

SECOND PRE-BOARD EXAMINATION (2024-25)

CLASS – XII

SUBJECT – PHYSICAL EDUCATION (048)

TIME ALLOWED: 3 HRS

MAX. MARKS: 70

GENERAL INSTRUCTIONS:

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

(SECTION-A)

- Q.1-** Which gland is associated with Diabetes? 1
a) Endocrine Glands b) Pituitary
c) Pancreas d) Hypothalamus
- Q.2-** Acceleration runs are used to improve 1
a) Strength b) Endurance
c) Speed d) Flexibility
- Q.3-** Which disease is caused due to the deficiency of Vitamin B? 1
a) Pellagra b) Beri-Beri
c) Osteomalacia d) Both (a) and (b)
- Q.4-** Which team get the first bye in a knock-out tournament. 1
a) The first team of upper half b) The first team of lower half
c) The last team of upper half d) The last team of lower half
- Q.5-** Which test is used to measure agility in senior citizen? 1
a) Back scratch test b) Eight feet up and go test
c) Chair sit and reach test d) Arm curl test
- Q.6-** The symbol of Paralympic Games is comprised of: 1
a) Three agitos b) Three fingers
c) Four hands d) Five fingers
- Q.7-** Female athlete triad is a syndrome characterized by: 1
a) Osteoporosis b) Amenorrhea
c) Eating disorder d) All of these
- Q.8-** The amount of oxygen which can be absorbed and consumed by the working muscles from blood is called..... 1
a) Oxygen intake b) Oxygen transport
c) Oxygen uptake d) Energy reserve
- Q.9-** In second class lever 1
a) Fulcrum is located at one end b) Weight is between the fulcrum and force
c) Force is between weight and fulcrum d) All of these
- Q.10-** William Sheldon classified personality into: 1
a) Endomorph and ectomorphs b) Endomorph, ectomorph and mesomorph
c) Introvert and extrovert d) Extroversion, neuroticism and agreeableness
- Q.11-** Which of the following method helps in improving flexibility? 1
a) Active and slow stretching b) Passive stretching
c) Kinetic stretching d) All of these
- Q.12.** Extramural sports are organized by 1
a) SGFI b) CBSE

c) Khelo India

d) All of these

Q.13 What is the ratio of carbon, hydrogen and oxygen in Carbohydrates?

1

a) 1:2:1

b) 2:2:1

c) 2:1:1

d) 1:2:2

Q.14- Main cause of back pain in:

1

a) Running

b) Playing outdoor games

c) Jumping

d) Assuming wrong posture while sitting

Q.15. Gomukhasana and Padmasana are performed to correct which posture deformity?

1

a) Flat foot

b) Scoliosis

c) Knock-knees

d) Bow leg

Given below are the two statements, one is labelled as assertion (A) and other is labelled as reason (R). Select the correct answer to this question from codes (a), (b), (c) and (d).

a) Both (A) and (R) are true, but (R) is not correct explanation of (A).

b) Both (A) and are true, but (R) is the correct explanation of (A).

c) (A) is true, but (R) is false.

d) (A) is false, but (R) is true.

Q.16. Assertion (A): Extrovert types of peoples love to socialise.

Reason (R): Extrovert people are open-minded, friendly and approachable.

1

Q.17. Assertion (A): friction is essential in the field of sports.

Reason (R): Sliding friction and Rolling friction are two types of Static friction.

1

Q.18 Assertion (A): Tennis elbow is a condition in which the cartilage under the knee cap breaks down.

1

Reason (R): In Tennis elbow, there is swelling in muscles, tendons and ligaments in elbow joint.

SECTION-B

Q.19. Discuss the causes and corrective exercise of Bow Legs.

2

Q.20. What is BMI. Calculate BMI of child whose weight is 72 kg and height is 1.68 meters.

2

Q.21. Explain two Soft Tissue Injuries.

2

Q.22. Differentiate between General and Specific preparation of event.

2

Q.23. How Jung classified the personality?

2

Q.24. Mention four points to show the importance of Yoga in modern times.

2

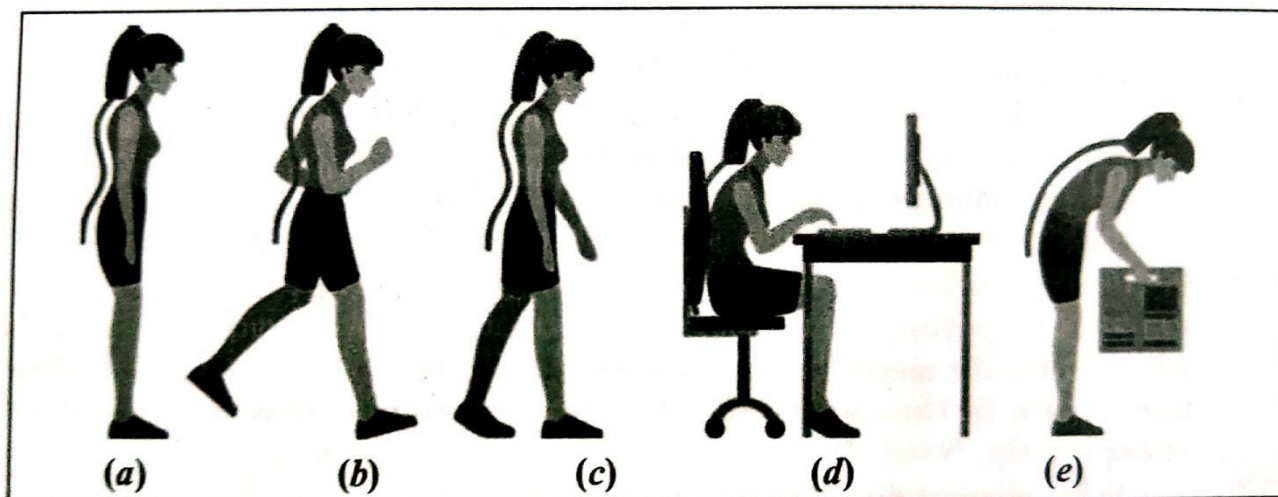
SECTION C

Q.25. State the duties of Physical Education teacher for organising the sport tournament.

3

Q.26. Answer the following questions after observing the figures.

3



- (a). Which of the following posture is not correct? Mention two disadvantages.
 (b). What is the possible deformity may arise in figure (d)? How it can prevent?
 (c). State good posture.
- Q.27.** Describe the Special Olympic Logo and the Oath taken by players. 3
- Q.28.** What are the cause and symptoms of Asthma, how it can be cured through Yoga? 3
- Q.29.** Give on examples of each from sports 'Laws of Motion'. 3
- Q.30.** Tanuja is a very competitive girl. She is impatient to achieve success and work on multiple projects at the same time. She often pushes herself to the breaking point to achieve her goals. She is told by her coach that she has a specific type of personality. 3
- (a). In which type of personality do these traits classify Tanuja into?
 (b). How many types of other personalities do people exhibit as per this classification?
 (c). What can be the health challenge such people face?

SECTION D

- Q.31.** In what way we should implement the strategies to make physical activities assessable for CWSN? Explain any four. 4
- Q.32.** Explain Various types of Bone injuries. 4
- Q.33.** What is league tournament? Draw a fixture of 7teams using Round-Robin method. 4

SECTION E

- Q.34.** Give the importance of minerals for a player. 5
- Q.35.** Make a table of test items listed under fitness test by SAI (Age Group 9-18 years). Explain the procedure and scoring of 50 mts Run and Partial Curl Up. 5
- Q.36.** Define Projectile, explain the factor affecting Projectile. 5
- Q.37.** Define Speed. How speed can be developed? 5