



## COMMON PRE-BOARD EXAMINATION 2022-23

### Subject: HEALTH AND PHYSICAL EDUCATION (048)



Date:

#### Marking scheme and answer keys.

##### SECTION-A (1- marks)

1. What exactly do you mean when you say “planning”?
  - a) **deciding** ahead of time what needs to be done
  - b) Getting enthusiastic about training
  - c) Reflecting on the past
  - d) Tournament planning
2. What type of committee deals with fixing venue, date and timing of the sports events
  - a) Post meeting committee
  - b) **Pre-meet** committee
  - c) During meet committee
  - d) All the above
3. \_\_\_\_\_ keeps our bodies warm.
  - a) Carbohydrate
  - b) Protein
  - c) Vitamin
  - d) **Fat**
4. His macro mineral helps in hydro balance in the body:
  - a) **Potassium**
  - b) Calcium
  - c) Sodium
  - d) Phosphorus
5. ‘International Day of Yoga’ is celebrated on:
  - a) June 20
  - b) **June 21**
  - c) June 22
  - d) June 23
6. In which year did Deaf Olympics start?
  - a) **1924**
  - b) 1960
  - c) 1947
  - d) 2001
7. \_\_\_\_\_ is also known as an aerobic fitness test.
  - a) Modified push-ups
  - b) 4 × 10 M shuttle Run
  - c) Rockport test
  - d) **Harvard step test**
8. What subject is Biomechanics associated to?
  - a) Biology
  - b) Kinesiology
  - c) Science

d) **Physics**

9. Which Newton's Law of Motion deals with acceleration?

- a) First
- b) **Second**
- c) Third
- d) None of these

10. When is our National sports day celebrated?

- A. 30 August
- B. **29 August**
- C. 28 August
- D. 27 August

11. Given below are the two statements labeled Assertion (A) and Reason (R).

Assertion: Sports tournaments are the best way of recreation and rejuvenation of players

Reason: Sports tournament help to develop national and international integration among the teams.

In the context of the above two statements, which one of the following 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

12. Given below are the two statements labeled Assertion (A) and Reason (R).

Assertion: There will be no byes for single knock out tournament for 32 teams.

Reason: The 3<sup>rd</sup> bye given to the upper half top team.

In the context of the above two statements, which one of the following 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

13. Which asana is helpful in increasing height?

- a) Sukhasana
- b) **Tadasana**
- c) Bhujangasana
- d) Vajrasana

14. Elbow joint is an example of.

- a) Pivot joint
- b) **Hinge joint**
- c) Ball and socket
- d) None of these

15. How many byes will be given if there are 22 teams?

- a) **10**
- b) 11
- c) 15
- d) 12

16. Match the following:

- |                    |                |
|--------------------|----------------|
| I. Tigerwoods.     | 1. Golf        |
| II. Stephen curry. | 2. Basketball  |
| III. Hamilton      | 3. Formula one |
| IV. Lee chang .    | 4. Badminton   |

- a) I-1, II-3, III-4, IV-2
- b) I-2, II-3, III-1, IV-4
- c) **I-1, II-2, III-3, IV-4**
- d) I-2, II-3, III-4, IV-1

17. Where will be the 2024 Olympic games going to be held?

- a) Japan
- b) France
- c) **Paris**
- d) Germany

18. Name the bone in red color.



- a) Ulna
- b) Tibia
- c) **Radius**
- d) Fibula

**Section -B attempt any 5 questions (2-Marks)**

19. Define Planning.

**Planning can be defined as a process of setting up of goals and objectives for a given period of time.**

20. What is the motto of Olympics?

**The traditional Olympic motto is the hendiatris Citius, Altius, Fortius which is Latin for "Swifter, Higher, Stronger". It was proposed by Pierre de Coubertin**

21. Write the formula to find number of matches in league and knockout tournament.

**Knock out -  $N-1$ , league –  $N \times N-1/2$ .**

22. Define Menarche.

**Menarche is defined as the first menstrual period in a female adolescent. Menarche typically**

occurs between the ages of 10 and 16.

23. Name any 4 asanas to strengthen your back.

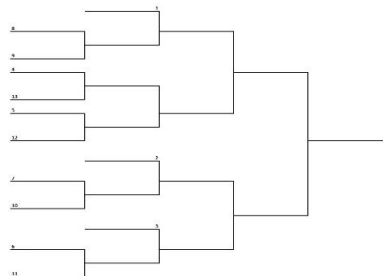
**Bujangasan, Ardha salabasan, sethubathrasan, chakrasan.**

24. What do you mean balanced diet?

**This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.**

### **Section -C Attempt any 5 questions (3- Marks)**

25. Draw a knockout fixture for 13 teams.



35. List down newtons laws.

Newton's laws of motion are three basic laws of classical mechanics that describe the relationship between the motion of an object and the forces acting on it. These laws can be paraphrased as follows: A body remains at rest, or in motion at a constant speed in a straight line, unless acted upon by a force

36. How will you motivate a classmate with disability to take part in games and sports?

**Focus on Strengths. Every student has a preferred method of learning and excels in certain subjects, Create Reasonable Goals, Remind Students of Personal Achievements,**

**Be Creative Within a Structure**

37. Discuss the asanas helpful for a person suffering from Diabetes.

(Ardha Matsyendrasana), Paschimottanasana, Adomukhisvanasana, Vajrasana etc. can be very helpful to prevent and treat diabetes. Practice these asanas very slowly with awareness on your breathing,

38. Draw the league fixtures of 6 teams Cyclic method.

Round I	Round II	Round III	Round IV	Round V

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**All the Best**

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