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Training in Sports — CBSE Class 12 Physical Education Chapter Test

FREE CHAPTER TEST · CLASS XII · PHYSICAL EDUCATION (048) · PATTERN OF THE CBSE SAMPLE QUESTION PAPER 2026-27

TIME ALLOWED	MAXIMUM MARKS	QUESTIONS	NAME / ROLL NO.
1½ hours	35	17 (A 9 · B 3 · C 2 · D 1 · E 2)	

GENERAL INSTRUCTIONS

Read the following instructions very carefully and strictly follow them:

1. This question paper contains 17 questions. All questions are compulsory.
2. This question paper is divided into five sections: A, B, C, D and E.
3. Section A (Q1–9) contains multiple choice questions of 1 mark each, including assertion-reason and match-the-following questions.
4. Section B (Q10–12) contains very short answer questions of 2 marks each; answer in about 60–90 words.
5. Section C (Q13–14) contains short answer questions of 3 marks each; answer in about 100–150 words.
6. Section D (Q15) contains a case study based question of 4 marks, with four sub-parts of 1 mark each; an internal choice is given in the last sub-part.
7. Section E (Q16–17) contains long answer questions of 5 marks each; answer in about 200–300 words. Each has an internal choice: attempt only one of the alternatives.
8. Draw neat diagrams wherever required.
9. This chapter test follows the section structure, question types and marks per question of the CBSE Class XII Physical Education (048) Sample Question Paper 2026-27, at half the length of the 70-mark board paper: 35 marks in 1½ hours. (In the board paper you attempt any 5 of 6 questions in Section B, any 5 of 6 in Section C and any 3 of 4 in Section E; here every question is compulsory.)
10. The answer key and the marking scheme are at the end of this booklet. Attempt the paper in 1½ hours before you look at them.

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Chapter: Training in Sports · **Topics:** Talent identification and development · Sports training cycle · Strength, endurance and speed · Flexibility and coordinative abilities · Circuit training

SECTION A

This section comprises 9 multiple choice questions (MCQs) of 1 mark each, including assertion-reason and match-the-following questions.

1. The ability to overcome resistance, or to act against it, under conditions of fatigue is called 1

(A) strength endurance
(B) maximum strength
(C) explosive strength
(D) static strength

2. Which of the following is a coordinative ability? 1

(A) Speed
(B) Orientation ability
(C) Strength
(D) Endurance

3. Fartlek is a Swedish word that means 1

(A) interval running
(B) continuous running
(C) speed play
(D) hill running

4. Which of the following is an isometric exercise? 1

(A) running
(B) pushing against a wall
(C) weight training with full movement
(D) swimming

5. In interval training, the next bout of work is started when the heart rate comes down to about 1

(A) 60–70 beats per minute
(B) 90–100 beats per minute
(C) 120–130 beats per minute
(D) 170–180 beats per minute

6. How many coordinative abilities are there? 1

(A) 5
(B) 6
(C) 9
(D) 7

7. Match the types of speed in List I with their meanings in List II. 1

List I	**List II**
A. Reaction ability	(i) Keeping up maximum speed over the longest distance
B. Acceleration ability	(ii) Doing a single movement in the minimum time
C. Movement speed	(iii) Reaching high speed from a stationary position
D. Locomotor ability	(iv) Responding quickly to a signal

Choose the correct option:

(A) A-(iii), B-(iv), C-(ii), D-(i)
(B) A-(iv), B-(iii), C-(ii), D-(i)
(C) A-(iv), B-(iii), C-(i), D-(ii)
(D) A-(i), B-(iii), C-(ii), D-(iv)

8. In which method of developing flexibility is the muscle first contracted for a few seconds and then stretched? 1

(A) ballistic method
(B) static stretching
(C) dynamic stretching
(D) PNF technique

9. **Assertion (A):** Ballistic stretching is performed with swinging, rhythmic movements. 1
Reason (R): In ballistic stretching the stretched position is held still for a long time.

(A) A is true, but R is false.

(B) A is false, but R is true.

(C) Both A and R are true and R is the correct explanation of A.

(D) Both A and R are true, but R is not the correct explanation of A.

SECTION B

This section comprises 3 very short answer questions of 2 marks each (answer in about 60–90 words).

10. Differentiate between talent identification and talent development. 2

11. Differentiate between isotonic and isokinetic exercises, with one example of each. 2

12. What is circuit training? State one importance of it. 2

SECTION C

This section comprises 2 short answer questions of 3 marks each (answer in about 100–150 words).

13. Explain the micro, meso and macro cycles of sports training. 3

14. Explain any three types of endurance on the basis of duration. 3

SECTION D

This section comprises 1 case study based question of 4 marks, with four sub-parts of 1 mark each.

15. A coach is preparing sprinters for the 100 m. He works on their start at the gun, has them run acceleration runs, and on Sundays takes them for cross-country runs in which they change pace as they wish.

(i) Which type of speed is trained by working on the start at the gun? [1]

(ii) Over about what distance does a sprinter attain maximum speed after the start? [1]

(iii) Name the method used on Sundays. [1]

(iv) Name the method of training in which the next run starts when the heart rate falls to 120–130 beats per minute. [1]

OR

(iv) Name the type of strength exercise in which no movement is visible. [1]

SECTION E

This section comprises 2 long answer questions of 5 marks each (answer in about 200–300 words).

16. (a) Explain the continuous, interval and fartlek methods of developing endurance. 5

OR

(b) Explain the types of strength and the isometric, isotonic and isokinetic methods of developing it.

17. (a) Explain the types of flexibility and the methods of developing it. 5

OR

(b) What are coordinative abilities? Explain any five of them.

END OF THE QUESTION PAPER

ANSWER KEY — SECTION A

Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9
(A)	(B)	(C)	(B)	(C)	(D)	(B)	(D)	(A)

MARKING SCHEME AND WORKED SOLUTIONS

Marks for each step are shown in brackets, as in the CBSE marking scheme. Any correct alternative method earns full marks.

Q1. Answer (A). Strength endurance combines strength with the ability to resist fatigue, as in rowing or swimming.

Q2. Answer (B). Orientation ability, the ability to judge the position and movement of the body in space and time, is one of the seven coordinative abilities.

Q3. Answer (C). Fartlek (speed play): the athlete changes pace of his own accord, as the terrain allows.

Q4. Answer (B). In isometric exercise the muscles work without visible movement, as in pushing a wall.

Q5. Answer (C). Recovery is incomplete: work starts again when the heart rate falls to 120–130 beats per minute.

Q6. Answer (D). Seven: orientation, differentiation, coupling, rhythm, reaction, adaptation and balance abilities.

Q7. Answer (B). Reaction — respond to a signal (iv); acceleration — high speed from rest (iii); movement speed — a single movement fast (ii); locomotor — keep maximum speed (i).

Q8. Answer (D). PNF (proprioceptive neuromuscular facilitation): contract for 5–7 s, then stretch to the limit and hold about 8–10 s.

Q9. Answer (A). A is true. Holding the stretch still is static stretching, so R is false. Option (a).

Q10. (2 marks) Answer: recognising potential v. nurturing it.
Talent identification: the process of recognising children likely to succeed in a sport, on the basis of selected parameters (physical, physiological, psychological, skill), and directing them to it. [1]
Talent development: providing the identified athletes with a suitable environment — coaching, facilities, competition — to realise their potential. [1]

Q11. (2 marks) Answer: visible movement v. maximum force through the range on machines.
Isotonic: exercises with visible movement of the body parts — for example weight training, calisthenics, running and jumping on the spot. [1]
Isokinetic: exercises on specially designed machines in which the muscles apply maximum force through the whole range of movement at constant speed — for example rowing and swimming. [1]

Q12. (2 marks) Answer: exercises at a series of stations in sequence; all-round fitness.
Circuit training is a form of training in which a series of different exercises is performed at several stations, one after another, with little or no rest between them. [1]
Importance, any one [1]: develops strength, endurance and all-round fitness together; many athletes can train at the same time; saves time; adds variety and keeps interest.

Q13. (3 marks) Answer: micro 3–10 days; meso 3–6 weeks; macro 3–12 months.
Micro cycle [1]: the shortest unit, about a week (3–10 days), of daily sessions with rest and recovery, aimed at specific objectives.
Meso cycle [1]: a medium phase of 3–6 weeks made of several micro cycles, aimed at developing one fitness component.
Macro cycle [1]: the longest phase, 3–12 months (a season or a year), with preparatory, competition and transition periods, aimed at peak performance in the main competition.

Q14. (3 marks) Answer: any three of speed, short-, medium- and long-term endurance with durations.
Any three, 1 mark each: **speed endurance** - up to 45 seconds (400 m); **short-term endurance** - 45 seconds to about 2 minutes (800 m); **medium-term endurance** - 2 to about 11 minutes (1500 m, 3000 m); **long-term endurance** - more than 11 minutes (marathon, cross-country).

Q15. (4 marks) Answer: (i) reaction ability; (ii) 50–60 m; (iii) fartlek; (iv) interval method, or isometric.
(i) Reaction ability. [1]
(ii) About 50–60 m. [1]
(iii) Fartlek (speed play). [1]
(iv) The interval method. [1]
OR (iv) Isometric exercise. [1]

Q16. (5 marks) Answer: continuous, interval (120–130 bpm), fartlek.
Continuous method [1½]: exercise for a long time without rest at moderate, steady intensity — for example long, slow running; develops aerobic endurance.
Interval method [2]: work at high intensity alternates with intervals of incomplete recovery; the next bout starts when the heart rate falls to 120–130 beats per minute; develops speed and endurance.
Fartlek method [1½]: 'speed play' — running in natural surroundings, changing the pace of one's own accord (not planned); combines aerobic and anaerobic work and keeps interest.
OR Types [2]: **static (isometric) strength** and **dynamic (isotonic) strength** - maximum strength, explosive strength and strength endurance. Methods [3]: **isometric** - no visible movement, for example pushing a wall; **isotonic** - visible movement, for example weight training and calisthenics; **isokinetic** - maximum force through the whole range of movement on special machines, for example rowing and swimming.

Q17. (5 marks) Answer: passive and active (static, dynamic); ballistic, static, dynamic, PNF.
Types [2]: **passive flexibility** - range of movement with external help (partner or apparatus); **active flexibility** - range of movement by one's own muscles, either *static* (held position) or *dynamic* (during movement).
Methods [3]: **ballistic** - swinging, rhythmic movements; **static stretching** - easing slowly into the stretch and holding it; **dynamic stretching** - controlled movements of the arms and legs through the range; **PNF technique** - contract the muscle for 5–7 s, then stretch it to the limit and hold for about 8–10 s.
OR Coordinative abilities are the abilities to perform movements with control, precision and economy. [1] Any five of the seven [4]: **orientation** (sense of position in space), **differentiation** (fine control of force and movement), **coupling** (linking body movements), **rhythm** (timing), **reaction** (quick response to a signal), **adaptation** (adjusting to changed situations), **balance** (keeping or regaining equilibrium).

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