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FOR MEGHALAYA CLASS 12 PREPARATION

MBOSE Class 12 Sample Question Paper 2027 Physical Education

EXAM	YEAR	TYPE	SUBJECT
Meghalaya Class 12	2027	Sample Paper	Physical Education

Sample Question Paper
Subject: Physical Education
Class- XII
Full marks: 70 Time: 3 Hours

<table>
<tr><th>Q. No.</th><th>Section- A
(All questions are compulsory)</th><th>Marks</th></tr>
<tr><td>1</td><td>Purchase of sports equipment is a work of the _____ committee
(a) Technical
(b) Logistics
(c) Marketing
(d) Finance</td><td>1</td></tr>
<tr><td>2</td><td>If 8 teams are participating in a single league tournament, then the total number of matches will be_____
a) 24
b) 26
c) 28
d) 32</td><td>1</td></tr>
<tr><td>3</td><td>The Female Athlete Triad is a syndrome characterized by
a) Osteoporosis
b) Amenorrhea
c) Eating disorder
d) All of the above</td><td>1</td></tr>
<tr><td>4</td><td>Match the following:
<table><tr><th>List I</th><th>List II</th></tr><tr><td>A. Pes Planus</td><td>i. Kyphosis</td></tr><tr><td>B. Genu Varum</td><td>ii.Bow legs</td></tr><tr><td>C. Genu Valgum</td><td>iii. Flat foot</td></tr><tr><td>D. Hunch Back</td><td>iv. Knock-knees</td></tr></table>Choose the correct option:
a) A-iv, B-iii, C-i, D-ii
b) A-i, B-iv, C-iii, D-ii
c) A-ii, B-i, C-iv, D-iii
d) A-iii, B-ii, C-iv, D-i</td><td>1</td></tr>
<tr><td>5</td><td>Identify the image.
a) Chakrasana
b) Tadasana
c) Dhanurasana
d) Vakrasana
</td><td>1</td></tr>
<tr><td>6</td><td>To participate in Special Olympics, a person must be at least _____ years old Paris</td><td>1</td></tr>
</table>

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	a) 6 b) 8 c) 9 d) 12	
7	Two statements are given below; one labeled as Assertion (A) and the other as Reason(R). Read the statements carefully and choose the correct option. Assertion (A): People with intellectual disabilities can learn, enjoy and benefit from participation in sports with proper help and encouragement, Reason (R): regular training, rewards and incentives help these people develop their sports skills. Options: a) Both A and R are true and R is the correct explanation of A b) Both A and R are true but R is not the correct explanation of A c) A is true but R is false d) A is false but R is true	1
8	Which of the following is not a step of athlete evaluation for Paralympics? a) Determining if an eligible impairment b) Deciding an athlete's sports class c) Determining the athlete's age d) Determining if the athlete meets the minimum impairment criteria for a sport.	1
9	Given below is the BMI classification as applied to Indian adults. Match List I and II List I: A. BMI less than 18; B. BMI 18-24.9; C. BMI 25-29.9; D. BMI over 30 List II: iii. Normal; iv. Overweight; iii. Obese; iv. underweight Choose the correct option: a) A-iv, B-iii, C-i, D-ii b) A-i, B-iv, C-iii, D-ii c) A-ii, B-i, C-iv, D-iii d) A-iv, B-i, C-ii, D-iii	1
10	In which of the following food groups does 'sugar and jaggery' come under? a) Protective and regulatory foods b) Energy-giving food c) Muscle-building food d) Immunity boosters	1
11	Lower body flexibility is measured by which test?	1

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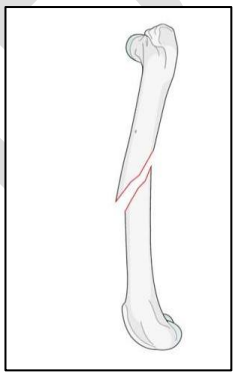
	a) Sit and reach test b) Harvard step test c) Push-up test d) Flamingo test	
12	Two statements are given below; one labeled as Assertion (A) and the other as Reason(R). Read the statements carefully and choose the correct option. Assertion (A): The dietary needs of a person are influenced by his age, gender, health and occupation. Reason (R): Irrespective of the kind of sports a person plays, their diet has a direct relationship with the physiological load involved in his or her sporting effort-both during practice and competition. Options: a) Both A and R are true and R is the correct explanation of A b) Both A and R are true but R is not the correct explanation of A c) A is true but R is false d) A is false but R is true	1
13	Sprain is an injury of a) muscles b) ligaments c) ribs d) bones	1
14	Which of the following is not a soft tissue injury? a) abrasion b) laceration c) dislocation d) strain	1
15	Friction due to air is reduced by _____ shape of the body. a) rounded b) streamlined c) flattened d) pear	1
16	Which of the following is not a feature of Intrinsic Motivation? a) goals b) feedback c) needs d) (d) attitudes	1
17	Transitional phase is a_____ a) rest and recovery period b) competition period c) training period d) fitness period	1
18	Pace runs mean a) running the whole distance at intermittent speed.	1

	b) running the whole distance at variable speed. c) running the whole distance at constant speed. d) running the whole distance accelerated speed.	
	Section- B (marks 10) **Attempt any 5**	
19	Suggest two corrective measures for knock-knee.	2
20	What is obesity?	2
21	Name any two non-nutritive components of diet.	2
22	PRICE procedure is applied for management of sprain. What is the full form of PRICE?	2
23	Give any two examples of lever in sports.	2
24	Goals can be planned and achieved by a well-established tool called SMART. Define goal-setting and give the full form of SMART.	1+1=2
	Section C **Section- C (Marks-15)** **(Attempt any 5)**	
25	What is community Sports and explain any two of its benefits?	1+2
26	Enlist Physical benefits of women participation in sports.	3
27	Define Bhujangasana. Write its two benefits.	1+1+1=3
28	Discuss about meal intake guidelines for pre- and post-spot events.	3
29	Seema weighs 68 kg and her height is 161cm. Calculate her BMI. Give comments about her weight.	2+1=3
30	Define motivation. Elucidate any two techniques of motivation.	1+2=3
	Section D Source/Case based questions	3x4=12
31 i)	You are the Sports captain and you are tasked with organizing an extramural basketball tournament. Which of the following would you not do? a) send invites all over the country b) Invite all the schools in your state c) invite all the schools in your town d) invite different classes of your school.	1x4=4 1

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ii)	Which committee you need not set up? a) Technical committee b) Finance committee c) organizing committee d) parliamentary committee	1
iii)	What should be the first committee to be set up? a) Technical committee b) Finance committee c) organizing committee d) logistic committee	1
iv)	Which committee will select various officials such as referees, recorders. Clerks, etc.? a) Technical committee b) Finance committee c) organizing committee d) logistic committee	1
v)	Which committee will be deputed for publicity, sponsorships and organizing campaigns? a) Technical committee b) Finance committee c) organizing committee d) Marketing committee	1

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32	 In relation to the above picture, answer the following questions:	
i)	Identify the logo a). Summer Olympics b) Special Olympics c) Paralympics d) Deaflympics	1
ii)	What are the three colours in the logo a) Yellow, orange, green b) Red, blue. Green c) Blue, green, yellow d) Black, blue, Green	1
iii)	Who organizes this event? Where is its headquarter located?	1+1=2
33	 In relation to the above picture, answer the following questions:	
i)	Which type of injury is illustrated above? a) a). soft tissue injury b) hard tissue injury c) joint injury d) ligament injury	1
ii)	What type of fracture is illustrated above?	1

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	a) transverse b) green stick c) oblique d) comminuted	
iii)	Which mineral is important for strengthening of bones: a) Iron b) Calcium c) Magnesium d) potassium	1
iv)	What is impacted fracture?	1
	Section E **Long Answer Questions** **(Attempt any three)**	3x5=15
34	What is the purpose of 'Harvard Step Test? What equipments are required to do this test? Write down the procedure of conducting this test. Write down the formula for Fitness Index Score.	1+ 1+2+1.
35	Define projectile. Discuss any two factors affecting Projectile motion with the help of examples from sports.	1+2+2
36	What is circuit training? Draw a diagram of circuit training with 6 stations? Mention any two of its disadvantages.	1+3+1
37	What is hypertension? Explain any two asanas suggested for hypertension.	1+2+2

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UNIT NO.	UNIT NAME	Marks alloted	MCQ (18 Q) 1 mark	SA1 (5/6Q) 2marks	SA2 (5/6Q) 3marks	LA1 (4) 4 marks	LA2(3/4) 5 marks	Total Row-wise
UNIT 1	Management of Sporting Events	5 + 4b*=9	1(2)		3(1)	4(1)*		4 (9)
UNIT 2	Children and Women in Sports	5	1(2)	2( )	3(1)			4(5)
UNIT 3	Yoga as Preventive measure for Lifestyle Disease	5+1 b*=6	1(1)*	2(1)	3(1)		5( )	4 (6)
UNIT 4	Physical Education & Sports for (CWSN)	3+4 b*=7	1(3)			4(1)*		4 (7)
UNIT 5	Sports & Nutrition	7	1(2)	2(1)	3(1)			4(7)
UNIT 6	Test and Measurement in Sports	7	1(2)		3 ( )		5(1)	4 (7)
UNIT 7	Physiology & Injuries in Sport	4+4 b*=8	1(2)	2(1)		4(1)*		4(8)
UNIT 8	Biomechanics and Sports	8	1(1)	2(1)			5(1)	3 (8)
UNIT 9	Psychology and Sports	6	1(1)	2(1)	3(1)			3 (6)
UNIT 10	Training in Sports	7	1(2)				5(1)	3 (7)
	Total column-wise		18(18)	10(6)	15(6)	12(3)	15(4)	70 (37)

Note: b*are the Concept based questions like Tactile diagram/data interpretation/case base study for visually Impaired.
Figures within brackets to indicate the number of questions and figures outside the brackets to indicate marks.

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