



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

Date : 23/11/2024

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



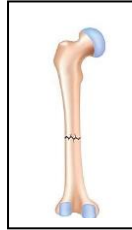
Section-A

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

1. Which of the following organizations helps promoting adaptive sports? 1
 - a. Special Olympics
 - b. Deaflympics
 - c. Paralympics
 - d. All of these
2. Assertion (A) Risk of cancer can be reduced by eating more colorful vegetables, fruits and other plant foods that have certain photochemical in them.

Reason (R) Non-nutritive components of diet is a part of balanced diet. 1

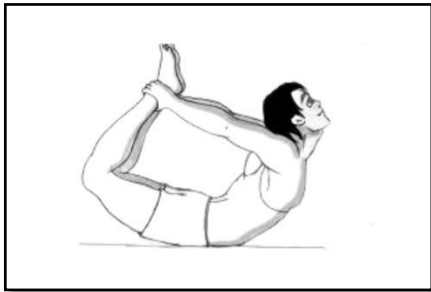
In the context of above two statements, which one of the following is correct?
Codes:
 - a. Both A and R are true and R is the correct explanation of A
 - b. Both A and R are true, but R is not the correct explanation of A
 - c. A is true, but R is false
 - d. A is false, but R is true
3. While exercising on a multigym, the type of muscular contraction that occurs is _____. 1
 - a. Isotonic
 - b. Isometric
 - c. Isokinetic
 - d. Eccentric
4. What is the formula to determine number of matches in league fixture for even number of teams? 1
 - a. $N + \frac{1}{2}$
 - b. $N - \frac{1}{2}$
 - c. $N(N - 1)/2$
 - d. $N(N + 1)/2$

25. Write any three benefits of the Gomukhasana. 3
26. Identify the bone fracture and give their name 3
- (i)  (ii)  (iii) 
27. What is ? What are the different types of strength? 3
28. What are the types of aggression? 3
29. Explain the purpose and procedure of Flamingo Balance Test. 3
30. Write about the deformities of spinal curvature. 3

Section-D

Section D consists of 3 case based questions of 4 marks each.

31. Look the picture given below and answer the questions that follow: 4



Q1. Identify the above pose from the asanas given below:

- a. Dhanurasana
- b. Chakrasana
- c. Vajrasana
- d. Vakrasana

Q2. This asana is used to cure _____.

- a. Obesity
- b. Hypertension
- c. Asthma
- d. 'a' and 'b'

Q3. While performing this asana breathing should be _____.

- a. Slow
- b. Deep inhalation
- c. Only inhalation
- d. Only exhalation

Q4. Normal blood pressure of an adult should be _____.

- a. 140/90 mm/Hg
- b. 120/80 mm/Hg
- c. 130/90 mm/Hg
- d. 140/95 mm/Hg

