

NAAHAR PUBLIC SCHOOL CBSE SEMNIOR SECONDARY
ACADEMIC YEAR (2022-2023)
MICRO REVISION-6

STD: XII
SUBJECT: PHYSICAL EDUCATION
SUBJECT TEACHER:MR.RAJEESH

MARKS: 30
DATE: 22 .11.2022
DUR:60 MINS

QUESTION FROM 1 TO 8 CARRY 1 MARK

I.MCQ

1. Which of the categories is included Under Sheldon's classification?
A) Endomorph B) Mesomorph C) Ectomorph D) All of these
2. Which one of the big five traits of personality is not it's domain?
A) Extroversion B) Agreeableness C) Closeness D) Neuroticism
3. Which one of the following is not a technique of motivating in the field of sports?
A) Presence of spectators B) Goal setting C) Ignorance D) Praise or blame
4. What is the reason to do exercise regularly?
A) To enhance physical appearance B) To feel more energetic
C) To decrease the risk of diseases D) All the above
5. Which of the following not a benefit of exercise?
A) Improve component of physical fitness B) To feel more energetic
C) Improve self confidence D) improve anxiety
6. In which aggression the main aim to cause injury to the other person?
A) Instrumental aggression B) Hostile aggression
C) Predatory aggression D) None of these
7. The source of instruct motivation is
A) Teacher B) Family C) self D) Siblings
8. Traits of Extrovert, Introvert and ambivert is given by
A) Sheldon B) Jung C) Woodworth D) Sage

QUESTION 9 TO 12 CARRIES 3 MARK

II.SHORT ANSWER

9. Write the meaning of personality Explain any two Dimension of personality.
10. Explain jung's classification of personality.
11. Describe type of motivation.
12. Elaborate type of aggression.

QUESTION 13 & 14 CARRY 5 MARK

III.LONG ANSWER

13. Explain big five theory.
14. What are the techniques of motivation?