

CBSE Class 12 Physical Education 2023 Answer Key

Section A

Question. 1 Identify the Asana:

Answer. A Bhujangasana

Question. 2 Traits like sadness, mood swings, and emotional instability are related with

Answer. D Neuroticism

Question. 3 Which of these is NOT the factor affecting projectile trajectory?

Answer. C Buoyant Force

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

Answer. C Efficiency of lungs

Question. 5 Fartlek Training is used to develop

Answer. A Endurance

Question. 6 Which type of coordinate ability is required for games like judo and wrestling?

Question. 7 The ability to tolerate a higher concentration of ____ can help in improving endurance performance

Answer. A Lactic Acid

Question. 8 Centre of gravity is the average location of an object's

Answer. A Weight

Question. 9 Assertion: Aggression is part of human behaviour and is necessary for an individual to live and struggle for higher achievements.

Reason: Aggression is inevitable and inseparable in sports activities.

Answer. B Both Assertion and Reason are true, but Reason is not the correct explanation of Assertion.

Question. 10 Role of water in human body is to _____

Answer. A Regulate body temperature

Question. 11 Which of the following are water-soluble vitamins?

Answer. B Vitamin B and C

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

Answer. B Dhanurasana

Question. 13 How many total matches will be played in a knockout fixture of 19 teams?

Answer. A 18

Question. 14 Knock out tournament is also known as

Answer. A Elimination Tournament

Question. 15 First Deaflympic Games was organized in the year _____

Answer. C 1924

Question. 16 Match the following:

Answer. A I - 3, II - 1, III - 4, IV - 2

Question. 17 Match the following:

Answer. A I - 2, II - 1, III - 4, IV - 3

Question. 18 Menarche is related to :

Answer. A Ending of menstrual period in women

Section B

Question. 19 Briefly explain any two factors determining endurance.

1 Aerobic Capacity

- a. Oxygen intake
- b. Oxygen Transport
- c. Oxygen Uptake
- d. Energy Reserves

2 Lactic Acid Tolerance

3 Muscle Composition

4 Movement Economy

Question. 20 What do you understand by “Goal Setting”?

Answer. Goal setting is a technique of motivation where a sportsperson has a goal, and knows how to achieve it and why to achieve it. This, in turn, motivates the sportsperson.