



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

CLASS: XII
DATE: 16/01/2024

MAX. MARKS: 70
TIME: 3 HOURS

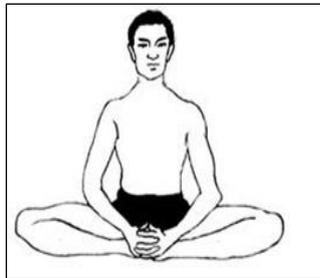
GENERAL INSTRUCTIONS:

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. Identify the Asana:

(1)



- (a) Pawanmuktasana (b) Sukhasana (c) Bhadrasana (d) Gomukhasana

Q2. In which year, the first Deaflympics were organized?

(1)

- (a) In 1920 (b) In 1924 (c) In 1928 (d) In 1932

Q3. Which one of the following components of diet contains carbon, oxygen and hydrogen in the percentage of 76, 12 and 12 respectively?

(1)

- (a) Carbohydrates (b) Proteins (c) Fats (d) Minerals

Q4. Friction always acts..... the motion of an object.

(1)

- (a) in the same direction as (b) perpendicular to
(c) opposite to (d) at a 45degree angle to

Q5. Which disease is caused by the deficiency of vitamin 'C'?

(1)

- (a) Anaemia (b) Scurvy (c) Pellagra (d) Beri-beri

Q6. _____ is a process of setting objectives and deciding how to accomplish them. (1)

- (a) Directing (b) Staffing (c) Planning (d) Organising_

Q7. A lateral curve in your spine is known as (1)

- (a) Kyphosis (b) Scoliosis (c) Lordosis (d) Knock-knee

Q8. Which asana does not help to maintain normal blood pressure? (1)

- (a) Shavasana (b) Halasana (c) Shalabhasana (d) Vakrasana

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

A. Assertion (A): In special seeding, the seeded players participate directly in the quarter-final or semi-final.

B. Reason (R): A bye is a special privilege given to a team in the first round. It directly enters in the second round.

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

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

Q10. Behaviour carried out with the intention of harming another person is known as: (1)

- (a) Stress (b) Motivation (c) Aggression (d) Tension

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

LIST - I	LIST- II
I. Garudasana	1. Round shoulder
II. Gomukhasana	2. Lordosis
III. Chakrasana	3. Bow legs
IV. Naukasana	4. Knock knees

- (a) I-1, II-3, III-4, IV-2 (b) I-2, II-3, III-4, IV-1
 (c) I-3, II-4, III-1, IV-2 (d) I-4, II-2, III-1, IV-3

Q12. Taking sprint start from blocks is an example of (1)

- (a) 1st Class lever (b) 3rd Class lever
 (c) 2nd class lever (d) 4th class lever

Q13. Traits of an extrovert, introvert and ambivert are given by: (1)

- (a) Woodworth (b) Sage (c) Jung (d) Sheldon

Q14. Which is not an item of the Rikli and Jones Test? (1)

- (a) 8-Foot Up and Go (b) Sit and Reach Test
 (c) 6-Minute Walk Test (d) Arms Curl Test

15. Which one of the following is not a cause of sports injuries? (1)

- (a) Practice during fatigue (b) Inadequate warming up
 (c) Proper knowledge of sports skills (d) Lack of sports facilities

16. What is cardiac output? (1)
(a) Blood pumped by the heart per minute (b) Blood pumped per heartbeat
(c) Blood pumped per hour (d) Blood pumped per second

- Q17. What is the other name of static strength? (1)
(a) Isotonic (b) Isokinetic (c) Isometric (d) speed play

- Q18. Acceleration Runs are used to improve: (1)
(a) Strength (b) Endurance (c) Speed (d) Flexibility

SECTION-B

- Q19. Write the importance of diet in sports. (0.5*4=2)

- Q20. Differentiate between Intrinsic and Extrinsic motivation. (2)

- Q21. Calculate the BMR of a 50-year-old adult male with a height of 171cm. (2)

- Q22. Identify the following fractures of bones and write down their names. (2)



- (a) _____ (b) _____ (c) _____ (d) _____

- Q23. Discuss goal setting a significant psychological attribute in sports. (2)

- Q24. What do you mean by Macrocycle? (2)

SECTION – C

- Q25. What do you mean by 'round shoulders'? Suggest any four physical activities for correcting the round shoulder. (3)

- Q26. Write a note on Paralympic Games. (3)

- Q27. Elaborate the intake of food during and after the competition. (3)

- Q28. Discuss any three physiological factors determining strength. (3)

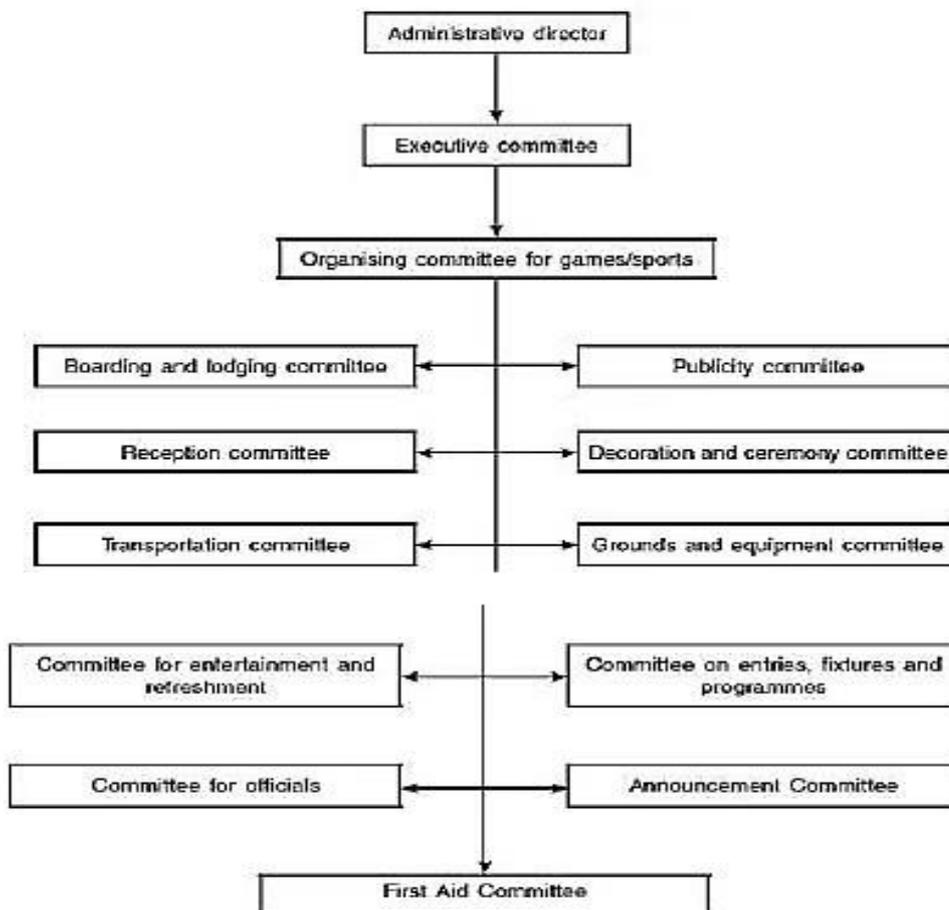
- Q29. Briefly explain the significance of extramural competitions. (3)

Q30. Explain the general classification of personality with suitable examples.

(3)

SECTION – D

Q31. While organizing sports events for the Annual Sports Day, Arjun and Ravi being the captain and vice-captain of sports, formed various committees as shown below.



Based on the above given picture answer the following questions:

(1X4=4)

- A. The members of this committee are responsible for welcoming guests and spectators.....
- B. The Committee responsible for liaison with Print media is the Committee.
- C. Purchase of sports equipment is a work of the
- D. Publication of rules and regulations should be done..... Committee.

OR

To prepare a proper score sheet for a record isresponsibility.

Q32. Gopal, the PE teacher, brings the students to the playground and explains biomechanics and its application in different games and sports. He also explains to them about the importance of friction in cricket. He said that in cricket, friction plays a very major role as it is responsible for stopping the cricket ball when it rolls on. When a batsman hits a grounded stroke, the friction acting on the ball causes it to stop. without friction, the ball would never stop and go on rolling.

Read the above passage and answer the following questions.

(1X4=4)

(i) Biomechanics is associated with_____.

(ii) What do you mean by friction?

(iii) Which force is applied to a cricket at the time of play?

(iv) Sports biomechanics can be defined as the study of _____ and their effect on individuals while he/she is exercising or taking part in any sporting activity.

OR

How a grip of cricket shoes is responsible for better sports performance?

Q33.



Based on the picture given below, answer the following questions.

(1X4=4)

(a) List any four games included in these games.

(b) Identify the logo of these games.

(c) The _____ declared 1986 as the year of 'Special Olympics.'

(d) The pioneer of the Special Olympics was _____.

OR

The logo of these games is based on the sculpture _____.

SECTION – E

Q34. Discuss the asanas helpful for a person suffering from Back pain. Write down the procedure and contraindications of Gomukhasana in detail with the help of a stick diagram. (5)

Q35. Elucidate the Harvard Step Test in detail. (5)

Q36. Write about Newton's Laws of Motion and briefly discuss their application in sports. (5)

Q37. Explain the methods to improve flexibility with the help of examples. (5)