

# QUESTION BANK

# (PHYSICAL EDUCATION)

## Class-12th

### PART-A

#### Chapter 1 Physical Fitness and Wellness

Q.1 What do you understand by Physical fitness and wellness (2024)

Q.2 What is the meaning of Physical Fitness and Wellness? What is its importance in daily life ?(2017) (2018) (2019)(2020),(2022),

Q.3 What do you understand by Physical Fitness and Wellness? How heredity affects the Physical Fitness and Wellness?(2020),

Q.4 Write the factors which effect the Physical Fitness and Wellness.(2016)(2019)(2021),(2022)

Q.5 Describe the principles of Physical Fitness and Wellness development(2020)

Q.6 What do you mean by circuit training ? write in detail (2020)

Q.7 How Aerobic activities develop the Physical Fitness .(2016)

Q8. Describe the importance of Physical Fitness and Wellness (2025)

#### Chapter 2 Training Methods

Q.1 What is the meaning of training ? Write down the different methods of training .(2018) (2019)(2021)

Q.2 What is warming up ? How Many types of warming up .

Q.3 What is warming up ? Explain the guiding principle of warming up(2016).(2017)(2020) (2021) (2024),

Q.4 Define warming up ,write in detail the importance of warming up.(2018)(2019)(2020),(2022),(2024)

Q.5 What is cooling down ?Write in detail the importance of cooling down?(2016),(2020)(2021)

Q.6 Explain the guiding principles of cooling down.(2020),(2022)

Q.7 what is circuit training ? Explain its main characteristics.(2017)

Q.8 explain the warming up and cooling down .(2017)

Q9. Write the advantages of Circuit training method(2025)

Q10. What effects does Limbering down on the player's body?(2025)

Q11. Write Safety measures to avoid accidents at workplace?(2025)

Q12. What is the importance of aerobic activities in our daily life. (2025)

Q13. What is the isokinetic exercise? Write its advantages and disadvantages.

## Chapter 3 Sociological aspects of Physical Education .

Q.1 Define sociology. Describe its importance in Physical Education and sports  
(2016),(2017)(2018)(2019)(2022)

Q.2 What is sociology and how Many types of socialization?

Q.3 What do you understand by leadership ? Describe the qualities of Physical Education leader(2017)(2019).

Q.4 Write down the functions of Physical Education leader .(2024)

Q.5 Games and sports as man' s cultural heritage explain.(2016),(2020), (2021), (2022)

Q6. How Sociology is valuable in physical education and sports. (2025)

## PART -B( History ,rules, fundamental skills and terminology of grounds)

Q 1 Draw Badminton ground and write its rules ,fundamental skills and terminology  
(2018),(2023)(2024)

### MCQ of Badminton game

1. In Badminton each game is played up to how Many points?

(a) 25 (b) 15 (c)21(d)13

2. Measurement of the court of Badminton game is :

(a)44x20 feet(b) 15x12 feet(c) 20x20 feet(d)25x15feet

3.Weight of shuttle -cock is:

(a) 4.10-5.50 gram(b) 4.74-5.50gram (c)4.50-5.25gram (d) none of these

4.What is the breadth of Badminton net?

(a) 2feet 6inches(b)3feet 7 inches (c)1feet 3inches (d) 2feet 4 inches.

5 What is the height of Badminton poles from the ground .

(a)1.66m.(b)1.55m.(c)2.66m.(d)1.56m

Draw the Volleyball ground and write its rules ,fundamental skills and terminology.(2020),(2021),(2022),

### MCQ of Volleyball game

.1 What is the length of antenna in volleyball? (2021)

(a) 1.80m (b) 1.90m (c) 1.08m (d) 1.09m

2. How many players are there on each side in the game of volleyball (2021)

(a) 6 (b) 8 (c) 9 (d) 5

3. How many total sets are in a Volleyball game ? (2022)

(a) 3 (b) 5 (c) 4 (d) 6

4. What is the weight of Volleyball? (2022)

(a) 206 to 208 gram (b) 250 to 270 gram (c) 260 to 280 gram (d) none of these

5. Measurement of Volleyball ground is- (2022)

(a) 15x10 m (b) 12x15 m (c) 11x11m (d) none of these

6. Which terminology is related with which game ? (2022)

(a) Football (b) Kabaddi (c) Handball (d) Volleyball

7. Height of the volleyball net for women is. (2022)

(a) 1.46 m (b) 2.34 m (c) 2.43m (d) none of these

Draw kabaddi ground and write its rules, fundamental skills and terminology. (2021), (2022), (2024)

### MCQ of kabaddi ground

1. Distance of bulk line from center line in kabaddi (2021)

(a) 2.50 m (b) 5m (c) 3.75m (d) 4.75m

2. What is the duration for men kabaddi match (2021)

(a) 30-5-30 (b) 15-5-15-15 (c) 20-5-20 (d) 25-5-15

3. How many reserve players are there in kabaddi (2021)

(a) 3 (b) 5 (c) 7 (d) 6

4. The width of lobby in kabaddi game is (2022)

(a) 1.5m (b) 2m (c) 1m (d) none of these

5. Mention the dimensions of kabaddi ground .

(a) 12.50x10m (b) 13x10m (c) 11x10m (d) 12x10m

6. What are fundamental skills of kabaddi

(a) side kick (b) front kick (c) wrist hold (d) all of these

Draw kho-kho ground and write its rules ,fundamental skills and terminology(2023)(2024)

1.Total number of players in kho-kho game ? (2023)

(a) 8 (b) 10 (c) 12 (d) none of these

2 What is the dimension of the play field of kho-kho?

(a) 29mx16m(b) 27mx16m (c) 28mx16m (d) 24mx16

3.What should be the height of the posts above the ground ?

(a) 1.20m (b) 1.30m (c) 1.40m (d) 1.10m

4. What is the duration of kho-kho match ?

(a) 9-5-9(b) 10-5-10 (c) 15-5-15 (d) 7-5-7

5 How many innings are there in a kho-kho match ?

(a) 2 (b) 3 (c) 4 (d) 5

### QUESTIONS OF PLAYGROUNDS -

Q.1 Make a playground your one choice and write their fundamental skills.(2019), (2020)

Q.2 Make a playground your own choice and write their four rules .(2016)

Q.3 Write their own game history and its terminology . (2016),(2017)

Q.4 Explain any two jumping events and their fundamental skills .(2016),(2019),

Q.5 Make a layout of long jump and high jump field with measurement .(2020)

Q.6 Make a playground your own choice and write their terminology.(2017),(2019)

Q.7 Explain long jump and high jump .(2017)

Q.8 Make a playground your one choice and write its history.(2018)

Q.9 How many types of track? Draw 400m track.(2017)

Q.10 Write down fundamentals skills and terminology of Badminton game .(2018)

Q.11 Draw a volleyball playground and write their sports terminology.(2020)

Q.12 Describe the history and fundamental skills of any game of your choice.(2020)

Q.13 Write down the fundamental skills of Basketball game.(2021)

- Q.14 Write down the general rules of any game of your choice.(2021)
- Q.15 Write down the general rules of any game of your choice .(2021)
- Q.16 Write down the fundamental skills of Football game.(2021)
- Q.17 Draw a play field of Kabaddi ground and write its measurement.(2021),(2022)
- Q.18 Write down the history of Volleyball game (2021,2025)
- Q.19 Write the history of Hockey game.(2021),(2022)
- Q.20 Write the sports terminology of Volleyball game .(2021)
- Q.21 Write down the history of Volleyball game(2022)
- Q.22 Describe the fundamental skills of Handball game.(2022)
- Q.23 Draw the diagram of a Badminton playground with measurement.(2022)
- Q.24 Write the terminology of kho-kho game (2022)
- Q. 25 Draw the Kabaddi field along with its measurement.(2023)
- Q.26 Describe the general rules regulations of Badminton (2023)
- Q.26 Write the history of kho-kho game (2023)
- Q.27 Write the fundamental skills of the game of your choice (2023)

### Track and field events(Athletics track, Long jump ,Shot put ,Discus throw )

- 1.Meaning of athletics is: (2021)
- (a)run (b) jump (c)throw (d) run, jump ,throw, walk ect.
- 2.110 m hurdles is the event of which category ? (2021)
- (a)Men (b) women (c) boys u-16 (d) girls u-16
3. Which one is a team event ? (2021)
- (a) 400m (b) 100 (c) 1500 (d) relay race
4. 4x100m race is a .....event (2021)
- (a) track (b) field (c) normal (d) walking
5. What is the distance of Marathon race? (2022)
- (a) 42.195km(b) 20km(c)30.35km)(d)none of these (2022)

6.400 m hurdle is the event of which category? (2022)

(a) men (b) women (c) men and women (d) none of these

7.100 metre hurdle race is for (2022)

(a)men (b)women(c)(a)and (b) (d) none of these

8.From the following which is throwing events (2023)

(a)long jump (b)high jump (c)triple (d) shot put

9.Which of those is not afield event? (2023)

(a) discus throw (b) high jump (c) 100m race (d) hammer throw

10.From the following which are the skills of shot-put (2023)

(a) Perry-o -brain(b) orthodox(c) disco put(d) all of above

11.How many jumping events are these (2023)

(a) 5 (b) 2 (c)6 (d) 4

12 How many athlete are there in a relay race (2024)

(a) 3 (b) 5 (c) 4 (d) 6

13 What is the weight of the javelin for women (2024)

(a)400gram.(b)200gram (c)800gram (d) 600gram

Q.14 Free throw is associated with which game ?(2021)

(a) Basketball (b) Hockey (c) Kho-Kho (d) Volleyball

Q.15 In which country the Basketball game was invented? (2021)

(a) Germany(b) Italy (c) America (d) China

Q.16 Measurement of Football ground is (2021)

(a) 100x75 yard (b) 110x80 yard (c) 115x85 yard (d) none of these

Q.17 Football was introduced in Olympic in ( 2021)

(a)1896A.D. (b) 1990A.D. (c) 1908A.D.(d) 1020A.D.

Q.18 When did the Basketball game begin in America? (2021)

(a) 1895A.D. (b) 1892A.D. (c) 1891A.D. (d) 1896 A.D.

Q.19 In Basketball game how many players are in one team(2022)

(a) 6 (b) 9 (c) 8 (d) none of these

Q.19 Measurement of Basketball court is (2022),(2022)

(a) 28x15 m (b) 25x15m (c) 30x15m (d) none of these

Q.20 Indian athlete Anju Bobby George is related with which event ?(2023)

(long jump (b) high jump (c) shot put (d) hammer throw

Q.21 The weight of hockey ball is

(a) 200-210 gm (b) 156-163 gm (c) 170-175 gm (d) none of these

Q.22 how many quarters are there in a hockey game according to the new rules (2023)

(A) 4 (B) 2 (C) 5 (D) none of these

Q.23 What is the national game of India? (2023)

(hockey (b) football (c) kho-kho (d) badminton

Q.24 When was Fit India movement launched ?(2023)

(a) 29 ago; 2018 A.D. (b) 29 ago; 2020 A.D (c) 28 ago; 2017 A.D. (d) none of these

Q.25 Ronaldo related to which game ? (2023)

(a) football (b) kho-kho (c) hockey (d) volleyball

Q.26 In which event Neeraj Chopra bagged gold medal in Olympic games ?(2023)

(a) shot put (b) long jump (c) javelin throw (d) triple jump

Q.27 Uber cup associated with the game of ..... (2024)

(a) football (b) badminton (c) kabaddi (d) table tennis

Q.28 How many medals did India win at Hangzhou Asian game 2023 (2023)

(a) 110 (b) 107 (c) 115 (d) none of these

Q29. According to "Successful adaptation to the stresses of one's lifestyle".

a) Gosta Holmer                      b) Dr. Jigoro Kano                      c) Karole                      d) None of these.

Q30. To push the standing bus is the example of which exercise from the following :-

a) Isometric                      b) Isokinetic                      c) Isotonic                      d) Calisthenics

Q31. The factors which affect the physical wellness and fitness:-

a) Heredity                      b) Environment                      c) Lifestyle                      d) All of above

Q32. Who propounded the “Fartlek Training Method”?

- a) Bikila                      b) Gosta Holmer                      c) Perine                      d) Morgan

Q33. Gymnastics for body and music for soul are necessary whose statement is this?

- a) Palmure                      b) Homer                      c) Coubertin                      d) Plato.

Q34. “ Kylian Mbappe” is associated with which game?

- a) Football                      b) Hockey                      c) Handball                      d) Volleyball

Q35. How many medals did India win in Paris Olympic Games 2024?

- a) 3                      b) 6                      c) 5                      d) 7

Q36. How many points is the fifth set of a volleyball game?

- a) 25                      b) 21                      c) 15                      d)11

Q37. How many players are reserved in Kabaddi game?

- a) 5                      b) 6                      c) 3                      d) 7

Q38. Which gas was leaked in “ Bhopal Gas Tragedy”?

- a) Methane                      b) Carbon monoxide                      c) methyl isocyanate                      d) Hydrogen

Q39. What are the main types of Families?

- a) 3                      b) 2                      c) 4                      d) None of these.

Q40. Which of the following injuries is not a Soft tissue injury?

- a) Sprain                      b) Contusion                      c) Strain                      d) Dislocation

Long jump.....

1. Make a layout of long jump field with measurement.(2020),(2022)

SPORTS AWARD.....

- 1 ARUJAN AWARD (2021) ,(2022),

2. DRONACHARYA AWARDS (2020)

3. PARSHURAM AWARDS (2020)

4. Explain any two sports award given at the national level. (2025)

MCQ of sports awards.



1. In which year Dronacharya Award started?(2021)

(a)1980 AD.(b)1990A.D.(c) 1985A.D.(d) none of these

2. In which year ARJUNA Award started (2022)

(a) 1896 A.D. (b) 1988 A.D.(c)1961A.D (d) none of these

Q.3 Parshu ram award is given by which state to its players? (2023)

(a) Haryana (b) Punjab (c) Goa (d)Himachal Pradesh

## PART-C

### Chapter-1 Healthful Living.

Q.1 How we will prepare for disaster and how we will take care of health during disaster ?(2018),(2022)

Q.2 What is disaster ? Explain the natural disasters and non natural disaster. (2019),(2020),(2022)(2024)

Q3. What is the concept of Environment ? Write in detail about the scope of environment  
(2016),(2017),(2019),(2022)

Q4 What are essential elements of healthful environment ? Describe about any one of them.(2018),(2019),(2023) ,(2024)

Q.5 What is Disaster ? How will take care of health during disaster .(2017)

Q6. Write a short note on Safe water? (2025)

### Chapter-2 Family Health Education

Q1. What is the meaning of family ? Describe functions in detail. (2023),(2022),(2024)

Q.2 Which are the main problems of Adolescents ? How manage these (2018) ,(2019),(2020),(2022)(2023)

Q.3 Explain the role of parents in child -care.(2017)(2020),(2022)

Q.4 Explain problems associated with pre-marital sex and teenage pregnancies. (2016)

Q.5 Explain preparation for marriage and parenthood.(2016)

Q6. Write the meaning and definition of a family (2025)

Q7. Describe the role of parents in taking care of Children. (2025)

Q8. How can problems of adolescence be solved. (2025)

## Chapter-3 Prevention and First Aid for Common Sports Injuries.

Q.1 What is fracture ?Write in detail about the fracture and its kind  
(2016),.(2018),(2019),(2020),(2022),(2023),(2024)

Q.2 Write a short note on sprain. (2023)

Q.3 What are the causes of injuries in sports? (2024)

Q4. Write the treatment and prevention of Sprain. (2025)

Q5. What are the measures to prevent injuries in Sports?