



INDIAN SCHOOL SOHAR
PRE BOARD I EXAMINATION (2023-24)
PHYSICAL EDUCATION (048)

CLASS: XII
DATE: 26/11/2023

MAX. MARKS: 70
TIME: 3 HOURS

GENERAL INSTRUCTIONS:

1. The question paper consists of 5 sections and 37 Questions.
2. Section A consists of questions 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
3. 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.
4. Section C consists of questions 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 questions 31-33 carrying 4 marks each and are case studies. There is an internal choice available.
6. Section E consists of questions 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.

SECTION - A

Q1. How many matches will be played in the knockout tournament's first round if there are 11 teams? (1)
 (a) 5 (b) 3 (c) 6 (d) 8

Q2. Which one of the following factors does not affect the projectile trajectory? (1)
 (a) angle projection (b) initial velocity (c) gravity (d) friction

Q3. Identify the Asana: (1)



(a) Dhanurasana (b) Matsayasana (c) Chakrasana (d) Pavanmuktasana

Q4. The back scratch test is used to measure. (1)

(a) overall speed (b) lower body power
 (c) upper body flexibility (d) whole body movement

Q5. It is the injury of skin in which skin is scrapped or rubbed by friction is called _____. (1)

(a) Contusion (b) Dislocation (c) Tennis Elbow (d) Abrasion

Q6. Which Newton's law is applied when the ball is hit by the batsman crosses the boundary line in the game of cricket? (1)



- (a) Newton's 2nd Law (b) Newton's 1st Law (c) Newton's 3rd Law (d) both 1st and 2nd law

Q7. _____ is also called the rate at which sports activity is being done. (1)

- (a) intensity (b) frequency (c) mass (d) volume

Q8. The scientific name of knock-knee is: (1)

- (a) Genu Varum (b) Genu Valgum (c) Pes-Planus (d) Genu Varam

Q9. Given below are the two statements that are labelled Assertion (A) and Reason (R). (1)

A. Assertion (A): Biomechanics is the study of forces and their effects on living systems.

B. Reason (R): Biomechanics is not a sub-discipline of physical education.

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

- (a) Both (A) and (R) are true but (R) is not the 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.

Q10. In which disorder an individual performs the same task/activity again and again? (1)

- (a) SPD (b) ODD (c) OCD (d) ADHD

Q 11. Match List – I with List – II and select the correct answer from the code given below: (1)

LIST - I	LIST- II
1. Run for fun	A. Organized once in year
2. Health Run	B. To provide the sense to work jointly
3. Sports Day	C. To Promote a sense of physical, mental, social and emotional well-being
4. Run for Unity	D. To provide enjoyment

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

Q12. Which asana means crocodile pose: (1)

- (a) Vakrasana (b) Bhujangasana (c) Makarasana (d) Ushtrasana

Q13. Identify the non-nutritive component of a diet. (1)

- (a) Carbohydrate (b) Protein (c) Fats (d) Water

- Q14. Which one of the following cycles usually ranges from 2 to 6 weeks? (1)
 (a) Macrocycle (b) Mesocycle (c) Microcycle (d) preparatory period
- Q15. The test duration for the Harvard fitness test is (1)
 (a) 3 minutes (b) 4 minutes (c) 5 minutes (d) 6 minutes
- Q16. Deficiency of which of the following leads to rickets? (1)
 (a) Iron (b) Calcium (c) Iodine (d) Magnesium
- Q17. Identify the postural deformity having hump. (1)



- (a) Lordosis (b) Kyphosis (c) Scoliosis (d) Lumbar deformity

- Q18. Which of the following is a water-soluble vitamin? (1)
 (a) Vitamin A (b) Vitamin B (c) Vitamin D (d) Vitamin K

SECTION-B

- Q19. Discuss the advantages and disadvantages of a knock-out tournament in brief. (2)
- Q20. List down any four general disability etiquettes. (0.5*4=2)
- Q21. Differentiate between macro-nutrients and micro-nutrients. (2)
- Q22. Give any two effects of exercise on the cardio-respiratory system. (2)
- Q23. Explain static equilibrium and dynamic equilibrium with examples. (2)
- Q24. Extrinsic motivation sometimes may kill intrinsic motivation. Justify. (2)

SECTION – C

- Q25. Discuss Attention Deficit Hyperactivity Disorder and its causes in detail. (3)
- Q26. What do you mean by lever? Explain any two types of levers with suitable examples. (3)

Q27. Explain various pitfalls of dieting. (3)

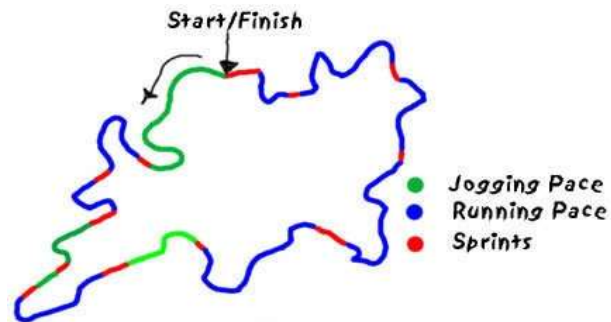
Q28. Discuss the aims and objectives of first aid in detail. (3)

Q29. Elaborate the types of aggression in sports. (3)

Q30. What is a league tournament? Draw a fixture of five teams by using cyclic method. (3)

SECTION – D

Q31. Rohan was a good jumper. When he joined a new training camp, he observed that some athletes were jogging, running and sprinting on uneven surfaces like rocks, pits, bushes, etc. He was in a dilemma. Then the coach explained about the training and its advantages in detail.



On the basis of the above passage and picture, answer the following questions: (1X4=4)

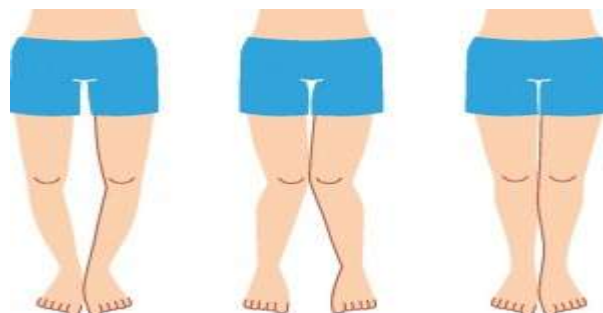
(i). From the above picture, it is identified as _____ training method.
(a) Circuit (b) Fartlek (c) Continuous (d) Pace runs

(ii). Which training method in Swedish means "Speed play"?
(a) Speed (b) interval (c) Fartlek (d) Circuit

(iii). This training method was developed by:
(a) Adamson and Morgan (b) Gosta Holmer (c) Barrow and McGee (d) Bikila

(iv). What should be the range of heart rate during this training method?
(a) 150-190 beats per min. (b) 140-180 beats per min.
(c) 120-140 beats per min. (d) 130-180 beats per min.

Q32. Posture plays a very significant role in our daily activities. Correct posture means the balancing of a body in an accurate and proper manner. Various types of postural deformities can be identified in individuals.



On the basis of the above given picture answer the following questions: (1X4=4)

(i). What do you mean by bow leg?

(ii). Which asana can be a remedy for correcting Knock-knees?

(a) Padmasana (b) Tadasana (c) Vajrasana (d) Halasana

(iii). Give any two advantages of correct posture.

(iv). The person in the middle is suffering with _____.

OR

Walking on the inner edge of the feet can be a remedy for _____.

Q33. Hardik Pandya, the medium pacer limped off after putting his right foot to stop a drive from Liton Das in Pune during a World Cup match. Hardik lost his balance while trying to stop what was a four off his own bowling and then lost his balance and dragged his right boot while landing on the pitch. He got up and looked in discomfort while bending over. Pandya was rushed to the National Cricket Academy (NCA) for his rehabilitation. He was ruled out of the Cricket World Cup after failing to recover from his ankle injury.



On the basis of the above passage and picture, answer the following questions:

(1X4=4)

(i). Sprain is an injury of _____.

(ii). Which one is not a symptom of Sprain?

- (a) severe pain (b) bleeding (c) inflammation (d) swelling

(iii). Which one of the following is not a soft tissue injury?

- (a) Sprain (b) Strain (c) Abrasion (d) Greenstick Fracture

(iv). PRICER stands for:

OR

Sprain generally occurs at

- (a) thumb (b) knee joints (c) shoulder joints (d) wrist and ankle joints

SECTION – E

Q34. What is circuit training? Draw a diagram of circuit training with 12 stations to improve general fitness and explain its importance in sports. (5)

Q35. Elucidate any five strategies that are used to enhance adherence to exercise. (5)

Q36. Explain the procedure, benefits and contraindications of Vajrasana and Ardha Chakrasana with the help of a stick diagram. (5)

Q37. What is the Johnson-Metheny Test of Motor Educability? Discuss the procedure of the test in detail. (5)

