



BK BIRLA CENTRE FOR EDUCATION

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

PRE BOARD EXAMINATION 2023-24

PHYSICAL EDUCATION (048)



Class : XII Sci/Com/Hum

Date : 19/12/2023

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 short answer types and should not exceed 200-300 words. Attempt any 3.

(SECTION – A)

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 colourful 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. $N(N + 1)/2$

5. Which one of the following asanas is not a remedial asana for treating obesity? 1
 a. Vajrasana b. Tadasana
 c. Trikonasana d. Ardha Matseyendrasana
6. In which year the International Paralympic Committee was founded? 1
 a. 22nd September, 1989 b. 22nd September, 1990
 c. 20th September, 1989 d. 20th September, 1992
7. Ankit lives with his grandfather who is 65 years old and leads a sedentary lifestyle. Ankit is worried about his health. He would like to test his grandfather's functional fitness. Which test should Ankit administrate to check his grandfather's lower body flexibility? 1
 a. Chair stand test
 b. Arm curl test
 c. Back scratch test
 d. Chair sit and reach test
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? 1
 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. 1
- 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
11. The purpose of push ups is to measure 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 sporting event management? 1
 a. Creating a Manager b. Selection 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 1
- 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

14. Sprain is an injury of the _____ . 1
 a. Muscle b. Ligament
 c. Joint d. Bone
15. Newton's which law states that every object will remain at rest or in motion until any external force is applied? 1
 a. Newton's first law of motion b. Newton's second law of motion
 c. Newton's third law of motion d. Both (a) and (b)
16. In bow-legs, there is/are _____ . 1
 a. wide gap between the knees
 b. plain foot sole
 c. knees colliding with each other
 d. both legs curving inwards
17. It is the fracture which occurs when a bone bends and cracks, instead of breaking completely into separate pieces. 1
 a. Transverse b. Comminuted
 c. Greenstick d. Impacted
18. Match the following postural deformities with their corrective Asanas: 1

List – 1 (Type of Endurance)		List – 2 (Examples)	
A.	Short-term Endurance	i.	Marathon
B.	Speed Endurance	ii.	400 M Sprint race
C.	Medium-term Endurance	iii.	800 M race
D.	Long-term Endurance	iv.	1500 M race

	A	B	C	D
a.	(iii)	(ii)	(iv)	(i)
b.	(iii)	(iv)	(ii)	(i)
c.	(iv)	(iii)	(i)	(ii)
d.	(i)	(ii)	(iii)	(iv)

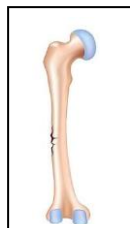
(SECTION – B)

19. Identify the bone fracture and give their name 2

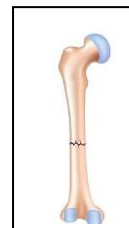
(i)



(ii)



(iii)



20. What do you mean by Bulimia? 2
21. Write any two benefits of the Gomukhasana. 2

22. What is sports psychology? 2
23. Define explosive strength with help of example. 2
24. What are carbohydrates? 2

(SECTION – C)

25. Briefly write about Special Olympic symbol and Olympic flame. 3
26. Write a short note on equilibrium. 3
27. Draw a fixture of 11 cricket teams participating in a tournament on the basis of knock-out. 3
28. What are the types of aggression? 3
29. What is obesity? Is it a disease? Explain your answer. 3
30. Explain the purpose and procedure of Plate Tapping Test. 3

(SECTION – D)

31. Vikas a state level wrestler has been advised by his coach to take adequate amounts of simple carbohydrates, vitamins, minerals and proteins in his diet along with the training schedule. He has also been advised to follow the diet plan and be aware of the drawbacks if unsupervised dieting.4

Q1. Glucose, Fructose, Lactose are _____.

- a. Simple carbohydrate
- b. Complex carbohydrate
- c. Minerals
- d. Fats

Q2. Which amongst these is a pitfall of dieting?

- a. Skipping meal
- b. Reducing energy food
- c. Drinking lot of water
- d. Taking food supplements

Q3. Amino acids and protein are the _____ of life.

- a. Building block
- b. Training blocks
- c. Fitness blocks
- d. Both (a) and (b)

32. Mahesh, Physical Education Teacher at XYZ School observed that Raju a student of Class VI has outward curve of vertebral column at thoracic region. He suggested some exercises to rectify this problem. 4

Q1. What is this deformity known as?

- a. Scoliosis
- b. Kyphosis
- c. Lordosis
- d. Flat foot

Q2. Kyphosis is commonly known as

- a. Hollow back
- b. Hunch back
- c. Sideways bending
- d. Lordosis

Q3. Kyphosis is a deformity related to

- a. Foot
- b. Vertebral column
- c. Shoulder
- d. Legs

33. Early morning, we observe many older people following fitness regime. One day Ramu observed a 60 year old man was holding his chest on the ground. When Ramu approached him, he said that he felt chest pain regularly after jogging. **4**

Q1. What is the rate of normal heart beat of an adult?

- a. 72
- b. 80
- c. 65
- d. 90

Q2. Age and gender play a very important role in which of these components?

- a. Endurance
- b. Strength
- c. Explosive Strength
- d. Speed

Q3. Muscular strength starts receding during the age of

- a. 25-30 years
- b. 35-40 years
- c. 45-50 years
- d. 50-55 years

(SECTION – E)

34. Suggest the formation of various committees for systematic and smooth conduct of sports day in your school. **5**

35. Discuss about 'Deaflympics' in detail. **5**

36. Explain purpose, equipments required and procedure of Flamingo Balance Test. **5**

37. Briefly explain the administration of Pawanmuktasana along with its contraindications and draw stick diagram. **5**
