MATANAH OF OMAN

COMMON PRE-BOARD EXAMINATION 2022-23

Subject: PHYSICAL EDUCATION (048)



Time- 3 hrs. M.M-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

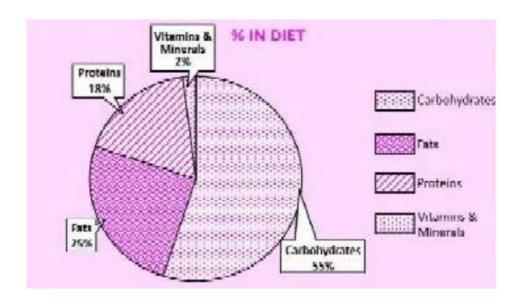
 How many byes will be given if 17 teams are there in a knock-of [a] 15 [b] 14 [c] 16 [d] 17 	out tournament [1]
2. Duration of Meso Cycle is[a] Two to six weeks[b] Three to seven weeks[c] Four to eight weeks[d] Five to ten weeks	[1]
3. Menarche is defined as the:[a] Ending of menstrual period in women[b] Beginning of pregnancy[c] Time of pregnancy[d] Beginning of menstrual period in women	[1]
4. One of the possible causes for Obesity can be:[a] Heredity[b] Excessive eating[c] Fast metabolism[d] Both [a] & [b]	[1]

5 is the right term that should be used for children with special ne	eeds. [1]
[a] Divyang[b] Viklang[c] Differently[d] All of the above	
(OR)	
Dr. Ludwick Guttmann is related to: [a] Paralympic Games [b] Olympic Games [c] Asian Games [d] None of these	
6. Bio-mechanics helps in which of the following?[a] In improving technique[b] In improving designs of sports equipment[c] In improving performance[d] All of these	[1]
7. If you want to measure Aerobic Endurance (Fitness) of a senior citizen, we test would you use: [a] Eight Foot Up & Go Test [b] Six Minute Walk Test [c] Back-Scratch Test [d] Chair Stand Test	vhich [1]
8. The food component present in sugar is: [a] Fats [b] Protein [c] Vitamin [d] Carbohydrate	[1]
9. Bhujangasana is also known as: [a] Dog posture [b] Child posture [c] Cobra posture [d] Reverse Boat posture	[1]
(OR)	
Hypertension is a condition of: [a] Problem in lungs [b] Low blood pressure [c] Pain in spine [d] High blood pressure in blood vessels	
10. A person who is bold and outgoing is an [a] Introvert	[1]

[b] Extrovert[c] Ambivert[d] Somatotype		
11. Match List – I with List – II and select the cogiven below: LIST – I (i) Abrasion (ii) Green Stick Fracture (iii) Shoulder Dislocation (iv) Lack of Fitness	LIST – II 1. Joint Injury 2. Soft Tissue Injury 3. Cause of Sports Injury 4. Bone Injury	[1]
Codes: [a] i-2, ii-4, iii-1, iv-3 [b] i-1, ii-4, iii-3, iv-2 [c] i-2, ii-1, iii-4, iv-3 [d] i-4, ii-3, iii-2, iv-1		
12. What is the meaning of Fartlek? [a] Speed [b] Play [c] Speed Play [d] All of the above		[1]
13. Planning in sports leads to: [a] Increased expenditure [b] Better coordination [c] Increased mistakes [d] Favoritism.		[1]
14. Senior citizen fitness test was developed by: [a] Dr. Harold M. Barrow [b] Lucien Brouha and his associates [c] Dr. Hans Kraus & Dr. Sonja Weber [d] Dr. Roberta Rikli & Dr. Jessie Jones	•	[1]
15. Carl Jung divided the personalities into [a] One [b] Two [c] Three [d] Four	types?	[1]
16. The sideways curvature of spine is called: [a] Kyphosis [b] Scoliosis [c] Lordosis [d] Round shoulder		[1]
17. In which fracture do the bones get bent?		[1]

[c]	Transverse Fracture Comminuted Fracture Impacted Fracture				
give (i) \$ (ii) (iii) (iv) Coc [a] [b]	Match List – I with List – II and select the en below: LIST – I Static Friction Inertia Law of Reaction Law of Acceleration les: i-2, ii-4, iii-1, iv-3 i-1, ii-4, iii-3, iv-2 i-2, ii-1, iii-4, iv-3 i-2, ii-1, iii-4, iv-3 i-2, ii-3, iii-1, iv-4	LIST – II 1. Newton's Third Law 2. Friction 3. Newton's First Law 4. Newton's Second Law	[1]		
	SECTION E	3			
19.	Write formula for giving Bye (even & odd)	& what is a Bye?	[2]		
20.	What is 'Bulimia'? Or what do you mean b	y `Bulimia'?	[2]		
21.	Elaborate the procedure and benefits of Pa	awanmuktasana.	[2]		
22.	What does the word 'Paralympics' mean?		[2]		
23.	What is Balanced diet?		[2]		
24.	What does Plate Tapping Test measure?		[2]		
SECTION C					
25.	Write any three causes of Sports Injuries?		[3]		
26.	Explain the meaning of Biomechanics.		[3]		
27.	Draw a fixture of 11 Football teams participasis of knockout.	pating in a tournament on the	[3]		
28.	Explain Fartlek Training Method.		[3]		
29.	What do you understand by aggression in	sports?	[3]		
30.	Explain the Strategies to make Physical ac special needs?	tivities accessible for children w	ith [3]		

31. Given below is the pie chart of Nutrients and their percentage in diet:



- A. Which nutrient is called building block of body?
- [a] Carbohydrates
- [b] Proteins
- [c] Fats
- [d] Vitamins & Minerals
- B. Fat is part of Micronutrient: True / False
- C. Carbohydrates contain the elements of _____:
- D. Vitamins & Minerals are divided into 2 parts each, such as?

(OR)

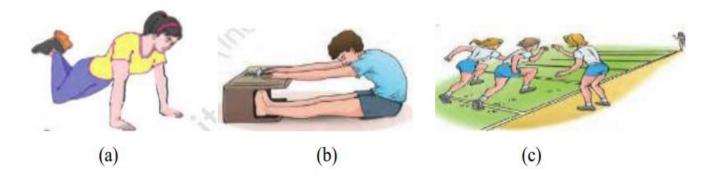
Write briefly about Protein as an essential component of diet.

[4]

[4]

32. Ms. Mandira is a PE student. As a part of her studies, she needs to conduct physical fitness test. [4]

Based on the below mentioned pictures answer the following questions.



- [a] List down the tests which are mentioned in the picture.
- [b] Find out the body parts which are involved in picture (b)
- [c] Name the test which finds the speed.
- [d] Explain the test which finds upper body strength for Boys and Girls.

(OR)

Discuss any two tests for the assessment of fitness of students in the age group of 5 to 8 years stated by SAI Khelo India Fitness Test in school.

[4]

33. In relation to the pictures, answer the following questions.



- [a] The Father of Paralympic Games is:
- [b] Figure (a) represents which game?
- [c] Figure (b) represents which game?
- [d] The Deaflympics were held first time in Paris in _____:

(OR)

Write a detailed note on Special Olympics.

SECTION E

- 34. What is Strength? What are various methods for developing Strength? Write in detail [5]
- 35. Discuss in detail about Female Athlete Triad. [5]
- 36. Classify Sports Injuries and explain the term P.R.I.C.E. [5]
- 37. With the help of examples, discuss the application of Newton's Third Law of Motion in sports. [5]