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BK BIRLA CENTRE FOR EDUCATION

SARALA BIRLA GROUP OF SCHOOLS SENIOR SECONDARY CO-ED DAY CUM BOYS' RESIDENTIAL SCHOOL

PRE BOARD - 1

PHYSICAL EDUCATION (048)

 Class
 : XII Sci/Com/Hum
 Duration: 3 Hrs

 Date
 : 23/11/2024
 Max. Marks: 70

Roll No.:

Admission 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 choicequestions. 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.	Which of the following organizations a. Special Olympics c. Paralympics	b. Deaflympics d. All of these	1				
2.	 Assertion (A) Risk of cancer can be reduced by eating more colorful vegetables, fruits and other foods that have certain photochemical in them. Reason (R) Non-nutritive components of diet is a part of balanced diet. 						
	In the context of above two statements, which one of the following is correct? Codes: 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 notc. A is true, but R is falsed. A is false, but R is true	. the correct explanation of A					
3.	While exercising on a multigym, the a. Isotonic c. Isokinetic	type of muscular contraction that occurs is b. Isometric d. Eccentric	1				
4.	What is the formula to determine nu	umber of matches in league fixture for even number of tean	ns? 1				
	a. N + ½	b. N – 1/2					
	c. N (N – 1)/2	d. N (N + 1)/2					

5.	Which one of the following asanas is not a remedial asana for treating obesity?				
	a. Vajrasana	b. Tadasana			
	c. Trikonasana	d. Ardha Matseyendrasana			
6.	In which year the International Para	alympic Committee was founded?	1		
	a. 22 nd September, 1989	b. 22 nd September, 1990			
	c. 20 th September, 1989	d. 20 th September, 1992			
7.	_	o is 65 years old and leads a sedentary lifestyle. Ankit is wo est his grandfather's functional fitness. Which test should per's lower body flexibility?			
8.	The behavior expressed out with intention of harming other person is known as 1				
	a. Stress	b. Motivation			
	c. Aggression	d. Tension			
9.	In which type of Menstrual Dysfunction, light or infrequent menstruation is witnessed by the woman?				
	a. Pre Menstrual Syndrome	b. Amenorrhea	-		
	c. Oligomenorrhea	d. Premenstrual Dysphonic Disorder			
10.	Assertion (A) "A change in the acceleration of an object is directly proportional to the force producing it and inversely proportional to its mass."				
	Reason (R) Lighter mass will travel at a faster speed.				
	Codes: a. Both A and R are true and R is the b. Both A and R are true, but R is not c. A is true, but R is false d. A is false, but R is true	•			
11	The purpose of push ups is to meas	ure the	1		
	a. Lower body strength	b. Upper body strength & endurance	_		
	c. Endurance	d. All of the above			
12.	Which of this is not a function of sp		1		
	0 0	ection of Staff			
	c. Organizing	d. Directing to members			
13.	Assertion (A) Person suffering from	slipdisc can practice Katichakrasana.			
	Reason (R) Katichakrasana helps to relieve back pain				
	Codes: a. Both A and R are true and R is the	e correct explanation of A			
	b. Both A and R are true, but R is no	·			
	c Δ is true but R is false	The second of th			

	d. A	is false, k	out R is	true				
14.	Spra	in is an ir	njury of	the			·	1
				k	o. Ligan	Ligament		
	c. Joint d.			(d. Bone			
15.	5. Newton's which law states that every object will remain at rest or in motion until any external for applied?							ol force is
	• •					o. Newt	ton's second law of motion	
					tion (d. Both	(a) and (b)	
16.	In bow-legs, there is/are						·	1
		ide gap b		the kn	ees			
	•	ain foot s						
		nees colli						
	a. bo	oth legs o	curving	inwaras				
17.	Whi	ch one of	f the cat	tegories	is include	ed unde	er Jung's classification of personality?	1
		troverts				o. Extro		
	c. Ar	mbiverts			(d. All of	the above	
18.	Mat	ch the fo	llowing	postura	al deformi	ties wit	th their corrective Asanas:	1
	List – 1						List – 2	
	(Type of Endurance)						(Examples)	
	A.	Short-te	erm End	durance		i. ii.	Marathon	
	В.	Speed Endurance					400 M Sprint race	
	_	C. Medium-term Endurance			nce	iii.	800 M race	
	D.	Long-term Endurance				iv.	1500 M race	
		Α	В	С	D			
	a.	(iii)	(ii)	(iv)	(i)			
	b.	(iii)	(iv)	(ii)	(i)			
	c.	(iv)	(iii)	(i)	(ii)			
	d.	(i)	(ii)	(iii)	(iv)			
L								
						Q.	ection-B	
			Section	on B co	nsists of 6		ons of 2 marks each. Attempt any 5.	
19.	19. Draw a fixture of 11 cricket teams participating in a tournament on the basis of knock-out.						2	
		at do you				•		2
		=		=		mbol a	nd Olympic flame.	2
22. Explain the purpose and procedure of Plate Tapping Test.							2	

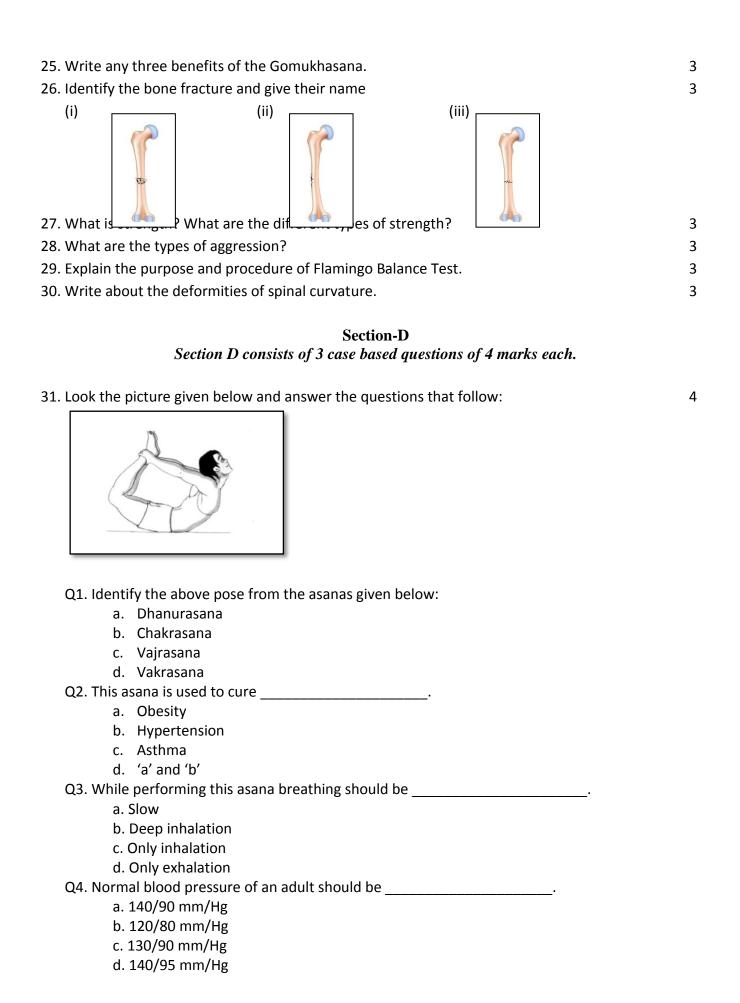
Section-C Section C consists of 6 questions of 3 marks each. Attempt any 5.

23. What is sports psychology?

24. What are carbohydrates?

2

2



32.	children with special needs. In order to	develop lifelong habits for fitness and to provide them valued to understand that physical education is not a content as other skills.	with
	On the basis of above given picture answ	wer the following questions:	
	Q1. Development of Gross Motor and F	ine Motor skills are benefits which are part of	·
	Q2. Graded activities as strategy for effe	ective inclusive physical education program includes	·
	Q3 for activities should b etc.)	oe disturbance free (noise, heat, cold, texture of floor, au	udience
	Q4. The activities that include running, j horizontal jump, slide ares	jumping, hopping, galloping, rolling, leaping and dodging skills.	g,
33.	athletes were running on uneven surfact coach explained him about that type of following questions:	pined a new training camp, where he observed that som ces like bushes, rocks, pits, etc. He was in dilemma. Ther training in detail. On the basis of above passage, answe	n the
	Q1. What type of training were they do	_	
	a. Fartlek	b. Ballistic method	
	c. Interval	d. Continuous	
	Q2. Stretching exercise improves		
	a. Flexibility	b. Strength	
	c. Coordination	d. Endurance	
	Q3. Fartlek Training is also known as		
	a. Pace Runs	b. Speed Pay	
	c. Acceleration Run	d. Interval Training	
	Q4. Fartlek Training method was develo	oped in:	
	a. Sweden	b. USA	
	c. UK	d. Spain	
		Section-E	
	Section E consists of 4 q	uestions of 5 marks each. Attempt any 3.	
	What do you understand by fracture? H Suggest the formation of various comm school.	low can fractures be classified? Explain. ittees for systematic and smooth conduct of sports day .	5 in your 5
36.	Explain any five essential elements of di	iet.	5
37.	Elucidate the types of friction.	Physical Cognitive	5

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