

BUDHA DAL PUBLIC SCHOOL, PATIALA

PRE BOARD EXAMINATION

Class : XII

Subject : PHYSICAL EDUCATION (048)

Time: 3hr.

MM: 70

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) Section 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. identify the asana



(a) Vajrasana (b) Hastasana (c) Ardh Matsyendrasana (d) Dhanurasana

2. How many matches will be played in the knockout tournaments first round if there are 15 teams?

(a) 8 (b) 7 (c) 5 (d) 6

3. Watching others play and enjoy which in turn motivates the Child with special need to participate is a part of which kind of strategy?

(a) mental (b) Physical (c) Psychological (d) Social

4. Jumping on the spot is an example of.....

(a) Iso-metric (b) Iso-tonic (c) Iso-kinetic (d) Iso-kinaesthetic

5. In Law of Acceleration, acceleration of an object is inversely proportionate to its

(a) Force (b) Mass (c) speed (d) Size

6. Slow twist fibres are of colour.

(a) Red (b) White (c) Black (d) Blue

7. Which is not a type of Speed?

- (a) Reaction (b) Sprinting (c) Acceleration (d) Speed endurance

8. Obesity means:

- (a) Less insulin production (b) Accumulation of fat
(c) Burning of fat (d) Enlargement of heart

9. Physical activity helps to increase

- (a) Size of muscle (b) Size of bone (c) Size of brain (d) Size of liver

10. For endurance dominating sports, diet should be rich in

- (a) Protein (b) Fat (c) Minerals (d) Carbohydrates

11. Obesity can be cured by

- (a) Tadasana (b) Shavasana (c) Padmasana (d) None of these

12. Match the following:

- I. Chair stand test 1. Lower Body strength
II. Arm curl test 2. Aerobic Endurance
III. Back scratch test 3. Upper body strength
IV. Six-minute walk test 4. Upper body flexibility

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

13. Given below are two statements labelled Assertion (A) and Reason (R).

Assertion (A): Intrinsic motivation has long term benefits.

Reason (R): As factors behind it are naturally pursuing actions that provide fun, pleasure, fulfilment or challenge

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

- (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. Which aggression's aim is to harm the player intentionally?

- (a) Hostile (b) Impulsive (c) Reactive (d) All of those

15. What happens to the object if its acceleration increases

- (a) Its velocity increases (b) If equal force acts in opposite direction
(c) Its speed maintains (d) Its speed decreases

16. Sports injuries can be minimized by

(a) Massage (b) Sauna bath (c) Steam bath (d) Protection

17. Physical activities are beneficial for CWNS due to:

(a) Development of socialization (b) Activeness

(c) Development of integration (d) All of these

18. What is Osteoporosis?

(a) Low bone mass density (b) High bone mass density

(c) Muscle injury (d) None of these

(SECTION -B)

19. List down any four effects of exercise on the muscular system.

20. Explain any two types of soft tissue injuries with help of examples.

21. Explain any three physiological factors determining strength.

22. How to calculate Basal Metabolic rate (BMR) for men and women?

23. What do you understand by minerals? Give examples.

24. List down any four advantages of fartlek training method.

(SECTION -C)

25. What is dislocation? Mention the types of dislocation.

26. What is special seeding? Explain with one example.

27. What are vitamins? Mention its parts

28. Make a table and explaining Goal setting, self-talk and self-esteem.

29. Explain PRICED Procedure as a treatment of soft tissue injured.

30. What is proteins and write functions of proteins?

(SECTION -D)

31. To organize sports tournament in a proper way it is necessary that each aspect of planning process is considered carefully. The various committees and their responsibilities can be classified into pre tournament duty during tournament duty and post tournament duty. There is no fixed number of committees to be constructed to organize a sports event it depends on the number of participants, level of event, area of specialization, dedication of voluntaries etc.

| Pre-Tournament committee | During-Tournament Committee | Post-Tournament Committee |
|--|--|--------------------------------|
| 1. Tournament Director 2. Organizing Committee 3. Finance Committee 4. Technical Committee 5. Publicity Committee 6. Purchase Committee | 1. Reception and Registration Committee 2. Transport Committee 3. Boarding and Lodging Committee 4. Announcement Committee 5. Refreshment and Ceremonial Committee 6. First aid Committee 7. Discipline Committee 8. Ceremony Committee | Maintain Record and Press Note |

On the basis of above table of committees answer the following questions

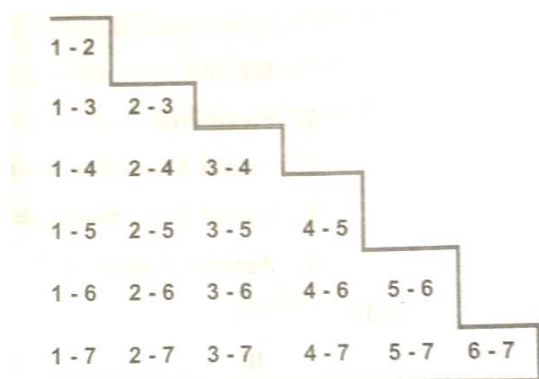
- (a) Which Committee are responsible for do all planning for the tournaments and co-ordinations with head of all committees for success of tournament.
- (b) _____ committee is related to financial management.
- (c) _____ person is head of different committees.
- (d) Which committee is responsible for resolve the technical issues.

OR

Publication of rules and regulations should be done time.

- (a) organize committee
- (b) finance committee
- (c) tournament Director
- (d) Technical Committee or before tournament

32.



On the basis of above of above given fixture answer the following question:

- (a) Formula for calculating number of matches in the league tournament are when 'n' number of teams is
- (b) In the given figure which method is done
- (c) Above given fixture number of matches will be played..... .
- (d) The number of rounds in case of odd number of teams will be 7.

OR

Above given fixture the winner is decided by.....

33. Every person wants to persist healthy life and achieve harmonious development. There are people who cannot enjoy their life and they are unable to meet their desires due to disability and disorder usually these two terms disability and disorder are used interchangeably. Most of such sports for CWSN are modified in such a way that they meet the need of individual with certain disability.

These are called organized sports for the sports person with a disability.

Based on the above context answer the following Questions

- (a) Name of international competition organized for CWSN sportsperson.
- (b) Expand from CWSN is
- (c) A child with..... may have special education need due to difficulty in learning.
- (d) CWSN means children with..... needs.

(SECTION -E)

34. Discuss the procedure of 600m Run/Walk, seat and reach test.

35. What do you mean by flexibility? Enlist the methods and write in brief.

36. Give the meaning and types of friction and how we can be reducing the friction.

37. How are Flamingo Balance and Plate Tapping test done.