



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.

In the case

In the context of above two statements, which one of the following codes is correct?

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

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)

16. In bow-legs, there is/are _____.

[1]

- a. wide gap between the knees
- b. plain foot sole
- c. knees colliding with each other
- d. both legs curving inwards

17. It is the fracture which occurs when a bone bends and cracks, instead of breaking completely into separate pieces.

[1]

- a. Transverse
- b. Comminuted
- c. Greenstick
- d. Impacted

18. Match the following postural deformities with their corrective Asanas:

[1]

List – 1 (Type of Endurance)		List – 2 (Examples)	
A.	Short-term Endurance	i.	Marathon
B.	Speed Endurance	ii.	400 M Sprint race
C.	Medium-term Endurance	iii.	800 M race
D.	Long-term Endurance	iv.	1500 M race

	A	B	C	D
a.	(iii)	(ii)	(iv)	(i)
b.	(iii)	(iv)	(ii)	(i)
c.	(iv)	(iii)	(i)	(ii)
d.	(i)	(ii)	(iii)	(iv)

Section-B Attempt any 5 questions

19. Draw a fixture of 11 cricket teams participating in a tournament on the basis of knock-out.

[2]

20. What do you mean by Bulimia?

[2]

21. Briefly write about Special Olympic symbol and Olympic flame.

[2]

22. Explain the purpose and procedure of Plate Tapping Test.

[2]

23. What is sports psychology?

[2]

24. What are carbohydrates?

[2]

Section-C Attempt any 5 questions

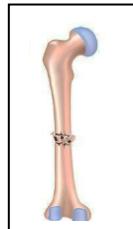
25. Write any three benefits of the Gomukhasana.

[3]

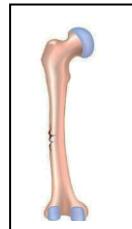
26. Identify the bone fracture and give their name

[3]

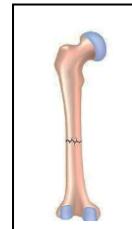
(i)



(ii)



(iii)



27. What is strength? What are the different types of strength?

[3]

28. What are the types of aggression?

[3]

29. Explain the purpose and procedure of Flamingo Balance Test.

[3]

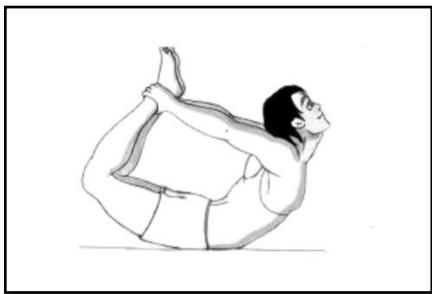
30. Write about the deformities of spinal curvature.

[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]



On the basis of the above picture 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]
