



**BK BIRLA CENTRE FOR EDUCATION**  
SARALA BIRLA GROUP OF SCHOOLS  
SENIOR SECONDARY CO-ED DAY CUM BOYS' RESIDENTIAL SCHOOL



**PRE BOARD - 2**

**PHYSICAL EDUCATION (048) SET-1**

Class : XII Sci/Com/Hum

Date : 11/12/2025

Admission No.:

Duration: 3 Hrs

Max. Marks: 70

Roll No.:

**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. Sections E consists of Question 34-37 carrying 5 marks each and are long answer types and should not exceed 200-300 words. Attempt any 3

**Section-A**

*Section A consists of Multiple Choice Type questions of 1 mark each*

1. Identify the asana: [1]



- a. Halasana                      b. Vajrasana                      c. Tadasana                      d. Paschimottanasana

2. \_\_\_\_\_ refers to all the processes that leaders create to monitor success. [1]

- a. Directing                      b. Controlling                      c. Planning                      d. Staffing

3. \_\_\_\_\_ are chemical compounds produced by plants, generally to help them thrive or thwart competitors, predators, or pathogens. [1]

- a. Artificial Sweeteners      b. Flavonoids                      c. Phyton                      d. Phytochemicals

4. Fitness index is measured in how many ways? [1]

- a. 1                      b. 2                      c. 3                      d. 4

5. **Assertion (A):** An individual suffering from Knock Knee usually faces difficulty during walking. [1]

**Reason (R):** Knock Knee is a postural deformity in which both the knees touch or overlap each other in the normal standing position.

- 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 the correct explanation of A.  
c. A is true but R is false.  
d. A is false but R is true.

6. \_\_\_\_\_ is a mental training technique to increase motivation and enhance confidence. [1]  
 a. Goal setting                      b. Self-talk                      c. Mental imagery                      d. Self esteem
7. In which stage of age, delayed puberty is considered. [1]  
 a. Teenage                      b. Childhood                      c. Adolescence                      d. Adulthood
8. The law of Acceleration is also known as: [1]  
 a. Law of Inertia  
 b. Law of action and reaction  
 c. Law of Momentum  
 d. Boyle's Law

9. Match the following: [1]

(a) British method	(i) No. of matches won are divided by total no. of matches played
(b) American method	(ii) Total points obtained are divided by total possible points
(c) If two teams have equal points	(iii) Team which won max no. of match declare as winner
(d) Match ends in draw	(iv) Match is held again

- a. (a) - (i), (b) - (iii), (c) - (ii), (d) - (iv)  
 b. (a) - (iii), (b) - (i), (c) - (ii), (d) - (iv)  
 c. (a) - (iii), (b) - (ii), (c) - (i), (d) - (iv)  
 d. (a) - (iii), (b) - (i), (c) - (iv), (d) - (i)

10. **Assertion (A):** Combination tournaments are organized mostly in zonal matches. [1]

**Reason (R):** There are one-to-one matches or two players on each side accepting the challenge in combination tournaments.

- 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 the correct explanation of A.  
 c. A is true but R is false.  
 d. A is false but R is true.

11. Type D personality individuals deem in: [1]

- a. Intellect                      b. Controversy                      c. Physique                      d. Apathy

12. The intention to cause mental or physical harm to a person is called \_\_\_\_\_ in sports. [1]

- a. Aggression                      b. Support                      c. Attitude                      d. Strength

13. The vitamins soluble in water are [1]

- a. Vitamin K and E  
 b. Vitamin D and A  
 c. Vitamin C and B  
 d. All of these

14. Almost one-fourth of our body is made up of \_\_\_\_\_. [1]

- a. Water                      b. Air                      c. Carbon                      d. Nitrogen

15. In a \_\_\_\_\_ Tournament a player or team continues to play matches until it is defeated. [1]

- a. Round Robin                      b. League                      c. Combination                      d. Knock out

16. Knock-out tournament is also known as \_\_\_\_\_. [1]

- a. League tournament  
 b. Challenge tournament  
 c. Elimination tournament  
 d. Round-robin tournament

17. How much distance will be there between centres of 2 disc in the Plate Tapping Test? [1]  
 a. 25 Cms                      b. 60 Cms                      c. 50 Cms                      d. 40 Cms
18. \_\_\_\_\_ group include foods providing vitamins and minerals. [1]  
 a. Routine foods  
 b. Protective or regulatory food  
 c. Energy giving food  
 d. Body Building food

### Section-B

#### *Attempt any 5 questions*

19. What is cardio-respiratory endurance? [2]  
 20. Write down few women and sports constraints. [2]  
 21. What are the advantages of Harvard step test? [2]  
 22. Name at least two illnesses which may occur by practicing in high temperature? [2]  
 23. Write one significance or importance of test and measurement. [2]  
 24. Explain any two benefits of Ardha Matsyendrasana. [2]

### Section-C

#### *Attempt any 5 questions*

25. What any three causes of sports injuries? [3]  
 26. What are the advantages of knock-out tournaments? [3]  
 27. Elucidate the types of friction. [3]  
 28. What are the advantages and disadvantages of Circuit training? [3]  
 29. Write any three effects of exercise on the cardiovascular system. [3]  
 30. What role is played by positive behaviour for making physical activities assessable for children with specialneeds? [3]

### Section-D

31. Read the following text carefully and answer the questions that follow: [4]

Jatin is a weightlifter in the 96 kg category. He has to participate in a weightlifting competition next week so hetakes care of his health a lot. For this, he includes all the essential nutrients in his diet.



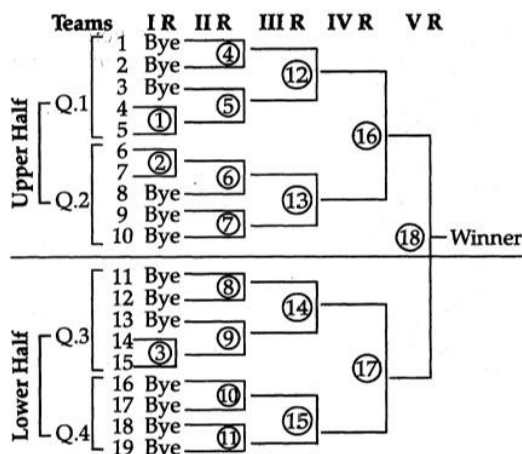
- i. What do you think would be the most important component of Jatin's diet?  
 a. Carbohydrates                      b. Fats                      c. Proteins                      d. Vitamins
- ii. What do you think Jatin requires the most?  
 a. Endurance                      b. Flexibility                      c. Strength                      d. Speed

- iii. \_\_\_\_ is known as body-building food.
- a. Carbohydrates                      b. Fats                      c. Proteins                      d. Vitamins
- iv. Low levels of \_\_\_\_ will lead to Anemia.
- a) Calcium                      b. Iron                      c. Vitamin B12                      d. Folate

**32.** Read the following text carefully and answer the questions that follow:

**[4]**

Rakesh and Rohit were given the responsibility to conduct an Inter-school boys' basketball tournament in their school. 19 teams agreed to participate in the tournament. The committee responsible for making the fixture made a knockout fixture for 19 teams. On the basis of the given fixture answer the following questions:



- i. What is a bye?
- a. A team that is eliminated in the first round
- b. A team that plays an extra match
- c. A team that is given a free pass to the next round
- d. A team that is disqualified
- ii. How is the number of Bye decided?
- a. By adding the number of teams to the next higher number, which is a power of two
- b. By subtracting the number of teams from the next higher number, which is a power of two
- c. By multiplying the number of teams by two
- d. By dividing the number of teams by two
- iii. Write the formulae for finding the total number of matches in the knock-out tournament.
- a.  $N - 1$                       b.  $N + 1$                       c.  $N \times 2$                       d.  $N / 2$
- iv. Which committee is responsible for allotting accommodation to the teams participating in the tournament?
- a. Disciplinary Committee
- b. Boarding and Lodging Committee
- c. Organizing Committee
- d. Finance Committee

33. Read the following text carefully and answer the questions that follow:

[4]

Study the figure given below:



- i. The term used to define this deformity is:
  - a. Kyphosis
  - b. Lordosis
  - c. Scoliosis
  - d. Spinal Stenosis
- ii. The asana/s which helps in rectifying such condition/s is/are:
  - a. Bhujangasana
  - b. Trikonasana
  - c. Vrikshasana
  - d. Shavasana
- iii. This deformity is also known by which name?
  - a. 'S curve'
  - b. 'C curve'
  - c. 'J curve'
  - d. 'L curve'
- iv. Scoliosis is associated with which of the following parts of the body?
  - a. Hips
  - b. Knees
  - c. Spine
  - d. Shoulders

#### Section-D

**Attempt any 3 questions**

34. Explain the procedure, benefits and contraindications of any two Asanas to prevent asthma. [5]
35. Elaborate the disabilities etiquettes of the person with speech difficulties and language Impairment. [5]
36. What do you mean by sports training? Highlight main features of Interval and Fartlek Training. [5]
37. Write in detail about the psychological attributes and its application in sports. [5]

\*\*\*\*\*All the Best\*\*\*\*\*