



COMMON PRE-BOARD EXAMINATION 2022-23

Subject: HEALTH AND PHYSICAL EDUCATION (048)

Date:



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) Section E consists of Question 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.

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. This 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 3rd 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 highlighted in red color.



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

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

19. Define Planning.
20. What is the motto of Olympics?
21. Write the formula to find number of matches in league and knockout tournament.
22. Define Menarche.
23. Name any 4 asanas to strengthen your back.
24. What do you mean balanced diet?

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

25. Draw a knockout fixture for 13 teams.
26. Discuss classifications sports of training cycles.
27. Classify postural deformities and explain any one.
28. What do you mean by Protein and fat?
29. List the basic physical fitness components and explain any two.
30. Define Sprain and strain.

Section -D Attempt any 3 questions (4- Marks)

31. Classification of sports injuries.
32. Write a short note on fit India program.
33. Explain contusion brief its cause, prevention and treatment.
34. Characteristics of introvert and extrovert

Section -E Attempt any 3 questions (5- Marks)

35. List down newtons laws.
36. How will you motivate a classmate with disability to take part in games and sports?
37. Discuss the asanas helpful for a person suffering from Diabetes.
38. Draw the league fixtures of 6 teams' Cyclic method.

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