



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-2

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. Which of the following organizations helps promoting adaptive sports? [1]
a. Special Olympics b. Deaflympics
c. Paralympics d. All of these
2. Assertion (A) Risk of cancer can be reduced by eating more colorful vegetables, fruits and other plant foods that have certain photochemical in them.

Reason (R) Non-nutritive components of diet is a part of balanced diet. [1]

In the context of above two statements, which one of the following is correct?
Codes:
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
3. While exercising on a multigym, the type of muscular contraction that occurs is _____. [1]
a. Isotonic b. Isometric
c. Isokinetic d. Eccentric
4. What is the formula to determine number of matches in league fixture for even number of teams? [1]
a. $N + \frac{1}{2}$ b. $N - \frac{1}{2}$
c. $N(N - 1)/2$ d. $N(N + 1)/2$
5. Which one of the following asanas is not a remedial asana for treating obesity? [1]
a. Vajrasana b. Tadasana
c. Trikonasana d. Ardha Matseyendrasana

6. In which year the International Paralympic Committee was founded? [1]
 a. 22nd September, 1989 b. 22nd September, 1990
 c. 20th September, 1989 d. 20th September, 1992
7. Ankit lives with his grandfather who is 65 years old and leads a sedentary lifestyle. Ankit is worried about his health. He would like to test his grandfather's functional fitness. Which test should Ankit administrate to check his grandfather's lower body flexibility? [1]
 a. Chair stand test b. Arm curl test
 c. Back scratch test d. Chair sit and reach test
8. The behavior expressed out with intention of harming other person is known as _____. [1]
 a. Stress b. Motivation c. Aggression d. Tension
9. In which type of Menstrual Dysfunction, light or infrequent menstruation is witnessed by the woman? [1]
 a. Pre Menstrual Syndrome b. Amenorrhea
 c. Oligomenorrhea d. Premenstrual Dysphonic Disorder
10. Assertion (A) "A change in the acceleration of an object is directly proportional to the force producing it and inversely proportional to its mass."
 Reason (R) Lighter mass will travel at a faster speed. [1]
 Codes:
 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
11. The purpose of push ups is to measure the _____. [1]
 a. Lower body strength b. Upper body strength & endurance
 c. Endurance d. All of the above
12. Which of this is not a function of sporting event management? [1]
 a. Creating a Manager b. Selection of Staff
 c. Organizing d. Directing to members
13. Assertion (A) Person suffering from slipdisc can practice Katichakrasana.
 Reason (R) Katichakrasana helps to relieve back pain [1]
 Codes:
 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
14. Sprain is an injury of the _____. [1]
 a. Muscle b. Ligament c. Joint d. Bone
15. Newton's which law states that every object will remain at rest or in motion until any external force is applied? [1]
 a. Newton's first law of motion b. Newton's second law of motion
 c. Newton's third law of motion d. Both (a) and (b)

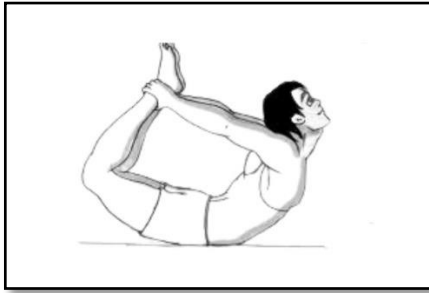
30. Write about the deformities of spinal curvature.

[3]

Section-D

31. Look the picture given below and answer the questions that follow:

[4]



Q1. Identify the above pose from the asanas given below:

- a. Dhanurasana
- b. Chakrasana
- c. Vajrasana
- d. Vakrasana

Q2. This asana is used to cure _____.

- a. Obesity
- b. Hypertension
- c. Asthma
- d. 'a' and 'b'

Q3. While performing this asana breathing should be _____.

- a. Slow
- b. Deep inhalation
- c. Only inhalation
- d. Only exhalation

Q4. Normal blood pressure of an adult should be _____.

- a. 140/90 mm/Hg
- b. 120/80 mm/Hg
- c. 130/90 mm/Hg
- d. 140/95 mm/Hg

32. School management needs to recognize the essential place of physical 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 socialization, schools need to understand that physical education is not a secondary subject but it is just important as other skills.

[4]



Look at the picture and answer the following questions:

Q1. Development of Gross Motor and Fine Motor skills are benefits which are part of _____.

Q2. Graded activities as strategy for effective inclusive physical education program includes _____.

Q3. _____ for activities should be disturbance free (noise, heat, cold, texture of floor, audience etc.)

Q4. The activities that include running, jumping, hopping, galloping, rolling, leaping and dodging, horizontal jump, slide are _____ skills.

33. Rajesh was a good thrower. When he joined a new training camp, where he observed that some athletes were running on uneven surfaces like bushes, rocks, pits, etc. He was in dilemma. Then the coach explained him about that type of training in detail. On the basis of above passage, answer the following questions: [4]

Q1. What type of training were they doing?

- | | |
|-------------|---------------------|
| a. Fartlek | b. Ballistic method |
| c. Interval | d. Continuous |

Q2. Stretching exercise improves _____.

- | | |
|-----------------|--------------|
| a. Flexibility | b. Strength |
| c. Coordination | d. Endurance |

Q3. Fartlek Training is also known as _____.

- | | |
|---------------------|----------------------|
| a. Pace Runs | b. Speed Pay |
| c. Acceleration Run | d. Interval Training |

Q4. Fartlek Training method was developed in:

- | | |
|-----------|----------|
| a. Sweden | b. USA |
| c. UK | d. Spain |

Section-E

Attempt any 3 questions

34. What do you understand by fracture? How can fractures be classified? Explain. [5]

35. Suggest the formation of various committees for systematic and smooth conduct of sports day in your school. [5]

36. Explain any five essential elements of diet. [5]

37. Elucidate the types of friction. [5]
