



**PRE-BOARD EXAMINATION – II (2022-23)**

**SUBJECT: PHYSICAL EDUCATION (048)**

**Maximum Marks: 70**

**CLASS: 12<sup>th</sup> GRADE**

**TIME: 3 Hours.**

**General instructions:**

- 1) The question paper consists of 5 sections and 37 Questions.
- 2) Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
- 3) Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
- 4) Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
- 5) Sections D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
- 6) Section E consists of Question 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.

**SECTION A**

1. Which among the following training cycles is usually range from 2 to 6 weeks? (1)  
a) Mesocycle      b) Micro cycle      c) Macro cycle      d) Periodization cycle
2. To change the impossible into possible which among the following psychological traits is consider the very first steps? (1)  
a) Self -esteem      b) Self Talk      c) Mental Imagination      d) Goal Setting
3. (1)



Activity on Roman Ring in Gymnastic would be categorized under which kind of strength.

- a) Maximum strength    b) Speed strength    c) Explosive Strength    d) Strength Endurance

4. Which one of the following factors does not affect the projectile trajectory? (1)  
a) Angle Projectile      b) Initial Velocity      c) Gravity      d) Friction
5. Identify the types of aggression is shown in the picture given below. (1)



- a) Assertive Aggression      b) Instrumental Aggression

c) Hostile Aggression

d) Challenged Aggression

6. Assertion (A): Widening the base of support helps in achieving greater stability.

Reason (R): While standing spreading the feet in the direction of movement adds stability.

(1)

In the context of above two statements which one of the following is correct:

a) both (A) and (R) are true, but (R) is not correct explanation of (A)

b) both (A) and (R) are true and (R) is the correct explanation of (A)

c) (A) is true but (R) is false

d) (A) is false but (R) is true

7. Assertion (A): Knockout tournament is also called elimination tournament.

Reason (R): In knockout tournament a team gets chance to play with every other team at least once.

(1)

In the context of above two statements which 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 true, but (R) is not correct explanation of (A)

c) (A) is true but (R) is false

d) (A) is false but (R) is true

8. Match list - 1 with list - 2 and select the correct code given below (1)

1	Red Muscle Fiber	A	Soft Tissue Injury
2	Blood pump by the heart per mnt.	B	Long term effect of exercise.
3	Laceration	C	Marathon Run
4	Increases in Capillaries Networks	D	Cardiac Output

a) 1-A, 2-B, 3-C, 4-D

b) 1-D, 2-C, 3-B, 4-A

c) 1-C, 2-D, 3-A, 4-B

d) 1-C, 2-B, 3-A, 4-D

9. Under circumstances the resting heart rate decreases? (1)

a) long term effect of exercise on Cardiovascular system

b) short term effect of exercise on Cardiovascular system

c) Practice of Meditative Asanas

d) All of the above

10. 8. Match list - 1 with list - 2 and select the correct code given below (1)

1	Minimum no of Calories a person needs to sustain	A	Senior Citizen Test
2	Wells and Dhillon	B	Motor Fitness Test
3	Rikli and Jones	C	Basal Metabolic rate
4	600 mtr. Run / walk Test	D	Sit and reach Test

a) 1-C, 2-D, 3-A, 4-B

b) 1-D, 2-C, 3-B, 4-A

c) 1-A, 2-B, 3-C, 4-D

d) 1-C, 2-B, 3-A, 4-D

11. Which one of the following fitness tests is used for the age group 5 to 8 years old students in SAI Khelo India Fitness Test in School? (1)

a) Flamingo Balance Test    b) Partial curl-up    c) Sit and Reach Test    d) All of the above

12. What is the scientific name of Vitamin B1? (1)

a) Riboflavin    b) Thiamine    c) Nicotinamide    d) Ascorbic Acid

13. Which one of the following was the founder of Special Olympics? (1)

a) John F. Kennedy    b) Baron De Coubertin    c) Juan Antonio    d) Eunice Kennedy Shriver

14. Which one of the following is the motto of Paralympics? (1)

a) Mind, Body Spirit    b) Spirit in motion

c) Faster, Higher, Stronger    d) None of the these

15. \_\_\_\_\_ is a range of psychological disorder in which a person has abnormal eating behavior. (1)

- a) Food myth      b) Eating disorder      c) Bulimia      d) Anorexia

16. Identify the below given picture and name the correct postural deformities. (1)



- a) Kyphosis      b) Lordosis      c) Scoliosis      d) Round Shoulder

17. Which Pranayama meaning the channel purification of physical body? (1)

- a) Kapalbhathi Pranayam      b) Surya-Bhedan Pranayama  
c) Sheetli Pranaya      d) Nadi Shodhana Pranayama

18. Which one of the following asanas is beneficial for preventing and curing diabetes? (1)

- a) Dhanurasana      b) Katichakrasana  
c) Ustrasana      d) All of the above

### **Section B**

19. Write down the causes of Bow leg. (1+1)  
20. What does the term Fartlek means and who developed this training method? (1+1)  
21. Write down any two aims and objectives of Deaflympics. (1+1)  
22. Name down any tow methods to improve the flexibility. (1+1)  
23. What do you mean by Macrocycle? Explain it briefly. (1+1)  
24. Briefly explain the round robin tournament. In which condition its better? (1+1)

### **Section C**

25. Your Grandfather feels that he has reduce his Aerobic fitness. Therefore, he wants to test himself. Name the test and explain it which he is going to appear for. (3)  
26. What are the benefits of physical activities for the children with special needs? (3)  
27. Create a flow chart for common sports injuries while enlisting the sub part. (0.5x6=3)  
28. List down the spinal postural deformities. Explain the causes of Lordosis. (3)  
29. Write down a brief note on opening and closing ceremonies of Paralympic Games. (3)  
30. Explain why the angles of release for shotput, javelin & discuss throw are different? (3)

### **Section D**

31. A balanced diet refers to the intake of food constituting all the necessary nutrients. Ram shares his knowledge of 'food and nutrition' with neighbors while visiting his grandparents in a village. Ram notices that few people living in that village are suffering with goiter and severe anemia.  
i) Minerals are placed under \_\_\_\_\_ nutrient category on basis of required quantity.  
ii) Goiter is caused due to deficiency of \_\_\_\_\_.  
iii) Fresh Vegetables and Fruits are rich sources of \_\_\_\_\_.  
iv) Vitamin C is also called \_\_\_\_\_. (4X1=4)

OR

Describe various types of Carbohydrate and draw a chart of their sources.

32. 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 performance of students if they have adequate knowledge of biomechanics.

(4X1=4)



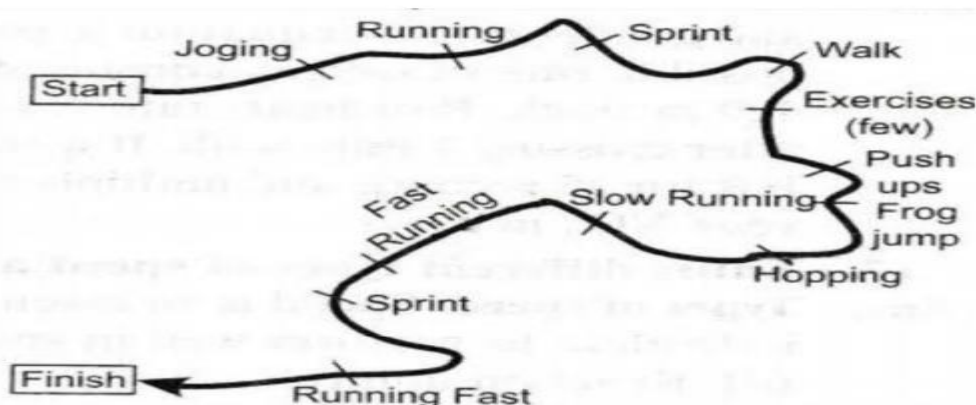
- The more force one exerts on the downward bounce, the higher the ball bounces into the air. Which law is this statement being referred to?
- Among the above given pictures, Newton's 3rd law is depicted in \_\_\_\_\_
- Newton's second law is also known as \_\_\_\_\_
- The study of human body and various forces acting on it is \_\_\_\_\_

OR

A high jumper can jump higher off a solid surface because it opposes his or her body with as much force as he or she is able to generate. This example refers to which law of motion? Explain.

33.

(4X1=4)



- From the above picture, it is identified as \_\_\_\_\_ training method.
- The above training method helps in increasing the \_\_\_\_\_.
- This training method was developed by \_\_\_\_\_.
- The Swedish word meaning "speed Play" is \_\_\_\_\_.

OR

Explain any two types of Coordination / Coordinative Ability.

#### Section E

34. List down the all-test items of SAI Khelo India Fitness test. Explain any one test which is recommended for the children 5-8 years age group children. (5)

35. Draw a knockout fixture of 19 teams, where 4 teams are to be seeded and mention all steps involved. (5)

36. Define female athlete triad. Write its causes and factors in details. (5)

37. Discuss the role of Mental Imaginary Psychological attributes in games. (5)