



**INDIAN SCHOOL MUSCAT  
FIRST PRE BOARD EXAMINATION  
PHYSICAL EDUCATION**

**Roll Number:**

CLASS: XII

Sub. Code: 048

Time Allotted: 3 Hrs.

18.01.2020

Max. Marks: 70

**General Instructions:**

- The question paper consists of 34 questions.
- All questions are compulsory.
- Answer to question 1-20 carrying 1 mark.
- Answer to question 21-30 carrying 3 marks should be in approximately 80-100 words.
- Answer to question 31-34 carrying 5 marks should be in approximately 150-200 words.

**SECTION A**

A Choose the correct answer

- |   |   |   |
|---|---|---|
| 1 | What is planning in Physical Education?   | 1 |
|   | a) Putting thoughts together and organizing activities                                |   |
|   | b) Process to develop a strategy to achieve desired goals                             |   |
|   | c) Is a trap laid to capture the future   |   |
|   | d) All the above  |   |
| 2 | What are consolation tournaments?   | 1 |
|   | a) Every team plays with every other team once.                                       |   |
|   | b) A team which is once defeated gets eliminated                                      |   |
|   | c) One additional chance is given to the defeated teams                               |   |
|   | d) Matches are to be played on group basis or zonal basis                             |   |
| 3 | What do you mean by sports nutrition?   | 1 |
|   | a) To control or maintain weight.   |   |
|   | b) It is the study and practice of nutrition and diet as these relate to performance. |   |
|   | c) Try to avoid junk food and fast foods such as pizza, burger, chocolate etc.        |   |
|   | d) Take a pledge that you will lose 1kg per month depending excess weight.            |   |
| 4 | Fats are derived from two sources.  | 1 |
|   | a) Animal sources & Vegetable sources   |   |
|   | b) Pulses & Rice  |   |
|   | c) Calcium & Iron   |   |
|   | d) Fibre & Water  |   |

- 5 Define cognitive disability. 1
- a) Disability of physical functioning.
  - b) Neurological disorders.
  - c) Limitations in intellectual functioning
  - d) Immunity power of a child is low.

**B. Give one word answers**

- 6 Malnutrition may cause disability. Explain this statement 1
- OR**
- What is food intolerance?

- 7 What type of resistance can be used for developing strength among children? 1

- 8 What do you mean by bulimia? 1

- 9 Which test would you suggest for your grandmother to test lower body flexibility? 1

- 10 Calculate the body fat percentage of a 15year old boy whose triceps and calf skinfold measurements are 14mm and 11mm respectively by using Slaughter-Lohman children skinfold formula. 1

**OR**

What do you mean by spinal curvature of deformities?

**C. State True or False**

- 11 The amount of oxygen which can be absorbed and consumed by the working muscles from the blood is called oxygen uptake 1

- 12 Contusion is not a muscle injury. 1

- 13 First aid is the first help given to the wounded or accidental victim before the arrival of the doctor. 1

- 14 First law of motion is also known as Law of Inertia. 1

- 15 When a projectile moves through the air, it is slowed due to air resistance. 1

**OR**

Lift is the force that pushes the object to move downward.

**D. Fill in the blanks**

- 16 \_\_\_\_\_ is a straight line around which an object rotates. 1

- 17 Angular movement occurs only between the \_\_\_\_\_ 1

- 18 \_\_\_\_\_ motivation occurs when external factors compel the person to do something. 1
- 19 Dynamic strength can be called \_\_\_\_\_ strength. 1
- 20 Static strength can be measured by \_\_\_\_\_. 1
- OR**
- Basic endurance is also called \_\_\_\_\_ endurance.

### SECTION B

- 21 Draw a fixture of 6 teams on league basis following the cyclic method. 3
- 22 Write three differences between intramurals and extramurals. 3
- 23 In sports such as Boxing and Wrestling, do players tend to lose weight sharply? Explain the pitfalls of dieting. 3
- OR**
- Critically explain the use of dietary supplements in heavy dose for longer duration. Justify your answer with two suitable examples.
- 24 Discuss the procedure of Vakrasana. 3
- 25 What do you mean by Oppositional Defiant Disorder? 3
- 26 Explain the causes of kyphosis and lordosis. 3
- OR**
- How can women's participation in sports and games be encouraged in India? Explain
- 27 What do you mean by AAPHER fitness test? Explain administration of any three items of this test. 3
- 28 Elaborate any three physiological factors determining endurance. 3
- 29 What do you mean by laceration? How can you manage laceration? 3
- 30 Differentiate between flexion and extension. 3
- OR**
- Discuss the four basic forces of aerodynamics in brief.

### SECTION C

- 31 Explain any five common postural deformities. 5
- 32 What do you mean by specific sports programmes? Explain about health runs and run for unity in detail. 5

**OR**

Vitamins are very essential for the normal working of the body and are divided into two groups. Explain about them.

- 33 Weight training is one of the oldest methods for development of strength. What are its advantages and disadvantages? 5
- 34 Explain the cognitive aspect of stress. Suggest any three techniques briefly to overcome stress. 5

**OR**

Explain the coordinative abilities of a sports person.

**End of the Question Paper**