



**INDIAN SCHOOL SOHAR**  
**PRE-BOARD II EXAMINATION (2021-22)**  
**PHYSICAL EDUCATION (048)**

**CLASS: XII**  
**DATE: 22/03/2022**

**MAX. MARKS: 35**  
**TIME ALLOWED: 2 HOURS**

**General Instructions:**

- (i) There are three sections in the Question paper namely Section A, Section B, and Section C.
- (ii) Section A consists of 9 questions amongst which 7 questions have to be attempted each question carries 2 marks and should have 30-50 words.
- (iii) Section B consists of 5 questions amongst which 3 questions have to be attempted each question carries 3 marks and should have 80-100 words.
- (iv) Section C consists of 4 questions amongst which 3 questions have to be attempted each question carries 4 marks and should have 100-150 words.

**(SECTION A)**

- Q1. Explain any two benefits of Paschimottanasana. (2)
- Q2. What do you mean by stroke volume and cardiac output? (2)
- Q3. Mention any four causes of disability. (2)
- Q4. Define personality and aggression. (2)
- Q5. What is SPD? Mention any two causes of SPD. (2)
- Q6. State the difference between acceleration ability and locomotor ability. (2)
- Q7. Name any four asanas which are helpful for preventing hypertension. (2)
- Q8. What is a cognitive disability? (2)
- Q9. List down any four techniques of motivation for higher achievement in sports. (2)

**(SECTION B)**

- Q10. Describe the types of aggression observed in sports. (3)
- Q11. Elaborate on any three physiological factors determining flexibility. (3)
- Q12. What is Obsessive-Compulsive Disorder? Elaborate on the causes of OCD. (3)
- Q13. Discuss the benefits, and contraindications of Vajrasana. Draw a stick diagram. (3)
- Q14. Create a flowchart to explain the classification of sports injuries. (3)

**(SECTION C)**

- Q15. Explain PRICE procedure as a treatment of soft tissue injuries. (4)
- Q16. What do you mean by Asthma? Explain the procedure, benefits, and contraindications of Matsyasana. (4)
- Q17. Define strength and explain any two methods of improving strength. (4)
- Q18. Elucidate the Big five personality theory. (4)

\*\*\*\*\*The End\*\*\*\*\*