



BK BIRLA CENTRE FOR EDUCATION

SARALA BIRLA GROUP OF SCHOOLS
SENIOR SECONDARY/CO-ED DAY CUM BOYS' RESIDENTIAL SCHOOL



PRE BOARD – 3

PHYSICAL EDUCATION (048) SET-1

Class : **XII Sci/Com/Hum**

Date : **17/01/2025**

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. Identify the asana:



[1]

a. Paschimottanasana b. Halasana c. Vajrasana d. Dhanurasana

2. Which of the following is not a spinal curvature deformity?

[1]

a. Kyphosis b. Scoliosis c. Lordosis d. Flat Foot

3. Identify the non-nutritive component of a diet.

[1]

a. Carbohydrate b. Fats c. Protein d. Water

4. 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

5. Self-talk refers to our _____, consisting of statements we say to ourselves, either in our mind or out loud.

[1]

a. Internal thoughts b. Internal behaviour c. Internal soul d. Internal emotions

6. Deaflympics cannot be guided by _____.

[1]

a. Light b. Camera c. Whistle d. Signboard

7. Abnormal bleeding in the absence of intra cavitary or uterine pathology. [1]

- a. Menstrual Dysfunction
- b. Menstrual function
- c. Menstrual abnormal
- d. Menstrual normal

8. Identify the asana: [1]



- a. Pawanmuktasana
- b. Sukhasana
- c. Chakrasana
- d. Gomukhasana

9. Match the following: [1]

I. Plate Tapping Test	1. Upper body strength endurance of boys
II. Push-up	2. Speed and coordination of limb movement
III. Partial Curl up	3. Upper body strength in endurance of girls
IV. Modified Push up	4. Abdominal strength

Codes:

	I	II	III	IV
a.	2	1	4	3
b.	2	3	1	4
c.	1	3	2	4
d.	2	3	4	1

10. A bowler throwing a bouncer to deliberately injure the batsman or to shake up his concentration comes under: [1]

- a. Hostile aggression
- b. Instrumental
- c. Assertion
- d. None of these

11. In which method, no bye is given? [1]

- a. Staircase
- b. League
- c. Round Robin
- d. Combination

12. The _____ Games are the world's largest sporting event for people with special needs. [1]

- a. Summer Olympics
- b. Winter Olympics
- c. Deaflympics
- d. Paralympics

13. The law of Acceleration is also known as: [1]

- a. Law of Inertia
- b. Law of action and reaction
- c. Law of Momentum
- d. Boyle's Law

14. The period which consist rehabilitation and recreation through different games and sports or vacations for the proper rest and recovery or mental relaxation is. [1]

- a. Competitive period
- b. Transitional period
- c. Preparatory period
- d. None of these

15. Complete responsibility for success of completion is taken care by _____. [1]

- a. Announcement Committee
- b. Administrative Director
- c. First Aid Committee
- d. Committee for Officials

16. Which of these physiological factors determine strength? [1]

- a. Explosive Strength
- b. Flexibility
- c. Muscle Composition
- d. Aerobic Capacity

17. Which amongst these is not a method to improve flexibility? [1]

- a. Ballistic
- b. Static stretching
- c. PNF
- d. Fartlek

18. Match the following: [1]

I.	Chair Stand Test	1.	Lower Body Strength
II.	Arm Curl Test	2.	Aerobic Endurance
III.	Back Scratch Test	3.	Upper Body Strength
IV.	Six Minute Walk Test	4.	Upper Body Flexibility

Codes:

	I	II	III	IV
a.	1	3	4	2
b.	2	3	1	4
c.	1	3	2	4
d.	2	3	4	1

Section-B

Attempt any 5 questions

19. Which fitness component can be assessed by partial curl-up test? [2]

20. Write short note on Deaflympics. [2]

21. Write about the self-talk and its types. [2]

22. How many byes will be given, if 21 teams are participating in a knock-out tournament? [2]

23. Write in brief about macro & micro nutrients. [2]

24. Define kyphosis and bow legs. [2]

Section-C

Attempt any 5 questions

25. How goal setting is essential in sports for the effective sports performance? [3]

26. Write down the important points to be remembered while performing Pavanmuktasana. [3]

27. What is general training? [3]

28. Explain any three types of fractures. [3]

29. List the components of SAI Khelo India Fitness test. [3]

30. Explain 'Flat Foot' and 'Knock knees' and also suggest corrective measures for both postural deformities. [3]

Section-D

31. Read the below passage and answer the following questions:

[4]

School management needs to recognise the essential place activity in the education of children with special needs. In order to develop lifelong habits for fitness and to provide them with many opportunities of socialisation, schools need to understand that physical education is not a secondary subject but it is just as important as other skills.

i. Which of these is not one of the results of physical activities in children with special needs?

- a. Improvement in confidence
- b. Improvement in endurance
- c. Increase in depression
- d. Better hand-eye coordination

ii. Match the following:

A. Cognitive	I. Disorder
B. OCD	II. Improvement techniques
C. Physical activities	III. Disability
D. Competition in sports & games for CWSN	IV. Paralympics

Codes:

a.	A-III, B-I, C-II, D-IV
b.	A-IV, B-II, C-I, D-III
c.	A-II, B-III, C-IV, D-I
d.	A-IV, B-III, C-I, D-II

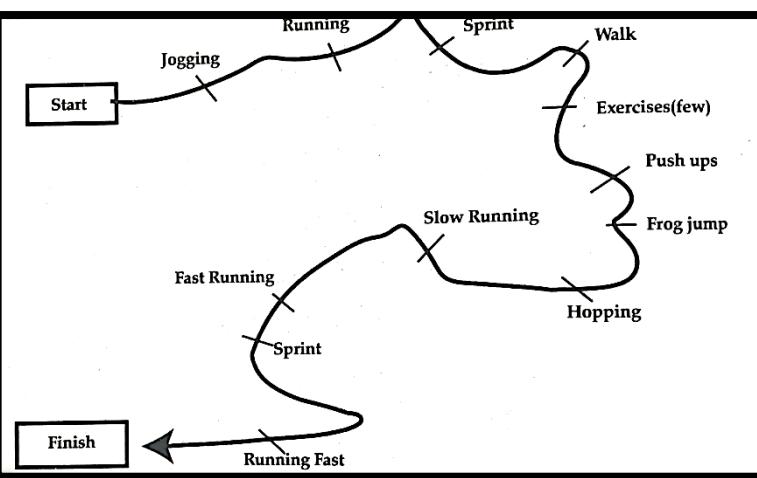
iii. Name the model which refers to bringing students with disabilities and students of general education into the same platform of learning.

- a. Inclusive education
- b. UNESCO
- c. Child Rights and You
- d. Child Rights International Network

iv. Most suitable word used for disable person is:

- a. Disabled person
- b. Retarded
- c. Divyang
- d. Blind

32. Study the figure given below:



[4]

i. From the above picture, it is identified as _____ training method.

a. Pace runs b. Fartlek c. Isometric d. Isotonic

ii. The above training method helps in increasing the _____.

a. Strength b. Speed c. Endurance d. Flexibility

iii. The Swedish word meaning "Speed Play" is _____.

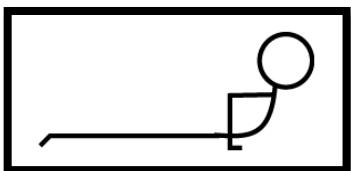
a. Citius b. Fartlek c. Pace d. Altius

iv. In the above training method, - plays an important role.

a. Self-discipline b. Coach c. Guidance d. Support

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 be 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. What are advantages and disadvantages of friction? [5]

35. What points should be kept in mind before, during and after the competition? [5]

36. Write in detail about the Dislocation and Fracture among the bones and joint injuries. [5]

37. What are the Nutritive and Non-nutritive components of diet? Explain. [5]

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