

MAHESH PUBLIC SCHOOL
Physical education, Class 12
Worksheet - 3

Q 1. Newton's First law of motion known as?

(a) Law of inertia (b) Law of acceleration (c) Law of reaction (d) Gravitational pull

Q 2. Which of the following asana should be performed for curing obesity?

(a) Trikonasana (b) Bhujangasana (c) Pawanmuktasana (d) Tadasana

Q 3. Person with emotional instability and negative emotions are termed as?

(a) Neuroticism (b) agreeableness (c) openness (d) conscientiousness

Q4. Which the angle between two bones decrease it is termed as ____

(a) Flexion (b) Extension (c) Abduction (d) Adduction

Q5. Gomukhasana and padmasana are performed to rectify which postural deformity?

(a) Flatfoot (b) Scoliosis (c) Knock-knee (d) Bow leg's.

Q6. Which of the following is a macro mineral?

(a) Iodine (b) iron (c) Copper (d) Calcium

Q7. What is the formula to determine number of matches in league fixture for even number of team?

(a) $\frac{N+1}{2}$ (b) $\frac{N-1}{2}$ (c) $\frac{N(N-1)}{2}$ (d) $\frac{N(N+1)}{2}$

Q8. Which one of these is a Long term effect of exercise on cardiovascular system?

(a) Δ Heart rate (b) Δ Body temperature (c) Δ Cardiac output (d) Δ BP

Q9. Avoiding eye contact and preferring to stay alone are common to which disorder?

(a) SPD (b) ADHD (c) ASD (d) ODD

Q10. In 2008 Olympic how many female sports person participated from India?

(a) 26 (b) 28 (c) 27 (d) 25

Q11. Early childhood starts from?

(a) 2 to 6 year (b) 3 to 6 year (c) 2 to 7 year (d) 3 to 7 year

Q12. According to ____ personality is a synthetic unity of all mental features and functions in the interplay?

(a) J.W. McDougall (b) R.B. Cattell (c) Sigmund Freud (d) G.W. Allport