



BK BIRLA CENTRE FOR EDUCATION
SARALA BIRLA GROUP OF SCHOOLS
SENIOR SECONDARY CO-ED DAY CUM BOYS' RESIDENTIAL SCHOOL



PRE BOARD - 2

PHYSICAL EDUCATION (048) SET-2

Class : XII Sci/Com/Hum

Date : 11/12/2025

Admission No.:

Duration: 3 Hrs

Max. Marks: 70

Roll No.:

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. Sections 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

Section A consists of Multiple Choice Type questions of 1 mark each

1. _____ refers to all the processes that leaders create to monitor success. [1]
a. Directing b. Controlling c. Planning d. Staffing
2. Fitness index is measured in how many ways? [1]
a. 1 b. 2 c. 3 d. 4
3. _____ are chemical compounds produced by plants, generally to help them thrive or thwart competitors, predators, or pathogens. [1]
a. Artificial Sweeteners b. Flavonoids c. Phyton d. Phytochemicals
4. _____ group include foods providing vitamins and minerals. [1]
a. Routine foods
b. Protective or regulatory food
c. Energy giving food
d. Body Building food
5. In which stage of age, delayed puberty is considered. [1]
a. Teenage b. Childhood c. Adolescence d. Adulthood
6. The intention to cause mental or physical harm to a person is called _____ in sports. [1]
a. Aggression b. Support c. Attitude d. Strength
7. Type D personality individuals deem in: [1]
a. Intellect b. Controversy c. Physique d. Apathy

8. **Assertion (A):** An individual suffering from Knock Knee usually faces difficulty during walking. [1]
Reason (R): Knock Knee is a postural deformity in which both the knees touch or overlap each other in the normal standing position.
 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. A is false but R is true.

9. _____ is a mental training technique to increase motivation and enhance confidence. [1]
 a. Goal setting b. Self-talk c. Mental imagery d. Self esteem

10. Identify the asana: [1]



- a. Halasana b. Vajrasana c. Tadasana d. Paschimottasana
11. The force produced when the surfaces of two objects comes in contact with each other & tends to move but there is no relative motion between them, this is known as _____. [1]
 a. Static Friction b. Sliding Friction c. Rolling Friction d. Fluid Friction
12. **Assertion (A):** Combination tournaments are organized mostly in zonal matches. [1]
Reason (R): There are one-to-one matches or two players on each side accepting the challenge in combination tournaments.
 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. A is false but R is true.

13. Match the following: [1]

| | |
|------------------------------------|---|
| (a) British method | (i) No. of matches won are divided by total no. of matches played |
| (b) American method | (ii) Total points obtained are divided by total possible points |
| (c) If two teams have equal points | (iii) Team which won max no. of match declare as winner |
| (d) Match ends in draw | (iv) Match is held again |

- a. (a) - (i), (b) - (iii), (c) - (ii), (d) - (iv)
 b. (a) - (iii), (b) - (i), (c) - (ii), (d) - (iv)
 c. (a) - (iii), (b) - (ii), (c) - (i), (d) - (iv)
 d. (a) - (iii), (b) - (i), (c) - (iv), (d) - (i)
14. Almost one-fourth of our body is made up of _____. [1]
 a. Water b. Air c. Carbon d. Nitrogen
15. In a _____ Tournament a player or team continues to play matches until it is defeated. [1]
 a. Round Robin b. League c. Combination d. Knock out
16. Knock-out tournament is also known as _____. [1]
 a. League tournament
 b. Challenge tournament
 c. Elimination tournament
 d. Round-robin tournament

17. How much distance will be there between centres of 2 disc in the Plate Tapping Test? [1]
 a. 25 Cms b. 60 Cms c. 50 Cms d. 40 Cms
18. The vitamins soluble in water are [1]
 a. Vitamin K and E
 b. Vitamin D and A
 c. Vitamin C and B
 d. All of these

Section-B
Attempt any 5 questions

19. What is cardio-respiratory endurance? [2]
 20. What are the advantages of Harvard step test? [2]
 21. Name at least two illnesses which may occur by practicing in high temperature? [2]
 22. Explain any two benefits of Ardha Matsyendrasana. [2]
 23. Write down few women and sports constraints. [2]
 24. Write one significance or importance of test and measurement. [2]

Section-C
Attempt any 5 questions

25. Elucidate the types of friction. [3]
 26. What any three causes of sports injuries? [3]
 27. What are the advantages of knock-out tournaments? [3]
 28. What role is played by positive behaviour for making physical activities assessable for children with specialneeds? [3]
 29. What are the advantages and disadvantages of Circuit training? [3]
 30. Write any three effects of exercise on the cardiovascular system. [3]

Section-D

31. Read the following text carefully and answer the questions that follow: [4]
 Jatin is a weightlifter in the 96 kg category. He has to participate in a weightlifting competition next week so he takes care of his health a lot. For this, he includes all the essential nutrients in his diet.

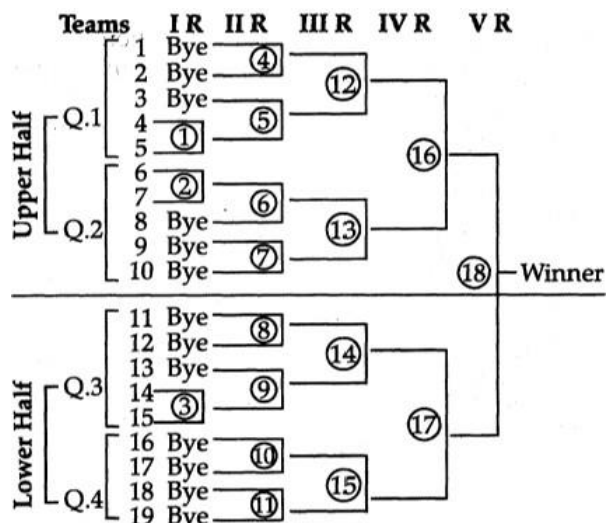


- i. What do you think would be the most important component of Jatin's diet? [4]
 a. Carbohydrates b. Fats c. Proteins d. Vitamins
- ii. What do you think Jatin requires the most?
 a. Endurance b. Flexibility c. Strength d. Speed
- iii. ____ is known as body-building food.
 a. Carbohydrates b. Fats c. Proteins d. Vitamins
- iv. Low levels of ____ will lead to Anemia.
 a) Calcium b. Iron c. Vitamin B12 d. Folate

32. Read the following text carefully and answer the questions that follow:

[4]

Rakesh and Rohit were given the responsibility to conduct an Inter-school boys' basketball tournament in their school. 19 teams agreed to participate in the tournament. The committee responsible for making the fixture made a knockout fixture for 19 teams. On the basis of the given fixture answer the following questions:

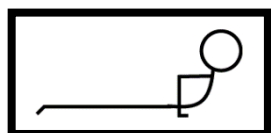


- What is a bye?
 - A team that is eliminated in the first round
 - A team that plays an extra match
 - A team that is given a free pass to the next round
 - A team that is disqualified
- How is the number of Bye decided?
 - By adding the number of teams to the next higher number, which is a power of two
 - By subtracting the number of teams from the next higher number, which is a power of two
 - By multiplying the number of teams by two
 - By dividing the number of teams by two
- Write the formulae for finding the total number of matches in the knock-out tournament.
 - $N - 1$
 - $N + 1$
 - $N \times 2$
 - $N / 2$
- Which committee is responsible for allotting accommodation to the teams participating in the tournament?
 - Disciplinary Committee
 - Boarding and Lodging Committee
 - Organizing Committee
 - Finance Committee

33. Read the following text carefully and answer the questions that follow:

[4]

Mr Shyam aged 50 years is recommended to practice the given asana as a therapeutic measure. He is a software engineer by occupation and spends lot of time sitting at one place. He developed certain symptoms like frequent urge for urination, tiredness, excessive weight gain along with being anxious and gets easily irritated.



- i. From the shape of the body in the given pose, it can identified as _____.
a. Gomukhasana b. Bhujangasana c. Tadasana d. Vajrasana
- ii. Mr Shyam is diagnosed with _____.
a. Only Diabetes
b. Both Diabetes and Hypertension
c. Only Hypertension
d. Asthma
- iii. Blood sugar levels are controlled by _____ hormone.
a. Thyroxin b. Insulin c. Pituitary d. Progesterone
- iv. This asana should be avoided by people suffering with _____.
a. Obesity b. Hernia c. Diabetes d. Hypertension

Section-E

Attempt any 3 questions

- 34.** Explain the procedure, benefits and contraindications of any two Asanas to prevent asthma. [5]
- 35.** What do you mean by sports training? Highlight main features of Interval and Fartlek Training. [5]
- 36.** Write in detail about the psychological attributes and its application in sports. [5]
- 37.** Elaborate the disabilities etiquettes of the person with speech difficulties and language Impairment. [5]

*******All the Best*******