



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



Time allowed: 3 Hours

Maximum Marks: 70

**GENERAL INSTRUCTIONS:**

- 1) The question paper consists of 5 sections and 37 Questions.
- 2) Section A consists of questions 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
- 3) Section B consists 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) Section C consists of Questions 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
- 5) Section D consists of Questions 31-33 carrying 4 marks each and are case studies. There is an internal choice available.
- 6) Section E consists of Questions 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.

**SECTION - A**

1. The basic function of management is 1
  - a) controlling
  - b) budgeting
  - c) planning
  - d) organizing
2. \_\_\_\_\_ is the advantage/privilege given to a team usually by drawing a lot, exempting the team from playing the match in the first round. 1
  - a) seeding
  - b) special seeding
  - c) bye
  - d) staircase
3. First ever Olympic medal received by an Indian women athlete was \_\_\_\_\_. 1
  - a) Geeta Phogat
  - b) Karnam Malleswari
  - c) Marry Kom
  - d) Sakshi Malik
4. Given below are two statements labeled Assertion (A) and (R).  
**Assertion (A):** Wrong sitting posture creates postural disabilities.  
**Reason (R):** One must perform abdominal strengthening exercises.  
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.
5. Ushtrasana should not be performed if an individual is suffering from \_\_\_\_\_. 1
  - a) hernia
  - b) peptic ulcer
  - c) asthma
  - d) chronic knee pain

6. Match list -I with list-II and select the correct answer from the code given below.

1

List I	List II
a) Vajrasana	i) Reduce fat around waist
b) Katichakrasana	ii) Cures obesity
c) Bhujangasana	iii) Make digestive system function smooth
d) Ardh- Matsyendrasana	iv) Spine gets a good stretch

**Codes:**

	1	2	3	4
(a)	(i)	(ii)	(iii)	(iv)
(b)	(iv)	(iii)	(ii)	(i)
(c)	(iv)	(iii)	(i)	(ii)
(d)	(iii)	(i)	(iv)	(ii)

7. The founder of Special Olympics was

1

- a) Eunice Kennedy Shriver                      b) Lyndon B. Johnson  
c) John F. Kennedy                                d) Donald Trump

8. The word "Paralympic" was adopted in \_\_\_\_\_.

1

- a) 1989    b) 1980  
c) 1992    d) none of the above

9. Kwashiorkor and Marasmus diseases are caused due to deficiency of \_\_\_\_\_.

1

- a) fat    b) minerals  
c) proteins    d) carbohydrates

10. Given below are two statements labeled Assertion (A) and (R).

1

**Assertion (A):** An obese person has a BMI of more than 30.

**Reason (R):** BMI indicates the flexibility of a person.

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.

11. Match list -I with list II and select the correct answer from the code given below.

1

List I	List II
1. Food intolerance	a) Loss in body weight
2. Food myths	b) Vomiting
3. Dieting	c) Healthy weight
4. B.M.I = 24	d) Do not drink water with fish meals

**Codes:**

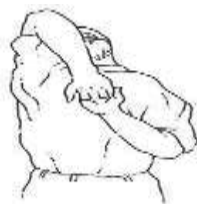
	1	2	3	4
a)	d	a	b	c
b)	b	d	a	c
c)	b	a	d	c
d)	d	a	c	b

12. Dr. Roberta Rikli and Dr. Jessie Jones developed the senior citizen fitness test in which year? 1  
 a) 2000 c) 2002  
 b) 2001 d) 2003
13. After how many falls flamingo balance test is terminated? 1  
 a) 10 b) 12  
 c) 18 d) 15
14. Internal injury below the skin because of hard impact. The affected part becomes blue-black is called \_\_\_\_\_. 1  
 a) abrasion c) bruise  
 b) contusion d) laceration
15. \_\_\_\_\_ bone comes out of the socket in hip dislocation. 1  
 a) Femur b) Humerus  
 c) Tibia d) Fibula
16. Mechanical analysis of the javelin thrown by Neeraj Chopra will be done under \_\_\_\_\_. 1  
 a) biology b) physiology  
 c) anatomy d) biomechanics
17. \_\_\_\_\_ is a type of personality engrossed with their own thought and shy in nature. 1  
 a) Introvert b) Ambivert  
 c) Agreeableness d) All of these.
18. Absolute strength is 1  
 a) the amount of force one can exert one time  
 b) the amount of force can be exerted in relation to the body weight.  
 c) the amount of force that can be exerted over time.  
 d) all the above.

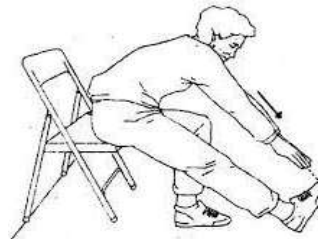
### SECTION-B

19. Write any four functions of planning. (0.5X4=2)
20. What is the difference between fracture and dislocation? (1+1=2)
21. Identify the items of tests given below and name them. (0.5X4=2)

(a)



(b)



(c)



(d)



22. Suggest any four Isometric exercises for shoulder region. (0.5X4=2)
23. Write any four causes of low self-esteem. (0.5X4=2)

24. Identify the movement and name which law is applied.

(0.5X4=2)

a)



(b)



(c)



(d)



### SECTION – C

25. What do you mean by the term 'training' in sports? 3
26. Explain the importance of psychology in the field of physical education and sports. 3
27. Explain briefly static friction and rolling friction in detail. 3
28. Enlist different types of injuries in sports. 3
29. Enlist the SAI Khelo India fitness test in school for the age group 9-18 years and explain any one of them. 3
30. Write about the Special Olympics organization for children and adults with special need. 3

### SECTION – D

31. Read the given case study carefully and answer the questions that follow:

Ragini, a student of class XII has very low BMI due to which her class teacher has asked the school counselor to help Ragini because it seems Ragini is not taking proper meals. (1X4=4)

- a) List down any two eating disorders?
- b) What is the range for underweight students in BMI?
- c) Write any two symptoms of anorexia nervosa?
- d) What do you mean by bulimia?

32. Neeti along with her father used to go regularly to District Park in the early morning. She realized that most of the children are obese. She along with her few classmates wanted to help those children. She discussed this with her physical education teacher and the Principal of the school. The school decided to organize an awareness rally for the neighborhood. (1X4=4)

- a) Obesity causes \_\_\_\_\_.
  - i) underweight
  - ii) diabetes
  - iii) back pain
  - iv) both (ii) and (iii)
- b) Which of the following asana is not used for curing obesity?
  - i) Ardhamatsyendrasana
  - ii) Halasana
  - iii) Parvatasana
  - iv) Katichakrasana
- c) Choose the asana which is used for curing obesity?
  - i) Sukhasana
  - ii) Shavasana
  - iii) Dhanurasana
  - iv) Shalabhasana
- d) What is the BMI of an obese person?

OR

One of the possible causes of Obesity could be:

- a) heredity
- b) excessive eating
- c) fast metabolism
- d) both (a) & (b)

33. While playing football in school, Mehul got his leg injured. As a result, he was experiencing extreme pain and difficulty in walking and swelling at the place of injury. His classmates took him to the medical room for first aid. (1X4=4)

- a) According to the symptoms, Mehul suffering from \_\_\_\_\_.  
i) strain                      ii) abrasion                      iii) sprain                      iv) incision
- b) Sprain is an injury to the \_\_\_\_\_.  
i) ligament                      ii) tissue                      iii) bone                      iv) muscles
- c) Which treatment should be given in the type of sports injury?  
i) hot treatment                      ii) massage                      iii) cold treatment                      iv) both (i) & (ii)
- d) PRICE means \_\_\_\_\_.

**OR**

In relation to the pictures, answer the following questions.



- a. What is the mission of the first organization?  
b. What is the Motto of the first organization?  
c. Until 1965 the games in the second picture were known as \_\_\_\_\_.  
d. Second picture games are conducted after every \_\_\_\_\_ years.

#### **SECTION – E**

34. Explain in detail the functions of sports events management. 5
35. What is Paschimottasana? Write its complete procedure and contraindications. 5
36. Define a balanced diet. Explain any four micronutrients. 5
37. Write in detail about the dislocation and fractures among the bones and joint injuries. 5