

## Top 10 CBSE Class 12 Physical Education MCQs

---

**Q.1 Which of the following is not a procedure used in league fixtures?**

- (a) Cyclic method
- (b) Stair method
- (c) Ladder method
- (d) Tabular method

**Answer. (c) Ladder method**

**Q.2. Match the following:**

- (a) Technical committee (i) To provide shifting facility
  - (b) Finance committee (ii) To resolve dispute
  - (c) Transport committee (iii) To deals with money and expenditure
  - (d) First aid committee (iv) To provide medical facility
- (a) a-ii, b-iii, c-i, d-iv
  - (b) a-iii, b-ii, c-i, d-iv
  - (c) a-ii, b-iii, c-iv, d-i
  - (d) a-iv, b-iii, c-i, d-ii

**Answer. (a) a-ii, b-iii, c-i, d-iv**

**Q.3. Which amongst the following is a lying asana?**

- (a) Chakrasana
- (b) Vajrasana
- (c) Bhujangasana
- (d) Gomukhasana

**Answer. (c) Bhujangasana**

**Q.4. Expanded form of ODD is:**

- (a) Opposite different disorder
- (b) Oppositional defiant disorder
- (c) Opposite different disability
- (d) Obsessive defect disability

**Answer. (b) Oppositional defiant disorder**

**Q.5. Kyphosis is commonly referred to as which of the following?**

- (a) Hollow back
- (b) Hunchback
- (c) Sideways bending
- (d) Lordosis

**Answer. (b) Hunchback**

**Q.6. Amenorrhea is a condition of:**

- (a) Menstrual Disorder
- (b) Eating Disorder
- (c) Psychological disorder
- (d) None of these

**Answer. (a) Menstrual Disorder**

**Q.7. Breakage of bones is known as:**

- (a) Sprain
- (b) Fracture
- (c) Contusion

(d) Laceration

**Answer. (b) Fracture**

**Q.8. Simple fracture is also known as:**

(a) Compound

(b) Closed fracture

(c) Spiral

(d) Transverse

**Answer. (b) Closed fracture**

**Q.9. Which of the following body type is needed for a long jumper?**

(a) Endomorph

(b) Ectomorph

(c) Mesomorph

(d) All of these

**Answer. (c) Mesomorph**

**Q.10. Isotonic exercise helps in enhancing:**

(a) Strength

(b) Speed

(c) Agility

(d) Endurance

**Answer. (a) Strength**