



COMMON PRE-BOARD EXAMINATION: 2022-23

Class-XII Subject - PHYSICAL EDUCATION (048)



Max Marks:70

Date: /... /2023

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. The Committee responsible for liaison with Print media is the _____ Committee.

- a. Technical
- b. Logistics
- c. Marketing
- d. Finance

2. Which of the following tournament helps save time?

- a. Knockout tournament
- b. League tournament
- c. Combination tournament
- d. Round Robin tournament

3. Deformity of the legs is known as

- a. Scoliosis
- b. Lordosis
- c. Knock knees
- d. Kyphosis

4. Identify the asana:



- a. Gomukhasana
- b. Matsyaasana
- c. Paschimottasana
- d. Ardha Matsyendrasana

5. Which asana is of side twist pose?

- a. Shavasana
- b. Chakrasana
- c. Ardha Matsyendrasana
- d. Parvatasana

6. Which is the first step used in classification for Paralympics

- a. Medical Assessment
- b. Functional Assessment
- c. Observation

d. Competition

7. Nutrition is _____ Substance.

a. Biological

b. Chemical

c. Energy

d. Mechanical

8. Which is NOT a Micronutrient?

a. Macro Minerals

b. Trace Minerals

c. Vitamins

d. Protein

9. 50 Mtr Dash is conducted to test:

a. Strength

b. Acceleration

c. Flexibility

d. Endurance

10. Which test can be applied to test Endurance?

a. Sit and Reach

b. Push Ups

c. 600 Mtr Run/Walk

d. Plate Tapping Test

11. A fracture in which the bone breaks diagonally is called a _____ fracture.

- a. Greenstick
- b. Impacted
- c. Oblique
- d. Transverse

12. The volume of blood pumped during one beat (contraction) is called,

- a. Blood flow
- b. Stroke volume
- c. Veins and arteries
- d. Capillaries

13. Friction is a _____

- a. Magnetic Force
- b. Non-contact Force
- c. Contact Force
- d. Couple Force

14. The motion of a projectile is due to two separate simultaneously occurring components of motion and they are

- a. One along the vertical
- b. One along the horizontal
- c. both a and b
- d. none of above

15. A person who is bold and outgoing is an

- a. Introvert
- b. Extrovert
- c. Ambivert
- d. Somatotype

16. Which of the following is a legitimate behaviour?

- a. Hostile Aggression
- b. Instrumental Aggression
- c. Assertiveness
- d. Proactive Aggression

17. Meso cycle is training of

- a. one week
- b. 4 to 10 days
- c. 3 to 6 weeks
- d. Three 3 months

18. Under which kind of strength would you put Shotput?

- a. Strength Endurance
- b. Explosive Strength
- c. Maximum strength
- d. Speed Strength

SECTION - B

19. Why controlling function is important in sports event management?
20. What is meant by Round Shoulders? Mention a few exercises to correct it.
21. Write in detail the benefits of Gomukhanasana.
22. Discuss the importance of Protein in regard to sportsperson.
23. What is a sprain? Write its cause, prevention and treatment.
24. Describe importance of self-talk by athletes in sports?

SECTION - C

25. What is menstrual dysfunction? Write in brief.
26. Discuss about Special Olympic:
27. Write the beneficial non-nutritive factors of foods:
28. Explain type of Injuries
29. Write types of equilibrium:
30. What is Big Five Theory?

SECTION - D

31. What is league tournament? Draw the fixtures of 6 team and 7 team
32. Explain in detail Advantages of Physical Activities for CWSN:.
33. Write Advantages and disadvantages of friction in the field of sports:

SECTION - E

34. Explain Asthma. Write about the procedure, benefits and contraindications of Paschimottanasana.

35.Explain in detail SAI KHELO Fitness Test In School Age group 9 to 18

36.ExplainProjectile in Sports?

37. What is Strength? What are various methods for developing Strength? Write in detail