



## 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

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

5. \_\_\_\_\_ is the right term that should be used for children with special needs. [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? [1]

- [a] In improving technique
- [b] In improving designs of sports equipment
- [c] In improving performance
- [d] All of these

7. If you want to measure Aerobic Endurance (Fitness) of a senior citizen, which test would you use: [1]

- [a] Eight Foot Up & Go Test
- [b] Six Minute Walk Test
- [c] Back-Scratch Test
- [d] Chair Stand Test

8. The food component present in sugar is: [1]

- [a] Fats
- [b] Protein
- [c] Vitamin
- [d] Carbohydrate

9. Bhujangasana is also known as: [1]

- [a] Dog posture
- [b] Child posture
- [c] Cobra posture
- [d] Reverse Boat posture

(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 [1]

- [a] Introvert

- [b] Extrovert
- [c] Ambivert
- [d] Somatotype

11. Match List – I with List – II and select the correct option using the codes given below: [1]

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

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? [1]

- [a] Speed
- [b] Play
- [c] Speed Play
- [d] All of the above

13. Planning in sports leads to: [1]

- [a] Increased expenditure
- [b] Better coordination
- [c] Increased mistakes
- [d] Favoritism.

14. Senior citizen fitness test was developed by: [1]

- [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

15. Carl Jung divided the personalities into.....types? [1]

- [a] One
- [b] Two
- [c] Three
- [d] Four

16. The sideways curvature of spine is called: [1]

- [a] Kyphosis
- [b] Scoliosis
- [c] Lordosis
- [d] Round shoulder

17. In which fracture do the bones get bent? [1]

- [a] Green Stick Fracture

- [b] Transverse Fracture
- [c] Comminuted Fracture
- [d] Impacted Fracture

18. Match List – I with List – II and select the correct option using the codes given below: [1]

- | LIST – I                 | LIST – II              |
|--------------------------|------------------------|
| (i) Static Friction      | 1. Newton’s Third Law  |
| (ii) Inertia             | 2. Friction            |
| (iii) Law of Reaction    | 3. Newton’s First Law  |
| (iv) Law of Acceleration | 4. Newton’s Second Law |

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-2, ii-3, iii-1, iv-4

### SECTION B

- 19. Write formula for giving Bye (even & odd) & what is a Bye? [2]
- 20. What is ‘Bulimia’? Or what do you mean by ‘Bulimia’? [2]
- 21. Elaborate the procedure and benefits of Pawanmuktasana. [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 participating in a tournament on the basis of knockout. [3]
- 28. Explain Fartlek Training Method. [3]
- 29. What do you understand by aggression in sports? [3]
- 30. Explain the Strategies to make Physical activities accessible for children with special needs? [3]

## SECTION D]

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

[4]



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]

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)



(b)



(c)

- [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.

33. In relation to the pictures, answer the following questions. [4]



(a)



(b)

- [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]

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