



VISHNU BHAGWAN PUBLIC SCHOOL

Pre Board Exam (2023-24)

Class – 12

Subject –Physical Education

Time: 3:00 Hours

{SET-C}

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 are 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 internal choice available.
6. Section E consists of questions 34-37 carrying 5 marks each and are long answer types and should not exceed 200-300 words. Attempt any 3.

SECTION— A (18X1=18)

1. . In Ardha Chakrasana which is the correct pose :
(a) Back bend in standing position (b) Forward bend in standing position
(c) Leg raised in sitting position (d) Head and led raised in lying position
2. Fats contain carbon, oxygen and hydrogen in the percentage of , and respectively.
(a) 50, 40, 10. (b) 60, 32, 8 (c) 70, 18, 12 (d) 76, 12, 12
3. This vitamin is essential for good eyesight :
(a) Vitamin A (b) Vitamin D (c) Vitamin K (d) Vitamin E
4. Which of the following is not a property of muscles ?
(a) Contractility (b) Excitability (c) Extensibility (d) Durability
5. Gender value for women in Rockport 1 mile test is :
(a) 1 (b) 0 (c) – 1 (d) + 1
6. Acceleration of an object will increase as the net force acting on it increases depending on its :
(a) Density (b) Mass (c) Shape (d) Volume
- 7 . A higher lactate threshold :
(a) Delays fatigue (b) Increases endurance (c) Both (a) as well as (b) (d) None of the above
- 8 . The ability of the muscles to overcome resistance with high speed is called :
(a) Maximum strength (b) Explosive strength (c) Strength endurance (d) None of the above
9. Which of the following asanas gives a posterior stretch to the spinal column ?
(a) Sukhasana (b) Paschimottanasana (c) Shavasana (d) Gomukhasana
10. The test duration for the Harvard fitness test is :
(a) 3 minutes (b) 4 minutes (c) 5 minutes (d) 6 minutes
11. One of the possible causes for obesity could be ?
(a) Heredity. (b) Excessive eating (c) Fast metabolism (d) Both (a) and (b)
12. Purchase of sports equipment is a work of the Committee.
(a) Technical (b) Logistics (c) Marketing (d) Finance
13. The asanas which help to increase the concentration power are called as :
(a) Relaxative asanas (b) Cultural asanas (c) Dhyanatmak asanas (d) Corrective asanas
14. This mineral is essential for health of bones and teeth :
(a) Sodium (b) Potassium (c) Calcium (d) Phosphorus
15. Partial Curl Up Test measures:
(a) Abdominal strength (b) Endurance (c) Both (a) as well as (b) (d) None of the above
16. Children between the ages of have the right to come to school to develop their abilities through the process of education:
(a) 5 and 12 (b) 6 and 14 (c) 5 and 14 (d) 6 and 12
17. Establishing standards for work performance, measuring performance and comparing it to the set standards and taking corrective actions is part of :
(a) Planning (b) Directing (c) Controlling (d) Organising
18. Which of the following is/are a type of endurance according to the duration of activity ?
(a) Speed endurance (b) Anaerobic endurance (c) Aerobic endurance (d) All of the above

SECTION—B (Attempt any five)-(5X2=10)

19. What do you mean by Spinal Curvature deformities ?
20. Explain the procedure for Eight Foot up and Go Test.
21. Name the factors affecting Projectile Trajectory.
22. What does the term self-esteem mean ? Name the types of self-esteem.
23. What is the time period of a Macrocycle ?
24. Enlist the elements of diet.

SECTION—C (Attempt any Five)-(5X3=15)

25. Write the advantages and disadvantages of knock-out tournament.
26. What is the procedure of Bhujangasana ?
27. What are the aims of Special Olympics ?
28. Elaborate the effects of exercise on the size of the heart.
29. Friction is categorized into how many types ? Explain them in brief.
30. Differentiate between acceleration run and pace run.

SECTION—D (3X4=12)

31. Competing in physical activities has been the natural tendency of humans. The competitions or tournaments are held according to the set rules and regulations. The success of the tournament depends upon suitable fixture. Observe the below given fixture and answer the questions.



- (a) The above given fixture is the example of tournament.
- (b) Number of matches played can be calculated by the formula (c) In Knockout tournament if the total number of teams is even, then number of teams in the upper half is calculated by
- (d) In this type of tournament, a team once defeated gets

Or

(d) A privilege given to a team to play in a higher round is called
32. Pallavi has a five-year old daughter whose legs curve out and ankles touch each other. She walks differently than children of her age. She doesn't like going to the park because children make fun of her when she walks. Pallavi took her to the doctor who recommended some supplements for her daughter, gave a referral for a physiotherapist who will teach her exercises and the necessary yoga asanas. Based on this case study answer the following



- (a) The picture depicts a knee deformity known as ..
 - (b) The medical name for the above condition is
 - (c) A common cause for this deformity is deficiency of Vitamin and
 - (d) Walking on edge of the feet is a corrective measure for this deformity.
- 33.. International Paralympic Committee (IPC) works with the vision of enabling Para athletes to achieve sporting excellence and inspire and excite the world. Given the wide variety of disabilities that Paralympics athletes have, there are several categories in which the athletes compete. Based on this information, answer the following.



- (a) The eligible disabilities are divided into allowable categories for fair competition.
- (b) An impairment that consists of a lack of coordination of muscle movements is called as
- (c) Physical impairment has been divided into subtypes.
- (d) is an abnormal increase in muscle tension and reduced ability of a muscle to stretch

SECTION—E (Attempt any Three)-(3X5=15)

34. Explain in detail the various benefits of Women participation in Sports.
35. Suggest any five physical exercises as corrective measures for kyphosis and lordosis.
36. Explain about the physiological changes which occur with ageing in a person.
37. What are the signs and symptoms of Food Intolerance ? Discuss its causes and management.