



विद्या सर्वार्थ साधिका

ANANDALAYA
PRE – BOARD EXAMINATION
Class : XII

Subject : Physical Education (048)
Date : 19-01-2023

M.M : 70
Time : 3 Hours

General Instructions:

1. The question paper consists of 5 sections and 37 Questions.
2. Section A consists of question No. 1 – 18 carrying 1 marks each and is Multiple Choice Type Question. All questions are compulsory.
3. Section B consists of question No. 19 – 24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
4. Section C consists of question No. 25 – 30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
5. Section D consists of question No. 31 – 33 carrying 4 marks each and are case studies.
6. Section E consists of question No. 34 – 37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.

SECTION - A

1. Identify the Asana

- (A) Halasana
- (B) Garudasana
- (C) Vajrasana
- (D) Bhujangasana



(1)

2. A person who likes to learn new things, new concepts and new experiences are categorized as.....
(A) Extroversion (B) Agreeableness (C) Conscientiousness (D) Openness (1)
3. Deformity of the legs is known as _____.
(A) Scoliosis (B) Lordosis (C) Knock knees (D) Kyphosis (1)
4. How much is the interval between two subsequent Paralympic games?
(A) 2 Years (B) 3 Years (C) 4 Years (D) 1 Years (1)
5. A healthy, normal menstrual period is called _____.
(A) Menorrhagia (B) Menarche (C) Eumenorrhea (D) Amenorrhea (1)
6. In arm Curl test, weight of the dumbbell for women is:
(A) 2.5 Kg. (B) 2.3 Kg. (C) 2.8 Kg. (D) 2.1 Kg. (1)
7. A person who is bold and outgoing is an _____.
(A) Introvert (B) Extrovert (C) Ambivert (D) Somatotype (1)
8. Among the following sports, in which does friction plays the least important role?
(A) Car Racing (B) Football (C) Hockey (D) Ice Skating (1)
9. "Vitamin K is essential for _____.
(A) Normal Coagulation of blood (B) Providing nourishment to body
(C) Prevention of disease (D) Metabolism of the body (1)
10. BMI between 25.00 to 29.9 is _____.
(A) Under weight (B) Normal (C) Overweight (D) Obese (1)
11. League cum Knock out is part of which tournament?
(A) Knock – out (B) Round Robin (C) Combination (D) Consolation (1)

12. Given below are two statements, one labeled as Assertion (A) and the other as Reason (R) (1)
 Assertion (A) – Pregnant women should practice ardh chakrasana.
 Reason (R) Every asana can be done by anyone.
 In the context of above two statements which are true one of the following is correct:
 (A) Both A and R are true and R is the correct explanation of A
 (B) Both A and R are false
 (C) A is true but R are false.
 (D) A is false but R is true

13. Match List – A with List – B and select the correct answer from the code given below:

- | List – A | List – B | |
|-------------------|--------------------|-----|
| (i) Vitamin – A | 1. Pyorrhea | |
| (ii) Vitamin – B | 2. Rickets | (1) |
| (iii) Vitamin – C | 3. Beriberi | |
| (iv) Vitamin – D | 4. Night Blindness | |

Code:

(A)	(B)	(C)	(D)
2	4	3	1
1	2	4	3
4	3	1	2
3	1	2	4

14. Continuous training is used for_____. (1)
 (A) Agility (B) Speed (C) Endurance (D) Flexibility
15. Acceleration of an object will increase as the net force increase depending on its_____. (1)
 (A) Density (B) Mass (C) Shape (D) Volume
16. Injury to muscles is called_____. (1)
 (A) Sprain (B) Strain (C) Contusion (D) Abrasion
17. The purpose of 600 m Run/walk is _____. (1)
 (A) Endurance (B) Strength (C) Flexibility (D) Fitness
18. If n=29, then how many byes will be there in knock – out? (1)
 (A) 5 (B) 4 (C) 3 (D) 2

SECTION - B

19. Create a mind map showing any six advantages of physical activities for children with special needs. (2)
20. Define Bye. Explain the rules of giving bye with help of an example. (2)
21. What are the advantages of Fartlek Training Programme? (2)
22. Explain the any two advantages of Biomechanics in sports. (2)
23. Describe the objectives of First – aid. (2)
24. List any four senior citizen fitness tests. (2)

SECTION -C

25. List down any three important benefits of self talk by athletes in sports. (3)
26. Explain any three soft tissue injuries with help of examples. (3)
27. Define flexibility and its types. (3)
28. Explain the importance of sports psychology in the field of physical education and sports. (3)
29. How does angle of projection help as a factor for athletes in games and sports? (3)
30. Write down various physiological factor determining speed. (3)

SECTION - D

31. Divya and Jolly are Volleyball players. Both of them practice regularly. But during competition Jolly performs good while Divya is not able to perform so well most of the time. One day she decided to ask the reason for the good performance to Jolly. Being a friend, Jolly told that she also wasn't able to perform well earlier. Then her coach advised her to execute the game skill keeping in mind the basic principles of Biomechanics. (4)
- (1) How Jolly was able to demonstrate better game? Discuss.
- (2) Discuss the importance of Biomechanics in games and sports.
- (3) 'Biomechanics is the study of mechanical laws related to movement.' Discuss.
32. Rajan and Himanshu are friends and they walk to school together every day. While talking to each other, Rajan noticed that from the past few days Himanshu is not able to walk and carry his bag comfortably as he used to do earlier. There is a change in his body posture, he is inclined towards left side while walking. Rajan took Himanshu to the physical education teacher who identified scoliosis deformity in Himanshu and suggested remedial exercises to correct it. (4)
- (1) Which postural deformity makes Himanshu inclined towards the left while walking?
- (A) Kyphosis (B) Knock knees (C) Scoliosis (D) Lordosis
- (2) What are the causes of the deformity identified in (1) above.
- (3) List the remedial measures for the deformity identified in (1) above.
33. While playing football in the school, Mehul got his leg injured. As a result he was experiencing extreme pain and difficulty in walking and swelling at the place of injury. His classmates took him to the medical room for first Aid. (4)
- (1) According to the symptoms, Mehul was suffering from
- (A) Strain (B) abrasion (C) sprain (D) incision
- (2) What type of injury is it?
- (A) Ligament (B) Tissue (C) Bone (D) Muscles
- (3) What treatment should be given to such types of Sports injuries?

SECTION - E

34. (a) What is Friction? (1)
- (b) Discuss the different types of Friction. (2)
- (c) What is the importance of Friction in Sports? Give examples. (2)
35. Name the asanas practiced for preventing Hypertension? Write in detail about any two of them. (5)
36. Draw a Knock – out fixture for 25 teams with proper calculations. (5)
37. Explain the different Physiological factors determining Strength. (5)