

INDIAN SCHOOL AL WADI AL KABIR
PRE-BOARD(Sample) Academic Year 2022-23
Sub: Physical education. (048)

Class: XIIth

Time:3hours

MM:70

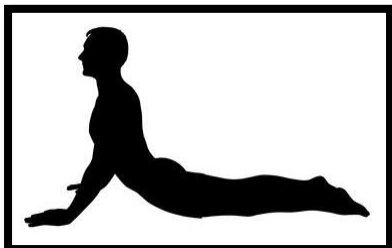
GENERAL INSTRUCTIONS:

- 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.
- a) Sections D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
- 5) 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

- Q1. The responsibility of our committee is to fix venue, date and timing of the sports events.
It is a _____
- (a) Post meeting committee
 - (b) Pre meet committee
 - (c) During meet committee
 - (d) All of the above
- Q2. _____ tournament refers to tournament that is held when the matches are to be played on group personal basis: -
- (a) League
 - (b) Knockout
 - (c) Combination
 - (d) Competition
- Q3. Cause of osteoporosis is: -
- (a) Decrease in mineral contents
 - (b) Increase Bone porosity
 - (c) Both (a) and (b)
 - (d) None of the above
- Q4. The medical name of this deformity is Gene Varum: -
- (a) Scoliosis
 - (b) Lordosis
 - (c) Knock knees
 - (d) Bow Legs

Q5.



Identify the asana:

Q6. The blood glucose, or blood sugar level increases in which disease?

- (a) Obesity
- (b) Hypertension
- (c) Diabetes
- (d) Blood pressure

Q7. First Paralympic games held in

- (a) 1960 Rome
- (b) 1976 Sweden
- (c) 1989 Germany
- (d) None of these

Q8. Which is nutritive component of a diet out of the following: -

- (a) Water.
- (b) Vitamins
- (c) Roughage
- (d) Pesticides

Q9. Lack of this vitamin affects the gums, can cause scurvy and swelling of joints: -

- (a) Vitamin C
- (b) Vitamin D
- (c) Vitamin K
- (d) Vitamin E

Q10. Normal range of scores for Six minutes walk test for 60 to 64 age for male: -

- (a) 470 to 640
- (b) 545 to 680
- (c) 560 to 700
- (d) 610 to 735

Q11. The greater percentage of fast twitch muscle fiber one has: -

- (a) The stronger he is
- (b) The faster he is
- (c) The slower he is
- (d) More flexible he is

Q12. Physical exercise done in the presence of oxygen is called: -

- (a) Isokinetic
- (b) Anaerobic
- (c) Aerobic
- (d) Isometric

Q13. Newton's second Law of motion is also known as: -

- (a) Law of action reaction
- (b) Law of Gravitation
- (c) Law of momentum
- (d) Law of Rest.

Q14. If one straightens one's leg, the knees undergo: -

- (a) Flexion
- (b) Abduction
- (c) Extension
- (d) Adduction

Q15. The word personality is derived from the latin word

- (a) Persona (b) Endomorphy (c) Perjona (d) Person
- Q16. Which of the following is an intrinsic motivator: -?
- (a) Feed Back (b) Interest of Play (c) Promotion (d) Pay
- Q17. Strength is broadly divided in to
- (a) Dynamic strength (b) Static strength (c) Both (a) and (b) (d) Concentric and eccentric strength
- Q18. Fartlek training is used best to develop: -
- (a) Endurance (b) Neuromuscular co-ordination (c) Strength (d) Flexibility

SECTION-B

- Q19. What are the functions of Fats?
- Q20. What is BMR? List down any two factors affecting BMR.
- Q21. What is laceration?
- Q22. Discuss any four immediate effects of exercise on cardiorespiratory system.
- Q23. Name the methods for development of speed.
- Q24. Write a short note on self esteem.

SECTION-C

- Q25. Draw a fixture for 8 teams on the basis of league tournament using cyclic method.
- Q26. What is flat foot? What are its causes and remedial measures?
- Q27. Write a short note on Paralympic games.
- Q28. Explain any three non-nutritive components of diet.
- Q29. What is the effect of exercise on stroke volume and Blood flow?
- Q30. Explain the meaning and types of Aggression in sports.

SECTION-D

Q31.

As Mr.Kiren Rijju, Sports Minister has ordered to popularize the game of Kabaddi among school students to develop their physical ability, Mr. Gopi, Physical Education Teacher of a reputed CBSE school has decided to conduct an Inter School Kabaddi tournament in his school premises after proper drawing of fixtures. He consulted the Management and the Principal to conduct the Tournament of Pro Kabaddi pattern but the PE teacher was not aware of pro Kabaddi Tournament. So, he discussed it with the National Kabaddi Referee Association.

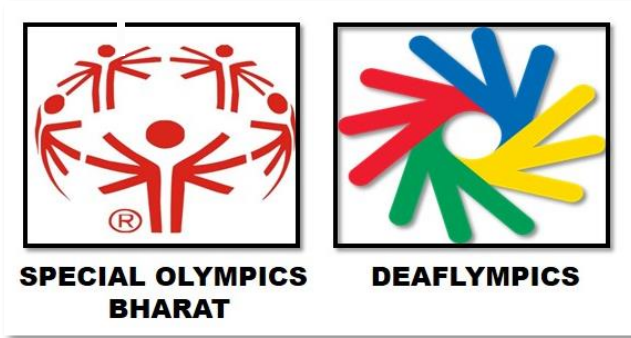
1. Which of the following is the best method to organize this kind of tournament?
(a) Knock out (b) League (c) Ladder (d) Pyramid
2. The Knock out tournament is also known as
(a) Combination tournament (b) Elimination tournament
(c) League tournament (d) League cum knockout tournament
3. If 17 teams are participating in this tournament, how many teams will get bye?
(a) 15 (b) 1 (c) 13 (d) 9
4. In case of special seeding, the players entered the tournament _____ in semi or quarter final rounds.
(a) Indirectly (b) directly (c) both (a) and (c) (d) none of these

OR

In the placement of Bye IV, the Bye is given to

- (a) 1st team of lower half
- (b) 1st team of upper half
- (c) Last team of lower half
- (d) Last team of upper half

Q32. In relation to the pictures, answer the following questions



- The deaflympics games are conducted after every _____ years.
- Who is the founder of Special Olympics?
- In which country first Deaflympics games were held _____
- “ Let me win but if I cannot win, let me be brave in the attempt”. In which game this oath is taken

Q33. The teachers as well as coaches always make their best efforts to improve the performance of their students in various competitive games and sports. They can help to improve the performance of students if they have adequate knowledge of biomechanics.

- The study of human body and various forces acting on it is called _____
- When a bullet is fired from a rifle with a certain force which law of motion is taking place _____
- Another name of law of acceleration is called _____
- A golf ball, it will remain at rest unless an external force acts upon it. _____

OR

Newton’s law of motion was started by scientist named as _____

SECTION-E

Q34. What do you mean by common lifestyle diseases? Discuss the prevention and management of hypertension.

Q35. Enlist the various test items for senior citizen fitness test. Explain any one in detail.

Q36. Define flexibility along with its types. Explain any two methods used to develop flexibility

Q37. Define Projectile and explain any two factors affecting projectile with help of examples from sports.