



# VISHNU BHAGWAN PUBLIC SCHOOL

Pre Board Exam (2023-24)

Class – 12

Subject –Physical Education

Time: 3:00 Hours

{SET-B}

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 mark each and is multiple choice Questions. All Questions are compulsory.
3. Sections 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. Sections C consists of Questions 25-30 carrying 3 marks each and are short answer and should not exceed 100-150 words. Attempt any 5.
5. Sections D consists of Questions 31-33 carrying 4 marks each and are case studies.
6. Sections E consists of Questions 34-37 carrying 5 marks each and are long Answer Type and should not exceed 200-300 words. Attempt any 3

## **Section – A (18X1=18)**

Q.1. Aerobic power can be enhanced by:

- (a) Swimming (b) Circuit training (c) Short sprints (d) Long distance running

Q. 2. Aggressive behaviour of a sportsperson is influenced by:

- (a) Emotional identification with the team. (b) Tactical ability  
(c) Goal orientation (d) All of the above

Q.3. Instrumental aggression is related to:

- (a) Accepting defeat (b) Achieving goal (c) Only performance (d) None of these

Q. 4. When the angle between the two bones decreases it is termed as.....

- (a) Flexion (b) Extension (c) Abduction Adduction

Q.5 Which of the following is an example of adduction type of movement?

- (a) Moving arm near to the imaginary central line. (b) Downward movement of wrist.  
(c) Moving arm away from the imaginary central line. (d) Upward movement of wrist.

Q. 6. Which one of these is a long term effect of exercise on cardiovascular system?

- (a) Heart rate (b) Body Temperature (c) Cardiac output (d) Blood pressure

Q.7 Overstraining of ligaments cause:

- (a) Strain (b) Sprain (c) Contusion (d) Bruises

Q. 8 What is the height of the box used by boys Harvard Step test?

- (a) 16 inch (b) 18 inch (c) 20 inch (d) 22 inch

Q. 9 Which of the following tests is conducted to measure cardiovascular fitness?

- (a) Harvard step test (b) Back scratch test (c) Rockport one mile test (d) Both (a) and (b)

Q. 10 Gomukhasana and Padmasana are performed to correct which postural deformity?

- (a) Flat foot (b) Scoliosis (c) Knock-knees (d) Bow Legs

Q. 11 Which postural deformity is caused due to the deficiency of vitamin D, calcium and phosphorus?

- (a) Knock knees (b) Bow legs (c) Flat feet (d) Both (a) and (b)

Q.12 All of these are myth, except,

- (a) Eating eggs raises the cholesterol levels. (b) Carbohydrates cause obesity. Dehydration.  
(c) Taking tea causes movements and check constipation.  
(d) Fibres assist in bowel movements and check constipation

Q.13 In a balanced diet, the correct proportion of carbohydrates, proteins and fats, respectively, is:  
 (c) 60:15:25 approx. (b)70:15:15 approx. 25:25:50 approx. (d)25:50:25 approx.

Q.14 How many matches will take place, if 6 teams are participating in a single league tournament?  
 (a) 15 (b)30 (c) 60 (d)80

Q.15 Match the List I with List II and select the correct answer from the code given below

**List-I**

Components of Diet

- (i) Complex Carbohydrate
- (ii) Proteins.
- (iii) Spices.
- (iv) Fibres.

**List-II**

Features

- 1. non nutritive component
- 2. assist in bowel movement
- 3. help in formation of enzymes and hormones
- 4. neither soluble in water nor sweet in taste

Code -

	(i)	(ii)	(iii)	(iv)
A.	1.	3.	2.	4
B.	2.	4.	1.	3
C.	3.	2.	4.	1
D.	4.	3.	1.	2

Q.16. Match the List I with List II and select the correct answer from the given code

**List I.**

Tournament

- (i) Knock out Tournament.
- (ii) League Tournament.
- (iii) Consolation Tournament.
- (iv) Challenger Tournament.

**List II**

Feature

- 1. Round Robin Tournament
- 2. For good teams that are Eliminated in first round
- 3. Title remains with the Champions until they loose
- 4. No second chance for defeated Team

Codes –

	(i)	(ii)	(iii)	(iv)
A.	3.	2.	1.	4
B.	4.	1.	2.	3
C.	3.	2.	4.	1
D.	3.	4.	1.	2

Q.17.Assertion-Reason Type Question

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

Assertion (A): Lordosis is abnormal curvature in lumber region of the spine.

Reason (R): Medical name for Lordosis is genu valgum. In the context of 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 and (R) is not the correct explanation of (A).
- (c)(A) is true but (R)is false. (d)(A) is false but (R) is true.

Q.18. Assertion-Reason Type Question

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

Assertion (A):The maximum strength used by the player in a single effort is called maximum strength.

Reason (R):When the muscles are capable of working on strength for a longer time, we call it explosive strength.

In the context of 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 and (R) is not the correct explanation of (A).
- (c) (A) is true but (R) is false. (d) (A) is false but (R) is true.

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

Q. 19. What do you mean by 'Seeding'?

Q. 20. Describe any two of the female Tried.

Q. 21. Explain the concept of inclusion.

Q. 22. Briefly explain the functions and resources of three fat soluble vitamins.

Q. 23. Describe the disadvantages of dieting.

Q. 24. Define sports management.

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

- Q. 25. Discuss the importance of organising sports day.  
Q. 26. Elaborate the procedure and benefits of mandukasana.  
Q. 27. Explain Special Olympics in detail.  
Q. 28. Describe the long-term effect and immediate effect of exercise on cardio-vascular system.  
Q. 29. What is meant by 'motivation'? Explain the different techniques of motivation to achieve high goals in sports.  
Q. 30. Describe the methods to improve strength.

### **Section – D** (3X4=12)

#### **Case study based Question**

Q.31 Sports Minister, Mr. Kiren Rijuju has launched many sports schemes in India. Among these, one of the best schemes is Khelo India. Mr. Kannan, father of Kartik approached the PE teacher and enquired about the fitness levels of the students. PE teacher replied that Khelo India consisted of physical fitness tests for school children and they were analysing students' fitness through these tests.

(I) To measure Lower body flexibility fitness, which one of the following is best?

- (a) Harvard Step Test      (b) Sit and reach test (c) Barrow fitness test      (d) General fitness test

(II) Rikli Jones test is conducted on

- (a) Children      (b) Adults      (c) Adolescent      (d) Senior Citizens

(III) Which method should he follow to improve the jump?

- (a) Flexibility      (b) Explosive power (c) Push-ups      (d) Shuttle run

(IV) Laceration is a

- (a) Irregular cut on a skin      (b) Tissue injury      (c) Swelling      (d) Ligament injury

Q.32 In biomechanics class, Gopi, the teacher, brings the students to the physics lab of his school. The students get confused. After the completion of the class, they realize the fact.

(I) Why does the teacher bring the students to physics lab for biomechanics class?

- (a) It deals with physics principle. (b) Sliding friction  
(c) Rolling friction      (d) Static friction

(II) Biomechanics is associated with

- (a) Mechanic      (b) Physics      (c) Mechanic and Physics      (d) Mechanic and Anatomy

(III) Friction can be increased by which of the following?

- (a) Smooth surface      (b) Dry surface      (c) Decrease the Weight      (d) All of this

(IV) Which of the following is not a type of movement related to physical activity ?

- (a) Extension      (b) Adduction      (c) Abduction      (d) None of these

Q.33 Rohan was a good athlete of our school. He used to undergo training regularly for the best results. In spite of his constant effort he could not succeed. He got frustrated with his poor performance and stopped expressing his feelings and meeting friends. His parents took him to a psychologist for help. After a few consultations, he was able to focus well and succeeded.

(I) Rohan can be motivated using

- (a) Blame      (b) Praise      (c) Recognition      (d) Both b & c

(II) Taking help of psychologist becomes kind of motivation

- (a) Intrinsic      (b) Extrinsic      (c) Ambivert      (d) Both(a)&(b)

(III) Pick the odd one out

- (a) Openness      (b) Extroversion      (c) Neuroticism      (d) Ambivert

(IV) Person with emotional instability and negative emotions are termed as--

- (a) Neuroticism      (b) Introvert      (c) Openness      (d) Extrovert

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

- Q. 34. Describe the procedure for administering Rikli and Jones senior citizen fitness test.  
Q. 35. Classify sports injuries. Explain P.R.I.C.E. procedure as a treatment of soft tissue injuries.  
Q. 36. What is friction? Discuss the importance of friction in sports with examples.  
Q. 37. What is circuit training? Draw a diagram of circuit training with 12 stations and explain its importance in sports.