

CLASS XII PRE-BOARD EXAMINATION – 2024-25Q.P. Code: **048/2/1**

Roll No.

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Candidate must write the Q.P. Code on the title page of the answer-book.

- Please check that this question paper contains **6** printed pages.
- Please check that this question paper contains **37** questions.
- Q.P. Code given on the right hand side of the question paper should be written on the title page of the answer-book by the candidate.
- **Please write down the serial number of the question in the answer-book before attempting it.**
- 15 minute time has been allotted to read this question paper. The students will read the question paper only and will not write any answer on the answer-book during this period.

PHYSICAL EDUCATION

*Time allowed : 3 hours**Maximum Marks : 70*

General Instructions:

Read the following instructions very carefully and strictly follow them :

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

Q1. Which of the following is the logo of special Olympics?

A



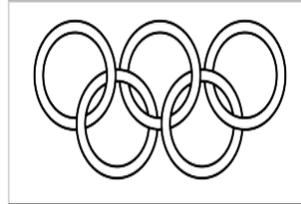
C



B



D



(a) B

(b) C

(c) A

(d) None of these

Q2. Which postural deformity has Convexities right or left?

(a) Kyphosis

(b) Scoliosis

(c) Knock knees

(d) Flat foot

Q3. What is the test duration for the Arm curl test?

(a) 30 sec

(b) 2 min

(c) 1 min

(d) Number of repetitions

Q4. _____ discovered Vitamin A?

(a) Dr. Harvard

(b) Dr. J.B.Nash

(c) Dr. Mc Collum

(d) Dr. Coubertin

Q5. _____ test is developed to test fitness in senior citizens.

(a) AAHPER

(b) Harvard step

(c) Rockport

(d) Rikli and Jones

Q6. Identify the asana:



(a) Urdhva Hastasana

(b) Vakrasana

(c) Paschimottanasana

(d) Halasana

Q7. Gliding movement occurs at _____ joint.

- (a) Wrist (b) Elbow
(c) Hip (d) Knee

Q8. A _____ diet contains all the essential food constituents necessary for growth and maintenance of our body.

- (a) Prescribed (b) consistent
(c) Strict (d) balanced

Q9. The mesocycle represents a specific block of training that is typically made up of _____ micro cycles.

- (a) 1 (b) 6-9
(c) 3-4 (d) more than 5

Q10. _____ is the formula to divide an odd number of teams in the upper half for a knockout fixture.

- (a) $N(N-1)/2$ (b) $N(N+1)/2$
(c) $N+1/2$ (d) $N-1/2$

Q11. Newton's first law of motion is applicable in all these sports except _____.

- (a) Dance (b) Baseball
(c) Softball (d) Soccer

Q12. Being cautious, reserved in nature and suppressing own emotions are features of which personality type?

- (a) Type C (b) Type D
(c) Type B (d) Type A

Q13 Fast twitch fibers are known as _____ fibers and slow twitch fibers are known as _____ fibers.

- (a) White, red (b) Red, yellow
(c) Yellow, white (d) None of the above

Q14. Given below are the two statements labelled Assertion (A) and Reason (R).

Assertion (A) Push ups help in building muscular strength.

Reason (R) Push ups are isokinetic muscular movements that provide strength to the joints.

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

- (a) A is true, but R is false
(b) A is false, but R is true
(c) Both A and R are true and R is the correct explanation of A
(d) Both A and R are true, but R is not the correct explanation of A

Q15. The first Special Olympics were held in _____ in July, 1968.

- (a) Rome
- (b) London
- (c) Chicago
- (d) Paris

Q16. Match the following:

List I	List II
I Static friction	1 Ice Skating
II Rolling friction	2 Swimming
III Sliding friction	3 Tennis ball
IV Fluid friction	4 Basketball

- (a) A-4, B-2, C-1, D-3
- (b) A-3, B-4, C-1, D-2
- (c) A-1, B-3, C-2, D-4
- (d) A-2, B-1, C-4, D-3

Q17. Which of the following coordinative abilities coordinates body part movements with one another?

- (a) Rhythm
- (b) Balance
- (c) Orientation
- (d) Coupling

Q18. _____ is a method in which the players or teams directly participate in the quarter final or semi-final

matches thus avoiding their participation in the initial rounds.

- (a) Special seeding
- (b) Bye method
- (c) Staircase method
- (d) Fixed seeding

(SECTION B- Attempt any 5)

Q19. List down any four benefits of self-talk by athletes in sports

Q20. Explain any two types of soft tissue injuries with help of examples.

Q21. List down any four advantages of fartlek training method.

Q22. Explain any four benefits of Ardha Matsyendrasana.

Q23. List down any three strategies to make physical activities accessible for CWSN.

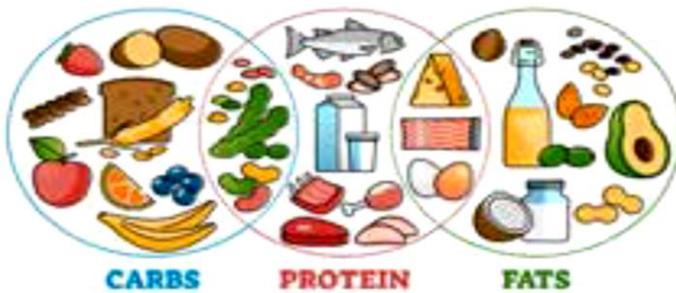
Q24. Your grandmother feels she has reduced her upper body flexibility and therefore she wants to test herself. Which test would you suggest her.

(SECTION C- Attempt any 5)

- Q25. Make a table explaining any three personalities from Big five theory and their characteristics.
- Q26. Create a mind map including any six advantages of physical activities for children with special needs.
- Q27. What are carbohydrates? Differentiate between its types.
- Q28. What is the meaning of female athletes Triad? Explain any two in brief.
- Q29. Explain how Mental Imagery can be used in Sports.
- Q30. What is the role of Yoga in preventing lifestyle diseases?

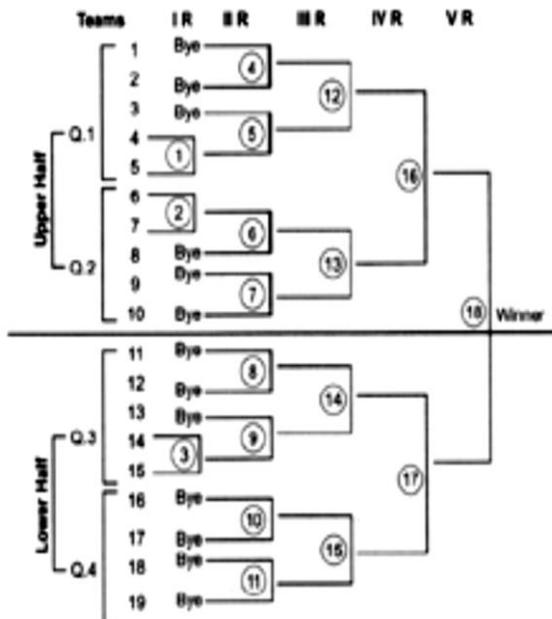
(SECTION D)

Q31. On the basis of the picture given below, answer the following questions.



- (a) _____ is the basic constituents of our diet.
- (b) Carbohydrates, Proteins and Fats together make up _____ nutrients.
- (c) Fats contain 76 per cent of _____, 12 per cent of _____, and 12 per cent of _____.
- (d) List any two sources of simple and complex carbohydrate each.

Q32. See the following figure :



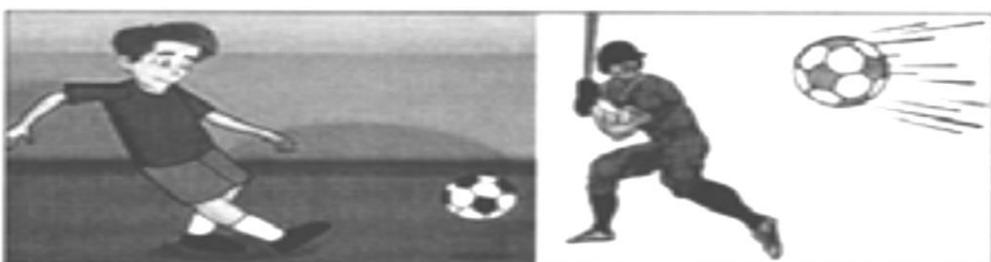
On the basis of above given fixture answer the following questions:

- (a) The fourth round in this case can also be called as _____.
- (b) What is the formula for calculating the number of byes?
- (c) Total number of matches in 2nd round are _____.
- (d) What is the formula for calculating the total number of matches?

OR

The formula for calculating number of rounds is _____.

Q33. 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.



- (a) Newton's second law is also known as _____.
- (b) The study of human body and various forces acting on it is _____.
- (c) 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?
- (d) Among the above given pictures, Newton's 3rd law is depicted in _____.

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?

(SECTION E- Attempt any 3)

- Q34. List down any four asanas used for prevention of asthma. Explain the procedure for administration of any one of them with help of a stick diagram. 2+3
- Q35. Define flexibility and explain the methods of flexibility development. 1+4
- Q36. Describe what do you understand by Rikli and Jones Senior Citizen Fitness. Enlist the types of tests and their purposes. 2+3
- Q37. Enlist the components of physical fitness. Briefly explain any three physiological factors which determine speed. 2+3