



INDIAN SCHOOL SOHAR
PRE-BOARD II EXAMINATION (2023-24)
PHYSICAL EDUCATION (048)

CLASS: XII
DATE: 16/01/2024

MAX. MARKS: 70
TIME: 3 HOURS

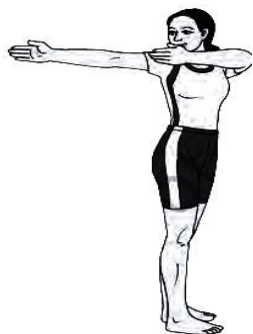
GENERAL INSTRUCTIONS:

1. The question paper consists of 5 sections and 37 Questions.
2. Section A consists of questions 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
3. Section B consists 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. Section C consists of questions 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
5. Section D consists of questions 31-33 carrying 4 marks each and are case studies. There is an internal choice available.
6. Section E consists of questions 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.

SECTION - A

Q1. Identify the Asana:

(1)



- (a) Tadasana (b) Katichakrasana (c) Bhadrasana (d) Pavanamuktasana

Q2. The trajectory of a projectile motion is always in the form of a _____.

(1)

- (a) Rotation (b) Linear (c) Parabola (d) Angular

Q3. Which one of the following components of diet contains carbon, oxygen and hydrogen in the percentage of 76, 12 and 12 respectively?

(1)

- (a) Carbohydrates (b) Proteins (c) Fats (d) Minerals

Q4. In which year, the first Deaflympics were organized?

(1)

- (a) In 1920 (b) In 1924 (c) In 1928 (d) In 1932

Q5. A lateral curve in your spine is known as (1)
(a) Kyphosis (b) Scoliosis (c) Lordosis (d) Knock-knee

Q6. _____ is the formula to divide an odd number of teams in the upper half for a knockout fixture. (1)
(a) $N(N-1)/2$ (b) $N(N+1)/2$ (c) $N+1/2$ (d) $N-1/2$

Q7. Which disease is caused by the deficiency of vitamin 'C'? (1)
(a) Anaemia (b) Scurvy (c) Pellagra (d) Beri-beri

Q8. Taking sprint start from blocks is an example of (1)
(a) 1st Class lever (b) 3rd Class lever
(c) 2nd class lever (d) 4th class lever

Q9. Given below are the two statements labeled Assertion(A) and Reason (R). (1)
A. Assertion (A): In special seeding, the seeded players participate directly in the quarter-final or semi-final.
B. Reason (R): A bye is a special privilege given to a team in the first round. It directly enters in the second round.

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

- (a) Both (A) and (R) are true, (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.

Q10. Which asana does not help to maintain normal blood pressure? (1)
(a) Shavasana (b) Halasana (c) Shalabhasana (d) Vakrasana

Q 11. Match List – I with List – II and select the correct answer from the code given below: (1)

LIST - I	LIST- II
I. Garudasana	1. Round shoulder
II. Gomukhasana	2. Lordosis
III. Chakrasana	3. Bow legs
IV. Naukasana	4. Knock knees

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

Q12. Behaviour carried out with the intention of harming another person is known as: (1)
(a) stress (b) motivation (c) aggression (d) tension

Q13. What is the other name of static strength? (1)
(a) Isotonic (b) Isokinetic (c) Isometric (d) speed play

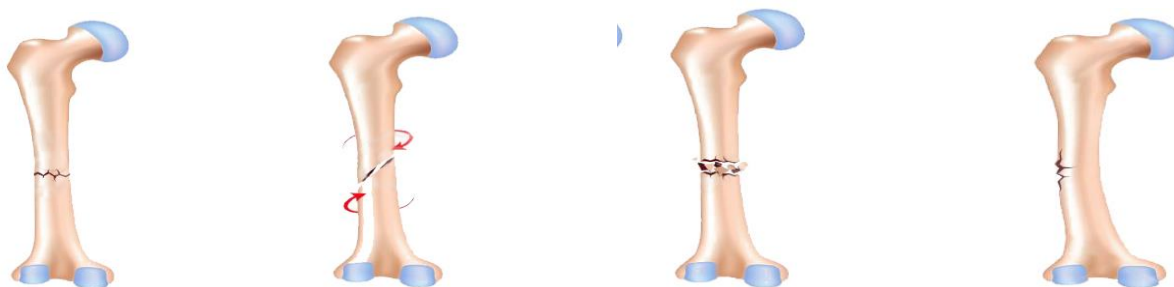
Q14. Which of the following equipment is not required for a six-minute walk test? (1)
(a) Chair (b) Ruler (c) Measuring tape (d) Stopwatch

15. Laceration is: (1)
(a) Irregular cut on skin (b) Muscle injury
(c) Tendon injury (d) ligament injury

16. Acceleration Runs are used to improve: (1)
 (a) Strength (b) Endurance (c) Speed (d) Flexibility
- Q17. Traits of an extrovert, introvert and ambivert are given by: (1)
 (a) Woodworth (b) Sage (c) Jung (d) Sheldon
- Q18. The amount of oxygen that can be absorbed and consumed by the working muscles from the blood is called _____. (1)
 (a) Oxygen Intake (b) Vital capacity (c) Oxygen Uptake (d) Oxygen Transport

SECTION-B

- Q19. Mention the sources and benefits of proteins. (2)
- Q20. Differentiate between Intrinsic and Extrinsic motivation. (2)
- Q21. Calculate the BMR of a 50-year-old adult male with a height of 171cm. (2)
- Q22. Identify the following fractures of bones and write down their names. (2)



- (a) _____ (b) _____ (c) _____ (d) _____

- Q23. Discuss goal setting a significant psychological attribute in sports. (2)
- Q24. What do you mean by Microcycle? (2)

SECTION – C

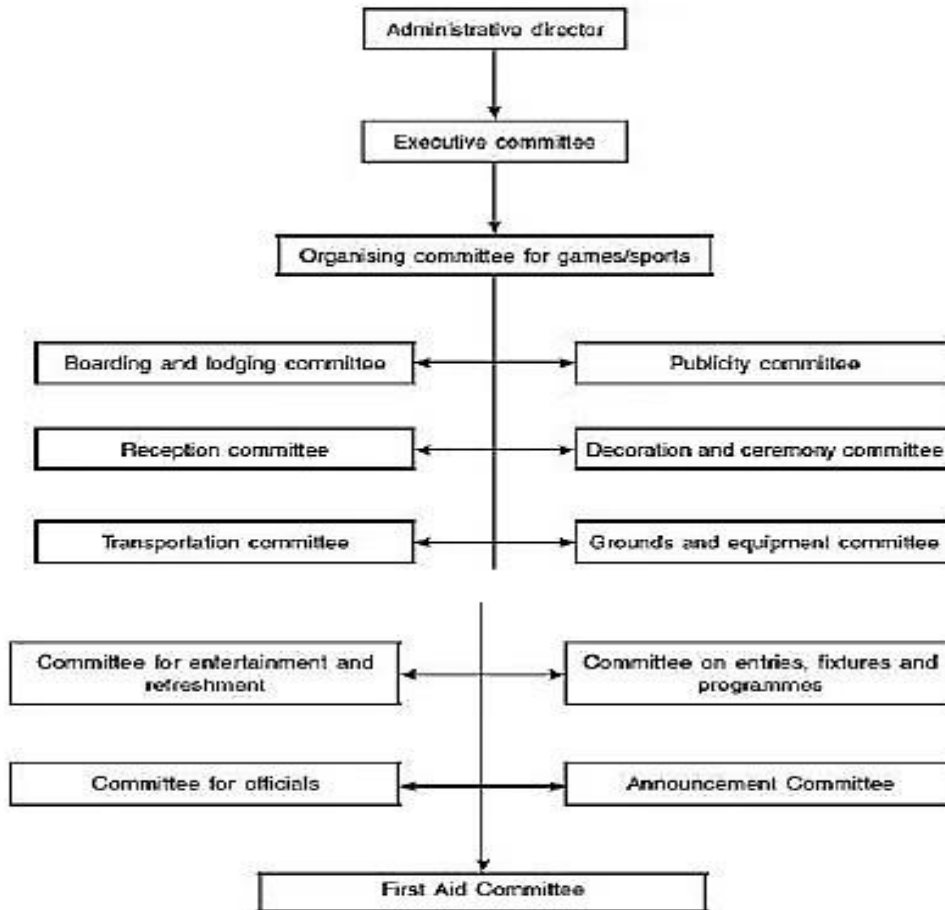
- Q25. Discuss causes, precautions and remedies of flat foot. (3)
- Q26. Write a note on the Paralympic Games. (3)
- Q27. Elaborate the intake of food during and after the competition. (3)
- Q28. Discuss any three physiological factors determining strength. (3)
- Q29. Briefly explain the significance of intramural competitions. (3)

Q30. State any two dimensions of personality in brief.

(3)

SECTION – D

Q31. While organizing sports events for the Annual Sports Day, Arjun and Ravi being the captain and vice-captain of sports, formed various committees as shown below.



Based on the above given picture answer the following questions:

(1X4=4)

- A. The members of this committee are responsible for welcoming guests and spectators.....
- B. The Committee responsible for liaison with Print media is the Committee.
- C. Purchase of sports equipment is a work of the
- D. Publication of rules and regulations should be done..... Committee.

OR

To prepare a proper score sheet for a record isresponsibility.

Q32. The teachers as well as coaches always make their best efforts to improve the performance of their students in various competitive games and sports. They can help to improve the performance of students if they have adequate knowledge of biomechanics.

(1X4=4)



- (a) Newton's second law is also known as _____.
- (b) The study of the human body and various forces acting on it is _____.
- (c) The more force one exerts on the downward bounce, the higher the ball bounces into the air. Which law is this statement being referred to?
- (d) Among the above-given pictures, Newton's 3rd law is depicted in _____.

OR

A high jumper can jump higher off a solid surface because it opposes his or her body with as much force as he or she can generate. This example refers to which law of motion?

Q33.



Based on the picture given below, answer the following questions.

(1X4=4)

- (a) List any four games included in these games.
- (b) Identify the logo of these games.
- (c) The _____ declared 1986 as the year of 'Special Olympics.'
- (d) The pioneer of the Special Olympics was _____.

OR

The logo of these games is based on the sculpture _____.

SECTION – E

- Q34. What is obesity? Explain in detail about any two asanas for curing obesity. (5)
- Q35. Elucidate the Harvard Step Test in detail. (5)
- Q36. What do you mean by lever? Elaborate the types of levers and their application in sports. (5)
- Q37. Explain the methods to improve flexibility with the help of examples. (5)