



# Delhi Public School, Howrah

PRE-BOARD (2024-2025)

Care must be taken not to write anything on the question paper. All the questions must be attempted in the correct sequence.

SUBJECT: PHYSICAL EDUCATION (CODE- 048)

Time: 3 Hours

Class- XII

Marks: 70

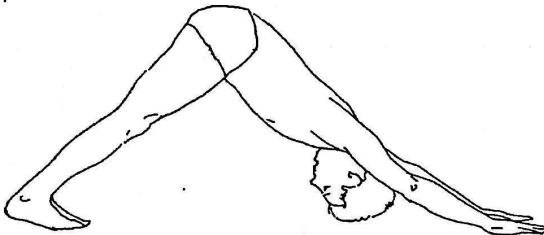
## General Instructions:

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. Section 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. Section 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. Section 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 long answer types and should not exceed 200-300 words. Attempt any 3.

## SECTION: A

Answer the following by choosing the most appropriate options:

1. Identify this pranayama from the figure given below:



- a. Ardho Hasthasana      b. Adhomukha svanasana      c. Padahasthasana      d. Ardhomundokasana
2. The irregular tear like wounds caused by some blunt trauma is called as \_\_\_\_\_.
- a. Laceration      b. Contusion      c. Abrasion      d. Incision
3. Traits like sadness, mood swings and emotional instability are related with \_\_\_\_\_.
- a. Extroversion      b. Agreeableness      c. Conscientiousness      d. Neuroticism
4. Fartlek Training is used to develop-
- a. Endurance      b. Strength      c. Flexibility      d. Speed
5. The ability to tolerate higher concentration of \_\_\_\_\_ can help in improving endurance performance.
- a. Lactic Acid      b. Hydrochloric acid      c. Acetic acid      d. Sulphuric acid
6. What is the movement of blood pumped into one ventricle beat?
- a. 50 to 70 ml/beat      b. 60 to 80 ml/beat      c. 70 to 90 ml/beat      d. 80 to 100 ml/beat
7. Who distinguished people according to the nature and attitude of the person?
- a. NL Munn      b. Ogburn and Ninkoff      c. R B Cattel      d. Carl Jung

8. A large lateral curve is known as \_\_\_\_\_.
- a. Hydroline                      b. Polishing                      c. Lordosis                      d. Scoliosis
9. Given below are two statements labelled as Assertion (A) and Reason(R). Based on the statement select the correct option that are given below.

**Assertion (A):** Aggression is part of human behaviour and is necessary for an individual to live and struggle for higher achievements.

**Reason(R):** Aggression is inevitable and inseparable in sport activities.

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

10. Match List-I with List-II and select the correct answer from the code given below:

	LIST-1		LIST-2
i.	Vitamin A	1	Weakness in muscles
ii.	Vitamin D	2	Anemia
iii.	Vitamin E	3	Night blindness
iv.	Vitamin K	4	Rickets

		CODE			
	i	ii	iii	iv	
a.	3	4	1	2	
b.	2	1	4	3	
c.	4	2	1	3	
d.	1	3	2	1	

11. Vitamin B3 is commonly known as \_\_\_\_\_.
- a. Thiamin                      b. Riboflavin                      c. Niacin                      d. Pyridoxine
12. The sportsperson to be eligible to participate in Deaflympics Games must have a hearing loss of minimum \_\_\_\_\_ decibels.
- a. 65                      b. 55                      c. 45                      d. 25

13. Match List-I with List-II and select the correct answer from the code given below:

	LIST-1		LIST-2
i.	Diabetes	1	Sarala Matsyasana
ii.	Asthma	2	Halasana
iii.	Hypertension	3	Supta Vajrasana
iv.	Obesity	4	Uttana Mandukasana

		CODE			
	i	ii	iii	iv	
a.	4	2	1	3	
b.	2	1	4	3	
c.	3	4	1	2	
d.	1	3	2	4	

14. The Six Minute Walk Test for senior citizens actually measures \_\_\_\_\_.
- a. Overall fitness                      b. Walking fitness                      c. Lower body fitness                      d. None of these
15. \_\_\_\_\_ aggression is also known as channeled aggression.
- a. Hostile                      b. Assertive                      c. Instrumental                      d. Introvert
16. Who formulated the personality types on the basis of physical attributes?
- a. Carl Jung                      b. Ogburn & Nimkoff                      c. Macionis                      d. William Herbert Sheldon
17. \_\_\_\_\_ training is a form of road running or cross country running in which the runner usually changes the pace significantly during the run.
- a. Continuous                      b. Interval                      c. Fartlek                      d. Circuit

18. Given below are two statements labelled as Assertion (A) and Reason(R). Based on the statement select the correct option that are given below.

**Assertion (A):** Vitamins are compounds of carbon which are essential for the normal growth and working of the body.

**Reason(R):** Vitamin D is essential for normal growth of the body. Deficiency of Vitamin A leads to night blindness and effects kidneys, nervous system and digestive systems.

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

### SECTION: B

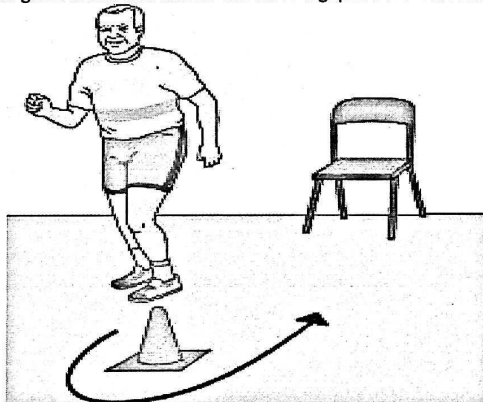
- 19. Matsyasana and Bhadrasana can cure different kinds of lifestyle diseases. Mention any two such diseases. 2
- 20. If you became a coach, you should know different types of injuries. Now teach your players that how they can recognize Abrasion, Contusion, Laceration and Incision. 2
- 21. Paralympics have some yardstick to recognize physical impairments. On the basis of that what will be the criteria to measure short stature & hypertonia. 2
- 22. State the procedure of Arm curl test and define its purpose and scoring system. (1+0.5+0.5) = 2
- 23. For an object or body to be in a static or static equilibrium, where it is completely motionless it must meet three conditions. What are those conditions? 2
- 24. How will you conduct a seven minutes step test for senior citizens. 2

### SECTION: C

- 25. Suppose you get an opportunity to be a part of technical committee for upcoming I-League tournament. What will be your pre, during and post event responsibilities? 3
- 26. Identify alternative names of Knock Knees, Kyphosis & Lordosis. 3
- 27. As a yoga instructor, you have come across a patient, after diagnosing his/her ailment, you consider that the patient must practice Surya Bhedhana pranayama. Instruct this patient, step by step about the Surya Bhedhana pranayama's procedure and state the benefits of this pranayama, which the patient will receive. (2+1) = 3
- 28. Define the transverse fracture with causes, prevention and its treatment. 3
- 29. Classify how motivation and sports are inter related with each other. 3
- 30. Hypothesize any six strategies for enhancing adherence to exercise. 3

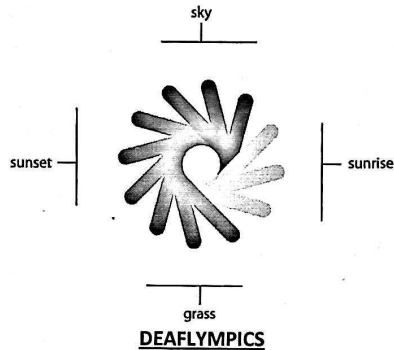
### SECTION: D

31. Carefully study the picture given below and answer the following questions with reference to the picture.



1X4

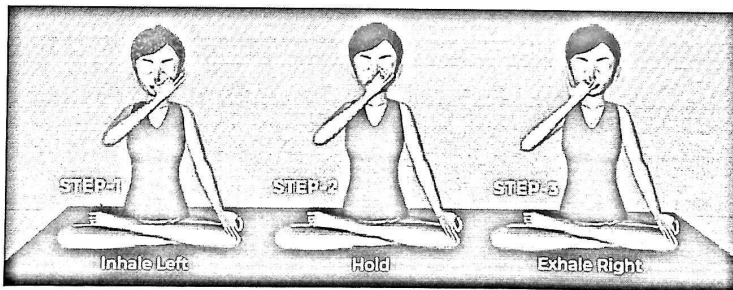
- I. Identify the test conducted in the figure.
    - a. 50 m. dash
    - b. Six-minute walk
    - c. Eight foot up and go
    - d. Sit and Reach
  - II. It is a part of \_\_\_\_\_ test protocol.
    - a. Cassidy
    - b. Johnson-Metheny
    - c. Rikli & Jones
    - d. SAI
  - III. While moving this test measure measures \_\_\_\_\_ and \_\_\_\_\_.
    - a. Speed, Power, Agility
    - b. Speed, Agility, Strength
    - c. Coordination, Agility, Power
    - d. Speed, Agility, Balance
  - IV. Identify another test used for the senior citizens upper body flexibility.
    - a. Back Scratch
    - b. Jumping Half turn
    - c. 600m. walk
    - d. Front roll
32. Carefully study the picture given below and answer the following questions with reference to the picture.



1X4

- I. \_\_\_\_\_ color represent the European Deaf Sports Organisation.
  - a. Red
  - b. Blue
  - c. Yellow
  - d. Green
- II. \_\_\_\_\_ color represent the Pan American Deaf Sports Organisation.
  - a. Red
  - b. Blue
  - c. Yellow
  - d. Green
- III. \_\_\_\_\_ color represent the Asia Pacific Deaf Sports Confederation.
  - a. Red
  - b. Blue
  - c. Yellow
  - d. Green
- IV. \_\_\_\_\_ color represent the Confederation of African Deaf Sports.
  - a. Red
  - b. Blue
  - c. Yellow
  - d. Green

33. Carefully study the picture given below and answer the following questions with reference to the picture.



1X4

- I. Identify the yogasana.
  - a. Upkriyani
  - b. Suryavedana
  - c. Anulom Vilom
  - d. Ujjayi
- II. The term \_\_\_\_\_ is also used for this same asana.
  - a. Nadisodhna Pranayama
  - b. Nadishodhana Pranayama
  - c. Inhalation & Exhalation
  - d. Kumbhaka

- III. The ratio between inhalation and exhalation is \_\_\_\_\_.
- a. 1:1                      b. 1:2                      c. 2:3                      d. 1.5:2
- IV. \_\_\_\_\_ means produced in the reverse order.
- a. Pranayama              b. Anulom              c. Vilom              d. Puraka

### **SECTION: E**

34. Different sports need different types of strength, and the requirement and application of strength in sports differs according to sports-specific needs. As a PE student you also know the important application of strength. Now classify the strength with the help of a chart. 5
35. Distinguish the "Big five theory of Personality" and relate them with sports Psychology. 5
36. You can feel a lot of friction during different actions and activities at the time of playing a sport. Elucidate all the types of friction with suitable examples. 5
37. Ayushman went to a doctor's clinic for body check-up. Doctor checked all the things and at last he wanted to measure his BMI. So, the doctor measured his bodyweight and height which are respectively 78 kg and 173 cm. (1+2+1+1) = 5
- a. Draw a BMI Index.
- b. Calculate Ayushman's BMI.
- c. In which category Ayushman's BMI will fall under?
- d. Explain some characteristics of BMI.