COMMON PRE-BOARD EXAMINATION
SUBJECT: PHYSICAL EDUCATION (048)
CLASS XII – SESSION 2022-23

Time allowed: 3 Hours | Maximum Marks: 70

Q.NO.	ANSWER	MARKS DISTRIBUTION
1.	d) organizing	1
2.	c) bye	1
3.	b) Karnam Malleswari	1
4.	c) (A) is true, but (R) is false.	1
5.	d) chronic knee pain	1
6.	d) (iii), (i), (iv), (ii)	1
7.	a) Eunice Kennedy Shriver	1
8.	a) 1989	1
9.	c) proteins	1
10.	c) (A) is true, but (R) is false.	1
11.	b) b,d,a,c	1
12.	b) 2001	1
13.	d) 15	1
14.	b) contusion	1
15.	a) Femur	1
16.	d) biomechanics	1
17.	a) Introvert	1
18.	b) The amount of force can be exerted in relation to body weight.	1
19.	a) to organize sports competition successfully. b) to prevent wastage of time. c) controlling d) staffing	0.5 X 4 = 2
20.	Fractures & Dislocations. A dislocation is where a bone has been displaced from its normal position at a joint. A fracture is when a bone has been broken.	1+1 = 2
21.	b) back scratch test b) flexibility test for lower body c) eight foot go and up test d) arm curl test.	0.5 X 4 = 2
22.	1. Pushing against the wall 2. Holding push-up position 3. Standing straight with holding barbells/dumbbell.	0.5 X 4 =2
23.	1. Frequent criticism from parents, teachers, or other important adults during childhood. 2. Inattentive or uninvolved caregivers or parents. 3. Bullying 4. Medical and mental health conditions, adverse life events, trauma or abuse.	0.5 X 4 =2
24.	a) 1st law b) 2nd law	0.5 X 4 =2

	c) 3rd law d) 3rd law	
25.	Sports training is a special process of preparation of sports persons based on scientific principles aimed at improving and maintaining higher performance capacity in different sports activities. It is a particular type of training designed to improve fitness and abilities to perform in a given sport. It includes strength in training, corrective and restorative exercises, conditioning and cardiovascular training. It also includes mental and psychological training and advice on nutritional values.	3
26.	A Sportsperson has some physical limitations in displaying his performance. To overcome these handicaps capacity psychological approach may help the individual to perform beyond his capacity. Physical educationists, coaches and trainers have realized the importance of psychological preparation of athletes, before, during and after the competition. Hence, psychology is emerging as a new branch termed as sports Psychology to achieve better results in sports like: (a) Analyse the behaviour of sportsman and his psychic state. (b) Identify talent for specific sports. (c) Create better learning situation. (d) Stabilizing the performance for a longer period. (e) Assessing and correcting psychological disorders. (f) Encouraging the players to make a comeback in professional sports.	3
27.	**Static Friction:** When a body in contact with a surface is at rest and no external force is applied on it. The force of friction on the body is zero. But when you apply a force of less magnitude on the body horizontally, the body continues to be at rest due to the force of friction which acts tangential to the surface of contact, in a direction opposite to the direction of force applied. So, the friction offered by the surface keeps the object on it stationary. Although the object is not moving on the surface. it has a tendency to move due to the applied force. The friction in such case is called static friction. So, the static frictional force is a self-adjusting force which increases on increasing the applied force till the relative motion just starts. e.g a boy standing on ice. **Rolling Friction:** When a body rolls on the surface of another, the frictional force exerted by the surface on the rolling body is called rolling friction. E.g. Friction exists between rolling tire and the road. The motion of the wheels is called rolling motion and force of friction exerted by the surface is called rolling friction.	3
28.	Sports injuries are very common in this competitive world. They can be categorized as: 1. Classification due to cause – It can be further classified into Direct –It is caused due to impact of external forces e.g. a hockey player receiving a bruise from being struck on the face by a stick during a game. Indirect – These injuries typically involve the athlete himself by damaging the soft tissues such as the ligaments, tendons or muscles. Overuse – It is caused due to the overuse of body parts, e.g., tennis elbow in javelin throwers. 2. Classification due to types of tissues – it can be further classified into- (a) Soft tissue – like sprain, strain, abrasion etc. (b) Hard tissue – These occur in	3

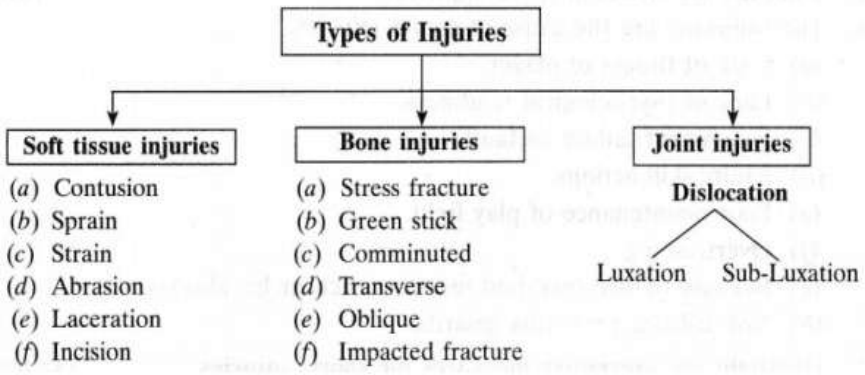
	bones and cartilages, e.g., fracture. 3. Abrasion – It is an injury to the surface of skin. It exposes the blood vessels and the superficial layer of skin is scraped off. Most common site of abrasion is knees, palms and elbows. 4. Contusion – It is an injury in which the skin is not broken but often produces bruise. It is caused due to hitting of blunt object. 5. Laceration/Incision – It is a tear in any tissue in the body; it may be external or internal. A lacerated wound is often caused by a cut from a sharp object such as knife. 6. Sprain – It is an injury to a joint in which some of the ligaments are stretched or tom. The symptoms consist of pain, swelling and tenderness. 7. Strain – Strain is injury of muscle; generally known as 'muscle pull'. This injury causes tearing or overstretching of muscle fibres. The symptoms of a strain are an acute pain at the time of injury. 8. Bone and joint dislocation – A dislocation is an injury to a joint. Due to over twisting the ends of bones are forced away from their normal positions. It is common in the shoulders and fingers. 9. Fractures – Fracture is broken or cracked bone caused accidently by a wrenching force.	
29.	Age group 9-18yrs/ class 4-12: (any one explanation) BMI, 50mt Speed test, 600mt Run/Walk, Sit & Reach flexibility test, Strength Test (Abdominal Partial Curl Up, Push-Ups for boys, and Modified Push-Ups for girls). 50 Meter Dash Sprint or speed tests can be performed over varying distances, depending on the factors being tested and the relevance to the sport. Purpose: The aim of this test is to determine acceleration and speed. Equipment required: measuring tape or marked track, stopwatch, cone markers, flat and clear surface of at least 70 meters. Measure and mark out the test area. Perform an appropriate warm up. Procedure: The test involves running a single maximum sprint over 50 meters, with the time recorded. A thorough warm up should be given, including some practice starts and accelerations. Start from a stationary standing position (hands cannot touch the ground), with one foot in front of the other. The front foot must be behind the starting line. Once the subject is ready and motionless, the starter gives the instructions "set" then "go.". Results: Two trials are allowed, and the best time is recorded to the nearest 2 decimal places. The timing starts from the first movement (if using a stopwatch) or when the timing system is triggered, and finishes when the chest crosses the finish line and/or the finishing timing gate is triggered. 2.600 Yards Run or Walk (Boys and Girls) Equipment: 1. A Track 2. A Stop Watch Description: Pupils take their positions at the standing start. The race starts with command words: "Ready" and "Go". As many as Six Pupils can participate at a time. Rules: Walking is	3

permitted but the object is to cover the distance in shortest possible time. Scoring: Record in Minutes and Seconds. 3. The sit and reach test is a common measure of flexibility, and specifically measures the flexibility of the lower back and hamstring muscles. This test is important as because tightness in this area is implicated in lumbar lordosis, forward pelvic tilt and lower back pain. This test was first described by Wells and Dillon (1952) and is now widely used as a general test of flexibility. Test Procedure The basic outline of the sit and reach test is described below. Equipment required: sit and reach box (or alternatively a ruler can be used, and a step or box). Procedure: This test involves sitting on the floor with legs stretched out straight ahead. Shoes should be removed. The soles of the feet are placed flat against the box. Both knees should be locked and pressed flat to the floor - the tester may assist by holding them down. With the palms facing downwards, and the hands on top of each other or side by side, the subject reaches forward along the measuring line as far as possible. Ensure that the hands remain at the same level, not one reaching further forward than the other. After some practice reaches, the subject reaches out and holds that position for at one-two seconds while the distance is recorded. Make sure there are no jerky movements. Scoring: The score is recorded to the nearest centimeter or half inch as the distance reached by the hand. Some test versions use the level of the feet as the zero mark, while others have the zero mark 9 inches before the feet. There is also the modified sit and reach test which adjusts the zero mark depending on the arm and leg length of the subject. Validity: This test only measures the flexibility of the lower back and hamstrings, and is a valid measure of this. Reliability: The reliability of this test will depend on the amount of warm-up that is allowed, and whether the same procedures are followed each time the test is conducted. Most sit and reach testing norms are based on no previous warm-up, though the best results will be achieved after a warm up or if the test is preceded by a test such as the endurance test which can act as a warm up. If a warm up is used, it is important to have a standardized warm up and test order and repeat the same conditions for each time the test is conducted. Advantages: The sit and reach test is a common test of flexibility, and is an easy and quick test to perform. Disadvantages: Variations in arm, leg and trunk length can make comparisons between individuals misleading. This test is specific to the range of motion and muscles and joints of the lower back and hamstrings, and may not be relevant to other parts of the body. 4.PARTIAL CURL UP-The partial curl-up abdominal fitness test requires the subjects to perform as many sit ups as possible following a rate of one every three seconds. Purpose: The curl-up test measures abdominal strength and endurance, which is important in back support and core stability. Equipment required: a flat, clean, cushioned surface, recording sheets, pen, and a metronome (or audio file, drums). Pre-test: Explain the test procedures to the subject. Perform screening of health risks and obtain

	informed consent. Prepare forms and record basic information such as age, height, body weight, gender. Procedure: The starting position is lying on the back with the knees flexed and feet 12 inches from the buttocks. The feet cannot be held or rest against an object. The arms are extended and are rested on the thighs. The head is in a neutral position. The subject curls up with a slow controlled movement, until the student's shoulders come off the mat two inches, then back down again. One complete curl-up is completed every three seconds (1.5 seconds up and 1.5 seconds down, with no hesitation), and are continued until exhaustion (e.g. the subject cannot maintain the rhythm). There is no pause in the up or down position, the curl-ups should be continuous with the abdominal muscles engaged throughout. scoring: Record the total number of curl ups. The completion of one complete curl up counts as one. Only correctly performed curl ups should be counted - the sit up is not counted if the shoulders are not raised up two inches; the head touches the mat; the heels come off the mat . advantages: this test is simple and quick to perform requiring minimal equipment, and large groups may be tested at once. disadvantages: a metronome is not always available and creating a suitable audio tape is not easily done. It is difficult to control the amount of the curl up. 5. PUSH UPS BOYS & MODIFIED PUSH UPS GIRLS The push-up fitness test (also called the press-up test) measures upper body strength and endurance. There are many variations of the push-up test, with differences in the placement of the hands, how far to dip, the duration of the test and the method of counting the number of completed push ups. possible equipment required: depending on which protocol you use, you will need a floor mat, metronome (or audio tape, clapping, drums), stopwatch, wall, chair. pre-test: Explain the test procedures to the subject. Perform screening of health risks and obtain informed consent. Prepare forms and record basic information such as age, height, body weight, gender and test conditions. Perform a standard warm-up. S procedure: A standard push-up begins with the hands and toes touching the floor, the body and legs in a straight line, feet slightly apart, the arms at shoulder width apart, extended and at a right angle to the body. Keeping the back and knees straight, the subject lowers the body to a predetermined point, to touch the ground or some other object, or until there is a 90-degree angle at the elbows, then returns back to the starting position with the arms extended. This action is repeated without rest, and the test continues until exhaustion, or until they can do no more in rhythm or have reached the target number of push-ups. Scoring: Record the number of correctly completed push-ups. modified push ups girls: The Modified Push-Up Fitness Test is used to measure upper body strength endurance and trunk stability. This variation, which uses a modified technique with a clap behind the back while in the 'down' position and a touch from one hand to the other in the 'up' position. Equipment required: stopwatch, gym mat (optional) pre-test: Explain the test procedures to the subject. Perform	

	screening of health risks and obtain informed consent. Prepare forms and record basic information such as age, height, body weight, gender and test conditions. Perform a standard warm-up. Procedure: The subject lies face down on the mat. The test begins by clapping the hands together behind the back once, then the hands are brought back to the standard position next to the shoulders and a normal straight-leg push-up is completed with elbows completely straight in the up position. One hand is then used to touch the back of the other hand before lowering the body again. The subject ends the cycle back in the face-down position on the mat. The timing starts when the subject first claps their hands behind their back, and then continues for 40 seconds. Scoring: Record the total number of correctly completed push-ups that were performed in 40 seconds. Variations: If the subject has a limited range of motion in shoulder joints and is unable to clap their hands behind the back, they can begin the push-up cycle by clapping their hands to the sides of their thighs.	
30.	Special Olympics is a global organization that changes lives by promoting understanding, acceptance and inclusion among people with and without intellectual disabilities. We unleash the power of the human spirit through the transformative power and joy of sports, every day around the world.	3
31.	a) anorexia nervosa and bulimia nervosa b) less than 18.5 c) lying about eating, dieting even when thin, drastic weight loss, low calorie nutrition. d) Bulimia: It is an eating disorder by binge eating and purging or consuming large amount of food.	1X 4= 4
32.	a) diabetes, b) Ardhmatsyendrasana c) iv) Shalabhasana d) BMI is 30.0 or higher **OR** b) excessive eating	1X 4= 4
33.	a) sprain b) muscles c) both (a) & (b) d) Precaution, rest, ice, elevation, compression. **OR** (a) Special Olympics strive to create a better world by fostering the acceptance and inclusion of all people. Through the power of sports, people with intellectual disabilities discover new strengths and abilities, skills and success, athletes find joy, confidence and fulfilment—on the playing field and in life. (b) "Let me win. But if I cannot win, let me be brave in the attempt."	1X 4= 4

	(c) "International Games for the Deaf" (d) The Deaflympics are held every 4 years.	
34.	Management (or managing) is the process of overseeing the operations of a company, non-profit, or governmental entity. It is both the science and the art of managing a company's resources. Explanation: Sports event planners and managers are charged with a variety of duties related to organizing and managing athletic events. Examples of the kinds of responsibilities that sports event organizers have include as follows: • hiring and preparing event workers, such as event managers, referees, security detail broadcasters, and volunteers. • negotiating prices with event vendors, locations, or sports stadiums. scheduling athletic events like competitions, games, or team dinners to ensure that suitable venue spaces are available. • coordinating award ceremonies or team meals that fit their budget by working with team coaches and parents at the recreational level. • collaborating with experts in sports marketing to create flyers, print or digital promotions, and sales channels for event attendees.	5
35.	Pachimuttanasana: It is also known as 'Ugrasana'. This asana directs the energy along the back kindles and reduces belly and bestows good health. Procedure: One sits on floor with legs outstretched, feet together and hands on the knees. The whole body is relaxed. (a) Exhaling, one bends forward slowly until he is able to catch hold of the toes. (b) If this is difficult heels or ankles are held. Hold in this position for a few seconds, breathing normally. (c) The back and leg muscles are relaxed allowing them to gently stretch. (d) Touch the head with the knees, without any strain. (e) Hold the final position for few seconds. (f) Inhale and slowly return to starting position (g) Practice 4-5 times. Contraindications: 1. If you are suffering from enlarged liver, spleen or acute appendicitis, you should never do this asana. 2. Avoid doing this asana if you are suffering from any respiratory diseases. 3. If you have any back or spinal problem, make sure that you perform this asana only under expert guidance,	5
36.	Balanced Diet: Balanced diet is that diet which contains all the important nutrients (macro and micro) in correct proportion for efficient working of the body. In other words, it is intake of appropriate type and adequate amount of food to supply energy and to support growth and development of an individual. Balanced diet contains all nutrients (macro and micro) in sufficient	5

	quantity and it fulfills the needs of body. Components of balanced diet are: (a) Energy Yielding Food (b) Body Building Food (c) Defensive Food. The nutrients present in excess of 10 m mole Kg-1 are called macro nutrients. Carbon, hydrogen, oxygen, nitrogen, phosphorus, sulphur, potassium, calcium and magnesium.	
37.	 (a) **Fractures:** Stress fractures: It is an overuse injury. It occurs when muscles become fatigued and are unable to absorb added shock. The fatigued muscle transfers the overload of stress to the bone causing a tiny crack called a stress fracture. Green stick fracture: The break occurs only part way through the bone. It develops crack without being completely broken. It is common in children. Transverse fracture: It means breaking in one of the bones of spine. The bone is broken straight across. Comminuted fracture: The bone splinters, shatters usually due to a crushing injury. Impacted fracture: When the broken ends of both the bones drive into one another**.** **(b) Joint injuries:** These include dislocation with subluxation and luxation. Dislocation occurs when the position of bones in joints is altered. It is a displacement of cartigeous. Surface of bones comprising a joint. It is of two types: Subluxation: Bones of joints are only partially displaced. Luxation: Bones of joints are totally displaced First aid for joint injuries: (a) Keep the patient in comfortable position which he/she wishes to assume. (ii) Movement is restricted to avoid further complications. (c) The injured part is supported by use of slings and bandage. (d) Apply ice pack to reduce swelling and to reduce pain. (e) The patient should be transported to nearby hospital in a comfortable position.	5