b) Strength c) Concentration d) All
50. **A preventive yogic practice is:**
 a) overeating b) Pranayama c) Smoking d) Sitting long hours
51. **CWSN stands for:**
 a) Children with Special Needs b) Child Welfare Sports Network

- c) Central Women Sports Node
 52. **Disability caused by brain damage before birth:**
 a) Cerebral palsy b) Polio c) Blindness d) Autism
53. **Paralympics are games for:**
 a) Women b) Specially abled athletes
 c) Children d) Senior citizens
54. **Autistic children have difficulty in:**
 a) Social communication b) Height c) Strength d) Digestion
55. **Intellectual disability involves:**
 a) Higher IQ b) Lower IQ c) No effect on IQ d) Vision issues
56. **Wheelchair racing is for:**
 a) Blind b) Deaf c) Physically disabled d) Autism
57. **Adapted physical education means:**
 a) Same for all b) Modified for special needs c) Only for athletes d) None
58. **Special Olympics is for:**
 a) Physical disabilities b) Intellectual disabilities c) Blind athletes d) None
59. **Sign language is used for:**
 a) Blind b) Deaf c) Cerebral palsy d) Autism
60. **Ramp facility is provided for:**
 a) Hearing impaired b) Visually impaired c) Orthopedically disabled d) Autism
61. **Braille is used by:**
 a) Deaf b) Blind c) Autism d) Hyperactive
62. **Low vision means:**
 a) Blindness b) Reduced sight c) No hearing d) Mental disability
63. **CWSN require:**
 a) Patience b) Modified equipment c) Supportive environment d) All
64. **Deaf athletes communicate using:**
 a) Banners b) Sign language c) Morse codes d) Facial painting
65. **Purpose of inclusive education:**
 a) Segregation b) Equal opportunities c) Social isolation d) None
66. **Carbohydrates provide:**
 a) 4 kcal/g b) 9 kcal/g c) 7 kcal/g d) 2 kcal/g
67. **Best source of protein:**
 a) Rice b) Egg c) Sugar d) Butter
68. **Fats give:**
 a) 4 kcal b) 9 kcal c) 6 kcal d) 2 kcal
69. **Vitamin responsible for blood clotting:**
 a) A b) B c) K d) E
70. **Deficiency of Vitamin D causes:**
 a) Scurvy b) Rickets c) Beriberi d) Night blindness
71. **Water percentage in body:**
 a) 20–30% b) 30–40% c) 50–60% d) 90%
72. **Electrolyte imbalance occurs due to:**
 a) Excess water b) Dehydration c) Sleeping d) Low calories
73. **BMI stands for:**
 a) Body Measurement Index b) Body Mass Index c) Body Muscle Indicator d) Bone Mass Index
74. **Minerals needed in small quantity are called:**
 a) Organic nutrients b) Micronutrients c) Macronutrients d) None
75. **Roughage is also known as:**
 a) Carbs b) Fibre c) Protein d) Fat
76. **Iron deficiency causes:**
 a) Rickets b) Goitre c) Anaemia d) Scurvy
77. **Best source of Vitamin C:**
 a) Lemon b) Milk c) Egg d) Rice
78. **Carbohydrate loading is used by:**
 a) Weightlifters b) Endurance athletes c) Chess players d) Divers

106. **Anaerobic activity means:**
 a) Uses oxygen b) Without oxygen c) Slow movement d) Relaxation
107. **Which is NOT an anaerobic activity?**
 a) 100m sprint b) Shot put c) Weightlifting d) Marathon
108. **Lactic acid is produced during:**
 a) Aerobic respiration b) Anaerobic respiration c) Sleeping d) Digestion
109. **A fracture is an injury to:**
 a) Muscles b) Bone c) Ligament d) Skin
110. **Sprain is an injury to:**
 a) Muscle b) Ligament c) Bone d) Joint fluid
111. **Strain is an injury to:**
 a) Ligament b) Muscle c) Bone d) Cartilage
112. **RICE stands for:**
 a) Rest, Ice, Compression, Elevation b) Run, Ice, Care, Exercise
 c) Relax, Ice, Cure, Elevate d) Rest, Injury, Cure, Exercise
113. **Which vitamin helps bone healing?**
 a) Vitamin A b) Vitamin C c) Vitamin E d) Vitamin D
114. **Heat stroke occurs due to:**
 a) Excess heat b) Cold weather c) Poor hydration d) a & c
115. **Shin pain is also called:**
 a) Runner's knee b) Tennis elbow c) Shin splints d) Sprain
116. **CPR is used in:**
 a) Sprain b) Fracture c) Cardiac arrest d) Muscle pull
117. **Overtraining causes:**
 a) Strength increase b) Fatigue c) Flexibility d) Relaxation
118. **Dislocation occurs when:**
 a) Muscle tears b) Bone comes out of joint c) Cut on the skin d) Muscle cramps
119. **Which injury is most common in swimmers?**
 a) Shoulder injury b) Ankle sprain c) Hamstring pull d) Concussion
120. **Abrasion means:**
 a) Bone crack b) Skin scraping c) Muscle tear d) Ligament tear
121. **Endurance improves due to:**
 a) More mitochondria b) Thick bones c) High protein d) Joint lubrication
122. **"Fight or flight" response is due to _____ hormone.**
 a) Insulin b) Adrenaline c) Thyroxine d) Estrogen
123. **Hemoglobin's main function is:**
 a) Carry nutrients b) Carry oxygen c) Filter blood d) Produce hormones
124. **A clean break in the bone is known as:**
 a) Simple fracture b) Compound fracture c) Greenstick fracture d) Depressed fracture
125. **A fractured bone coming out of the skin is called:**
 a) Simple fracture b) Open fracture c) Torn joint d) Twist injury
- UNIT 8 – Biomechanics and Sports (25 MCQs)**
126. **Biomechanics is the study of:**
 a) Food b) Movement of living beings c) Psychology d) Weather
127. **Newton's First Law is known as:**
 a) Law of inertia b) Law of acceleration c) Law of action-reaction d) Law of dynamics
128. **Newton's Second Law relates to:**
 a) Momentum b) Acceleration c) Reaction d) Friction
129. **Force =**
 a) Mass × Speed b) Mass × Acceleration c) Speed × Time d) Power × Distance
130. **Momentum =**
 a) Mass / velocity b) Mass × velocity c) Mass + velocity d) Velocity – mass

131. **Projectile motion is influenced by:**
 a) Angle of release b) Speed of release c) Height of release d) All
132. **Throwing a javelin is an example of:**
 a) Linear motion b) Angular motion c) Projectile motion d) Oscillatory motion
133. **The human body acts as a:**
 a) Lever b) Wheel c) Pulley d) Inclined plane
134. **Lever with fulcrum in the middle:**
 a) First class b) Second class c) Third class d) Complex
135. **Which lever is most common in the human body?**
 a) First class b) Second class c) Third class d) Fourth class
136. **Example of first-class lever:**
 a) Biceps curl b) Triceps extension c) Standing on toes d) Lifting weight
137. **Example of third-class lever:**
 a) See-saw b) Nutcracker c) Fishing rod d) Wheelbarrow
138. **Friction helps in:**
 a) Slipping b) Running c) Floating d) Falling
139. **Drag occurs in:**
 a) Water & air b) Only water c) Solid surface d) Food digestion
140. **Centre of gravity is the point where:**
 a) Weight is concentrated b) Body is hollow c) Bone meets muscle d) None
141. **Higher stability can be achieved by:**
 a) Narrow base b) Lower centre of gravity c) Standing on one leg d) Jumping
142. **The path of a projectile is called:**
 a) Vector b) Trajectory c) Motion line d) Reaction
143. **The study of forces acting on the body is called:**
 a) Kinesiology b) Physiology c) Biomechanics d) Psychology
144. **Angular motion takes place around:**
 a) Axis b) Air c) Water d) Muscle
145. **The turning effect of force is:**
 a) Friction b) Torque c) Impulse d) Momentum
146. **Impulse =**
 a) Force \times Time b) Mass \times Distance c) Speed \times Time d) Distance \times Time
147. **Example of angular motion:**
 a) Running b) Somersault c) Walking d) Swimming
148. **Laws of motion were proposed by:**
 a) Einstein b) Newton c) Galileo d) Ohm
149. **Reduced air resistance is achieved by:**
 a) Wearing loose clothes b) Aerodynamic posture c) Standing upright d) Skipping
150. **Jump height depends on:**
 a) Force b) Speed c) Body weight d) All
151. **“Father of Psychology” is:**
 a) Wundt b) Newton c) Freud d) Skinner
152. **Motivation means:**
 a) Force that drives behavior b) Rest c) Sleeping d) Pain
153. **Intrinsic motivation comes from:**
 a) Rewards b) Internal desire c) Pressure d) Money
154. **Extrinsic motivation includes:**
 a) Praise b) Trophy c) Money d) All
155. **Anxiety means:**
 a) Calmness b) Worry or fear c) Joy d) Anger
156. **Stress is caused by:**
 a) Relaxation b) Pressure c) Nutrition d) Sleep

182. **Plyometrics improves:**
 a) Endurance b) Power c) Flexibility d) Balance
183. **Strength training uses:**
 a) Light running b) Heavy resistance c) Sleeping d) Jumping
184. **Flexibility can be improved by:**
 a) Stretching b) Running c) Weightlifting d) Swimming only
185. **Circuit training develops:**
 a) Only strength b) Only endurance c) Total fitness d) Only flexibility
186. **Load means:**
 a) Weight used b) Training volume c) Intensity d) All
187. **Warm-up increases:**
 a) Muscle temperature b) Heart rate c) Flexibility d) All
188. **Cooling down prevents:**
 a) Injury b) Dizziness c) Muscle soreness d) All
189. **Maximum Strength is needed in:**
 a) Long jump b) Weightlifting c) Table tennis d) Chess
190. **Speed endurance is useful in:**
 a) 100m race b) 400m race c) 50m race d) Long jump
191. **Reaction time is important in:**
 a) Shooting b) Swimming start c) Cricket catching d) All
192. **Isometric exercise involves:**
 a) No joint movement b) Full movement c) Speed only d) Flexibility only
193. **Isotonic exercise involves:**
 a) Static contraction b) Dynamic movement c) No force d) Stretching only
194. **Interval training includes:**
 a) Rest + Exercise b) Only fast running c) Only jogging d) Only sprinting
195. **Anaerobic training develops:**
 a) Flexibility b) Strength & speed c) Endurance d) Balance
196. **Aerobic training includes:**
 a) Marathon running b) Weightlifting c) 100m sprint d) High jump
197. **Overload principle means:**
 a) Increasing training load b) Decreasing training c) Stopping exercise d) Eating more
198. **Repetition means:**
 a) One complete movement b) One set c) One rest d) One break
199. **Macrocycle in training lasts:**
 a) One day b) One week c) Few months to a year d) One minute
200. **Tapering means:**
 a) Reducing training load before competition b) Increasing intensity
 c) Changing diet d) Cooling down

12TH CLASS PHYSICAL EDUCATION MCQ ANSWER KEY

1	B	26	A	51	A	76	C	101	B	126	B	151	A	176	B
2	A	27	B	52	A	77	A	102	B	127	A	152	A	177	B
3	B	28	A	53	B	78	B	103	C	128	B	153	B	178	D
4	A	29	A	54	A	79	D	104	A	129	B	154	D	179	B
5	C	30	B	55	B	80	B	105	B	130	B	155	B	180	A
6	A	31	A	56	C	81	B	106	B	131	D	156	B	181	B
7	B	32	B	57	B	82	B	107	D	132	C	157	B	182	B
8	D	33	B	58	B	83	A	108	B	133	A	158	B	183	B
9	B	34	D	59	B	84	B	109	B	134	A	159	B	184	A
10	B	35		60	C	85	A	110	B	135	C	160	C	185	C
11	B	36	B	61	B	86	A	111	B	136	B	161	B	186	D
12	A	37	B	62	B	87	B	112	A	137	C	162	B	187	D
13	B	38	A	63	D	88	B	113	D	138	B	163	A	188	D
14	B	39	B	64	B	89	B	114	D	139	A	164	B	189	B
15	A	40	D	65	B	90	C	115	C	140	A	165	D	190	B
16	B	41	B	66	A	91	A	116	C	141	B	166	B	191	D
17	C	42	D	67	B	92	A	117	B	142	B	167	A	192	A
18	B	43	A	68	B	93	B	118	B	143	C	168	B	193	B
19	A	44	B	69	C	94	B	119	A	144	A	169	D	194	A
20	B	45	D	70	B	95	A	120	B	145	B	170	B	195	B
21	A	46	A	71	C	96	B	121	A	146	A	171	B	196	A
22	B	47	D	72	B	97	B	122	B	147	B	172	B	197	A
23	B	48	B	73	B	98	D	123	B	148	B	173	A	198	A
24	D	49	D	74	B	99	A	124	A	149	B	174	B	199	C
25	B	50	B	75	B	100	C	125	B	150	D	175	B	200	A