



# VISHNU BHAGWAN PUBLIC SCHOOL

Pre Board Exam (2023-24)

Class – 12

Subject –Physical Education

Time: 3:00 Hours

{SET-A}

M.M:70

## General instructions:

1. The question paper consists of 5 sections and 37 questions.
2. Section A consists of questions 1-18 carrying 1 marks each and is multiple choice questions. All questions are compulsory
3. Section B consists of questions 19-24 carrying 2 marks each and very short answer type and should not exceed 60-90 words. Attempt any 5.
4. Section C consists of questions 25 to 30 carrying 3 marks each and very short answer type. Attempt any 5.
5. Section D consists of questions 31 to 33 carrying 4 marks each and are case studies.
6. Section E consists of questions 34 to 37 carrying 3 marks each and very short answer type. Attempt any 3.

## Section-A

(18X1=18)

1. Who introduced Harward step test?  
(a) Admanson (b) Hettinger (c) Muller (d) Brouha
2. Sit and reach test measure\_\_\_\_\_.  
(a) Endurance (b) Flexibility (c) Strength (d) Speed
3. Hard tissue injury is related to \_\_\_\_\_.  
(a) Bones (b) Muscles (c) Ligaments (d) None above any
4. Over strengthening of ligaments cause\_\_\_\_\_.  
(a) Strain (b) Sprain (c) Contusion (d) Bruises
5. Which is not a property of muscles?  
(a) Contractility (b) Excitability (c) Extensibility (d) Durability
6. Anthocyanins give colour to\_\_\_\_\_.  
(a) Root (b) Coffee (c) Grapes (d) Wheat
7. The force created by two solid surfaces is called  
(a) Speed (b) Friction (c) Slippery surface (d) None of these
8. Which of the following is projectile ?  
(a) Javelin (b) Hammer in hammer throw (c) Swimmer Mid drive (d) All of the above
9. Centre of gravity is the average location of an object's  
(a) Weight (b) Force (c) Balance (d) Velocity
10. Regular exercise leads to\_\_\_\_\_.  
(a) Positive thinking (b) Increased stress (c) Anxiety (d) Less sleep
11. Aggression is related to.  
(a) Science (b) Economics (c) Psychology (d) Physiology
12. Which of the following is technique of motivation?  
(a) Goal setting (b) Praise (c) Spectators (d) All of the above
13. In human body, Fartlek develops  
(a) Speed (b) Endurance (c) Strength (d) Agility
14. Interval training is used for developing  
(a) Flexibility (b) Agility (c) Endurance (d) Speed
15. PNF technique is used to develop  
(a) Speed (b) Flexibility (c) Endurance (d) Strength
16. The formula for determining the number of round in a single league fixture when the number of teams is even  
(a) N (b) N-1 (c) N-1/2 (d) N(N-1)/2
17. Osteoporosis is associated with\_\_\_\_\_.  
(a) Blood (b) Bones (c) Ligaments (d) None of the above
18. Which gland is associated with diabetes?  
(a) Endocrine (b) Pituitary (c) Pancreas (d) Hypothalamus

**Section-B** (Attempt any Five) (5X2=10)

19. Point out physiological factors for Speed.
20. Write short note on Self-Esteem.
21. Explain Isometric exercise with suitable examples.
22. List down any four immediate effects of exercise on the muscular system.
23. Explain the procedure and scoring of Flamingo balance test.
24. Explain second order lever with its application.

**Section-C** (Attempt any Five) (5X3=15)

25. Discuss any three types of coordinative abilities.
26. What do you understand by aggression in sports?
27. Draw a fixture of 18 teams participating in knockout tournament
28. Explain the procedure of test strength.
29. What do you mean by friction and explain its types.
30. What are the physical benefits of woman participation in sports.

**Section-D** (3X4=12)

**Case based questions**



31. On the basis of above diagram answer the following questions
  - (a) Which postural deformity is shown in the picture?
  - (b) How this deformity is caused?
  - (c) By which asan we can remove this deformity?
  - (d) Scoliosis is a disorder caused due to an \_\_\_\_\_ curve.
32. During the physical education class Newton's laws of motion were discussed and thier practical application in sports events was explained to the students. These laws are most relevant in sports as most of the actions in sports are related to these laws.
  - (a) Newton's First law of motion is also known as?
  - (b) What is the relationship between mass and force?
  - (c) Newton's a second law is also known as \_\_\_\_\_
  - (d) One newton is equal to \_\_\_\_\_.
33. Sandeep is making a handball team for which he designed a training programme. During the programme he noticed that few players are very good shooters but they were lacking and getting tired very easily.
  - (a) Which components were lacking in the players.
  - (b) What are the components required for football or handball players?
  - (c) Endurance is the ability to resist \_\_\_\_\_.
  - (d) Endurance and \_\_\_\_\_ is the combination of two components.

**OR**

Explain the exercise guidelines for different age group.(any 2)

**Section-E** (Attempt any Three) (3X5=15)

34. Make a table of test item list under fitness test by SAI(age group 9 to 18 years). Explain the procedure and scoring of strength development test.(any 2)
35. Define endurance along with its types. Explain any two methods used to develop endurance.
36. What do you mean by sports injury. Explain the types of sports injuries.
37. How you can modify your diet for weight control?