



विद्या सर्वार्थ साधिका

ANANDALAYA
PRE-BOARD EXAMINATION
Class: XII

Subject: Physical Education (048)
Date : 26-12-2023

M.M : 70
Time : 3 Hr.

General Instructions:

1. The question paper consists of 5 sections and 34 Questions.
2. Section A consists of questions 1-18 carrying 1 mark each and is multiple choice type questions. All questions are compulsory.
3. Section B consists of questions 19-23 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. There is an internal choice available.
4. Section C consists of questions 24-28 carrying 3 marks each and are short answer types and should not exceed 100-150 words. There is an internal choice available.
5. Section D consists of questions 29-31 carrying 4 marks each and are case studies.
6. Section E consists of questions 32-34 carrying 5 marks each and are short answer types and should not exceed 200-300 words. There is an internal choice available.

Section-A

1. Identify the Asana (1)



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

2. A state of balance, especially between forces or influences that are working in opposite ways is called _____ (1)

- (A) Lever (B) Equilibrium (C) Biomechanics (D) Friction

3. Person with _____ tends to be sympathetic, trust, cooperate and modest under which big five theory? (1)

- (A) Neuroticism (B) extraversion
(C) conscientiousness (D) Agreeableness

4. Which of the following is not the projectile trajectory? (1)

- (A) Cricketer hitting six
(B) In volleyball follows parabolic motion
(C) When basketball is thrown into the basket
(D) An aircraft taking off

5. Supta-Vajrasana plays the main role in prevention of _____ disease. (1)

- (A) Diabetes (B) Back pain (C) Hypertension (D) Obesity





6. Which of the following vitamins is easily destroyed by heat and air? (1)

- (A) Vitamin K (B) Vitamin C (C) Vitamin D (D) Vitamin A

7. Ability to react quickly and effectively to a signal is called _____ (1)

- (A) Reaction Ability (B) Orientation Ability
(C) Coupling Ability (D) Adaptation Ability

8. Post Isometric Training is Used for developing_____ (1)
 (A) Flexibility (B) Coordination (C) Endurance (D) Speed
9. Which of the following is an intrinsic reward of sports? (1)
 (A) Certificate (B) Trophy (C) Prize (D) Self-esteem
10. 'Speed Play' is known as _____ method of training. (1)
 (A) Strength (B) Interval (C) Endurance (D) Fartlek
11. People with this _____ disorder may see themselves as overweight even when they are (1)
 underweight.
 (A) Anorexia Nervosa (B) Bulimia (C) Binge eating (D) None of these
12. Age group 5-8 years BMI, Flamingo Balance test and Plate Tapping test is for which class (1)
 students?
 (A) Class 1-3 (B) Class 2-3 (C) Class 4-12 (D) Class 4-6
13. Shruti, a student of class XI is struggling with obesity due to which she has low self-esteem and (1)
 low confidence. As a result, she has started dieting to control her weight. But this diet program is
 self-designed and lacks knowledge about nutrition.
 (A) Extreme weight loss (B) Dehydration
 (C) Deficiency of essential nutrients (D) All of these
14. Menarch is defined as the_____. (1)
 (A) Ending of menstrual period in women (B) Time of pregnancy
 (C) Beginning of menstrual period in women (D) Beginning of Pregnancy
15. Match the following list I with List II. (1)

List I	List II
(1) 	(i) I.O.C Flag
(2) 	(ii) Deaflympics
(3) 	(iii) Special Olympics
(4) 	(iv) Paralympics

- (A) 1- (iv) 2- (iii) 3- (i) 4- (ii) (B) 1- (iv) 2- (i) 3- (ii) 4- (iii)
 (C) 1- (iii) 2- (iv) 3- (ii) 4- (i) (D) 1- (ii) 2- (iii) 3- (i) 4- (iv)
- 16 Given below are the two statements labeled Assertion (I) and Reason (II). (1)
 Assertion (A): Round shoulders are an unnatural posture characterized by an exaggerated
 curvature of the upper back.
 Reason (R): Due to postural deformity the knee knocks with each other.
- In the context of above two statements, which one of the following is correct?
 (A) Both assertion and reason are true and reason is the correct explanation of assertion.
 (B) Both assertion and reason are true, but reason is not the correct explanation of assertion.
 (C) Assertion is true, but reason is false.
 (D) Assertion is false, but reason is true.

17. Cartwheel in Gymnastics is an example of _____. (1)
 (A) Static equilibrium (B) Dynamic equilibrium
 (C) Active flexibility (D) Passive flexibility
18. The word 'Meso' in Mesomorph is related to _____. (1)
 (A) fat (B) lean (C) muscular (D) none of these

Section-B

19. Differentiate between static and dynamic equilibrium. (1+1)
 20. Define Staffing. How is it important? (1+1)
 21. Explain static friction and rolling friction in detail. (1+1)
 22. Write a short note on Hostile aggression and Bow leg. (1+1)
 23. Explain any two benefits of positive self-talk. (1+1)

OR

List down the four reasons of lack of participation of women in sports in India.

Section-C

24. Enlist the items of khelo India fitness test and explain the procedure of the test taken to check the speed. (3)
 25. Explain in detail about the three long term effects of exercise on the Muscular system. (3)
 26. What is Endurance? Explain its types. (1+2)
 27. Differentiate between 1:1 and 1:2 ratio interval training, with suitable examples. (3)
 28. Suggest any three strategies to make the physical activities accessible for children with special needs. (3)

OR

Regular physical activities cannot stop the clock of ageing; but definitely it can slow the process. Justify.

Section-D

29. This fracture occurs in young children where the bone bends rather than breaking. Bone injuries need lot of attention to treatment and rehabilitation. One must also pay attention to implement preventive measures to minimize the chances in young children. (4)

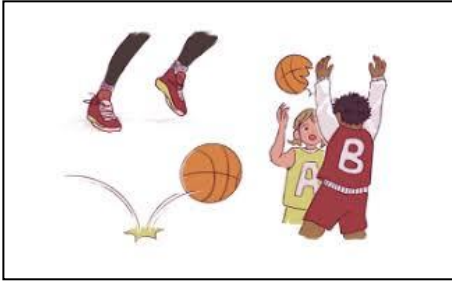
On the basis of the above reading, answer the following questions:

- 29.1 Which fracture takes place in young children?
 29.2 Mention three 'p' in first aid.
 29.3 What is the use of 'splint' in case of bone injury?
 29.4 Mention two preventive measures for fracture.
 30. Vikas a state level wrestler has been advised by his coach to take adequate amounts of simple carbohydrates, vitamins, minerals and proteins in his diet along with the training schedule. He has also been advised to follow the diet plan and be aware of the drawbacks of unsupervised dieting. (4)

Based on the given situation, answer the following questions:

- 30.1 Glucose, Fructose, Lactose are _____.
 30.2 What is an example of pitfall of dieting?
 30.3 Amino acids and protein are the _____ of life.
 30.4 What is the role of diet before competition?
 31. The teachers as well as coaches always make their best efforts to improve the performance of their students in various competitive games and sports. They can help to improve the (4)

performance of students if they have adequate knowledge of biomechanics.



Based on the above picture, answer the following questions:

- 31.1 The more force one exerts on the downward bounce, the higher the ball bounces into the air. Which law in this statement is being referred to?
- 31.2 Among the above given pictures, Newton's 3rd law is depicted in _____.
- 31.3 Newton's second law is also known as _____.
- 31.4 The study of human movement is called _____.

Section-E

32. List down the asanas for Asthma and write down the procedure and benefits of any two out of (1+4) them.
33. Classify fixture. Make a league cum league fixture of 18 teams. (2+3)
34. What is lever? Write its types. Give one example of each type of lever which our body uses (1+1+3) during various activities.

OR

Discuss the factors affecting Projectile Trajectory in detail.