



COMMON PRE-BOARD EXAMINATION 2022-23

CLASS: XII



Subject: PHYSICAL EDUCATION (048)

Date:

TIME ALLOWED: 3 HRS.

MAX. MARKS: 70

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 long answer types and should not exceed 200-300 words. Attempt any 3.

(SECTION A)

1. 'Ushtrasana' pose refers to –
a. Camel pose b. Cow pose c. Fish pose d. Cobra pose
2. Carl Gustav Jung classify personality types on the basis of -
a. Body structure b. Social character c. Humor or habits d. none of these
3. Which of the following Newton's law work in the long jump take off?
a. Law of conservation of mass c. Law of inertia
b. Law of acceleration d. Law of action reaction
4. Identify the type of fracture in the following picture:



- a. Comminuted fracture c. Oblique fracture
b. Transverse fracture d. Impacted fracture
5. A strength training exercise in which length of the muscles remains same during workout is known as –

- a. Isometric b. Isotonic c. Isokinetic d. Fartlek

6. This ability is needed for activities lasting for 45 seconds to about 2 minutes –
 a. Speed endurance c. Medium time endurance
 b. Short term endurance d. Long term endurance

7. vo2 max is related to _____
 a. Muscular system c. Cardiovascular system
 b. Respiratory system d. Energy production system

8. Given below are two statements, one of which is labelled as Assertion (A) and the other is labelled as Reason (R):

Assertion (A): Friction is the resistance to motion of one object moving relative to another.

Reason (R): Though friction dissipates power, but without friction we cannot walk.

Which one of the following is correct?

- a. (A) is false but (R) is true
 b. Both (A) and (R) are true but (R) is not the correct explanation of (A).
 c. Both (A) and (R) are true and (R) is the correct explanation of (A).
 d. (A) is true, but (R) is false.
9. Karate is an example of which type of aggression?
 a. Assertion b. Hostile c. Instrumental d. Relational
10. Deficiency of which of the following leads to rickets?
 a. Iron b. Iodine c. Calcium d. Chromium
11. In which of the following food groups “Sugar and Jaggery” come under?
 a. Protective or regulatory foods c. Body building foods
 b. Energy giving foods d. Immunity booster foods
12. Which gland secretes the hormone insulin, the lack of which is associated with Diabetes?
 a. Pituitary gland b. Thyroid gland c. Adrenal gland d. Pancreas
13. The basic function of management is:
 a. Controlling b. Budgeting c. Planning d. Staffing
14. Determine the number of matches to be played in a single league tournament in which 6 teams are participating.
 a. 30 b. 15 c. 5 d. 3
15. Development of Gross and fine motor development are part of:
 a. Physical benefits c. Social benefits
 b. Mental benefits d. Monetary benefits

16. Match the following:

I. Bow legs 1. Hunch back

- | | |
|-----------------|----------------|
| II. Flat foot | 2. Genu Valgum |
| III. Kyphosis | 3. Genu Varum |
| IV. Knock knees | 4. Pes Planus |

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

17. Match the following:

- | | |
|-------------------------|---|
| I. Sit and Reach test | 1. Measure strength and endurance of abdominal muscles |
| II. Partial curl up | 2. Measure cardiovascular fitness/ Cardiovascular endurance |
| III. Plate tapping test | 3. Measure flexibility of lower back and hamstring muscles |
| IV. 600 mtrs. Run/Walk | 4. Test the speed and coordination of limb movement |

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

18. Absence of a normal monthly period or menstrual cycle is termed as –

- | | |
|--------------------|-----------------|
| a. Oligo menorrhea | c. Amenorrhea |
| b. Polymenorrhea | d. Dysmenorrhea |

(SECTION B)

- 19.** Describe any four factors affecting flexibility of the athletes.
- 20.** Differentiate between introvert and extrovert.
- 21.** Give a brief introduction of Interval training method.
- 22.** What should be the first aid for fracture?
- 23.** Enlist the general equipment used for measuring SAI Khelo India Fitness Test.
- 24.** Write down any four important functions of Fats.

(SECTION C)

- 25.** Write a short note on Paralympics.
- 26.** What are Proteins? Describe its types and sources.
- 27.** Draw a fixture of 7 teams on league basis according to cyclic method.
- 28.** Enlist the causes of aggression in sports.
- 29.** Make a table explaining Sprain, Strain & Abrasion with symptoms of each injuries.
- 30.** What is 'Osteoporosis'? Enlist the symptoms of osteoporosis. Write its main causes and treatment.

(SECTION D)

31. ABC School is one of the reputed schools in their location for the number of sports facilities it provides to its stake holders. Keeping that in consideration CBSE Sports cell has given them the responsibility of conducting CBSE Football cluster. 36 teams have sent their entry for participation in the tournament. Due to large number of teams willing to participate, the school decided to conduct elimination tournament.

A. Determine the number of Matches in the first round.

OR

What will be the number of rounds in this tournament?

B. How many matches will be played in fourth round?

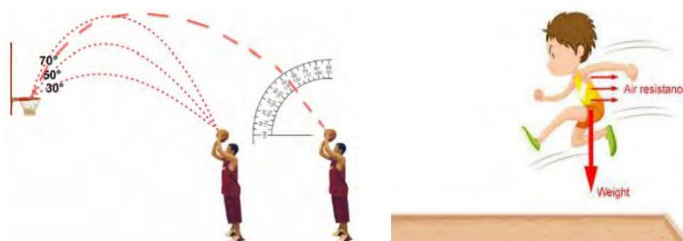
C. Total number of byes in lower half will be _____

OR

If 4 teams are given special seedings here, determine the number of bye in this tournament.

D. If 35 teams are participating, how many teams are there in upper and lower halves?

32.



While explaining how to release basketball at a correct angle to successfully score points the basketball coach showed students this picture. Basketball players wanted to know more about projectiles therefore the coach explained to them the factors affecting flight of an object.

A. An ideal angle of release for perfect projectile is _____ degrees.

B. If the initial velocity is low the object will cover _____ distance.

C. If the weight of the object is more the impact of gravity will be _____

OR

Increasing the height of release improves the _____ distance an object can be projected.

D. The larger the surface area, the _____ air resistance will affect the object.

33. 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 as important as other skills.

A. What are the two important roles of physical activities for the children with special needs?

B. What should be the ideal environment of physical activities for the children with special needs?

C. What type of equipment are required for the children with special needs?

D. School management understands the value of physical education in order to develop _____ for fitness among the children with special needs.

(SECTION E)

- 34.** List down any four asanas used for prevention of obesity. Explain the procedure for administration of any one of them along with its contraindications.
- 35.** Write down the purpose of all the tests that form a part of Rikli and Jones Test. Explain the procedure of any one test.
- 36.** Explain any two components of speed. Describe in brief about Acceleration run and Pace running method.
- 37.** Define friction. Explain its types. Write the advantages and disadvantages of friction in the field of sports.
