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SET A



INDIAN SCHOOL MUSCAT
PRE-BOARD EXAMINATION
PHYSICAL EDUCATION (048)

TERM I

CLASS: XII

01.11.2021

Time Allotted: 90 min.

Max. Marks: 35

General Instructions:

1. There are three sections in the Question paper namely Section A, Section B and Section C.
2. Section A consists of 24 questions amongst which 20 questions have to be attempted.
3. Section B consists of 24 questions amongst which 20 questions have to be attempted.
4. Section C consists of 12 questions amongst which 10 questions have to be attempted.

SECTION A (KNOWLEDGE AND UNDERSTANDING)

1. A tournament where every team plays with every other team once and the number of matches is determined with the help of $N(N-1)$ is called as
 - (a) Single league tournament
 - (b) Double league tournament
 - (c) Knock out tournament
 - (d) League cum Knock out tournament
2. What is the primary nutrient that contributes to bone health?
 - (a) Iron
 - (b) Potassium
 - (c) Calcium
 - (d) Phosphorus
3. Writing, Holding, Catching, and Smashing are examples of
 - (a) Gross motor Development
 - (b) Fine motor Development
 - (c) Both (a) and (b)
 - (d) None of them

4. Which is not an item of Barrow motor ability test?
 - (a) Medicine ball put
 - (b) Zig Zag run
 - (c) Standing Broad Jump
 - (d) Push-ups
5. How do we define the phases into which we often break fundamental movements to simplify biomechanical analysis?
 - (a) Biomechanically distinct functions and easily identified boundaries
 - (b) Easily identified functions and clearly defined boundaries
 - (c) Anatomically distinct functions and easily identified boundaries
 - (d) Medically distinct functions and clearly defined boundaries
6. Seeding method refers to:
 - (a) Pairing of all weak teams together
 - (b) Pairing of all strong teams together
 - (c) Strong teams paired with weak or all strong teams grouped in upper half or lower half
 - (d) None of them
7. Which of the following food helps in sustaining prolonged routine of exercise?
 - (a) Fats
 - (b) Proteins
 - (c) Vitamins
 - (d) Carbohydrates
8. Rate at which the activity is being performed is known as
 - (a) Volume
 - (b) Intensity
 - (c) Type of activity
 - (d) Frequency
9. To determine VO_2 max which of the following is not required?
 - (a) Weight
 - (b) Gender
 - (c) Age
 - (d) Name

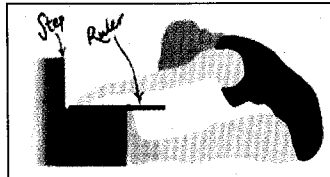
- 10 In plantar flexion of the foot about the ankle joint
 - (a) The foot moves upwards towards the front of the calf
 - (b) The foot moves upwards towards the rear of the calf
 - (c) The foot moves sideways
 - (d) None of the above
- 11 A system in which responsibility for planning lies with the highest level is called:
 - (a) Centralized planning
 - (b) Decentralized planning
 - (c) Strategic planning
 - (d) Flexible planning
- 12 Which of the following is not a trace element?
 - (a) Cu
 - (b) Zn
 - (c) F
 - (d) Na
- 13 Mental development includes
 - (a) External and internal organs
 - (b) Reasoning and thinking
 - (c) Ethical and moral
 - (d) Emotional maturity
- 14 Name the tests which we use for cardiovascular fitness Test
 - (a) Harvard step test & Rockport test
 - (b) Sit and reach test
 - (c) Arm curl test
 - (d) Chair sit and reach test
- 15 Internal and external rotation are movements in which anatomical plane?
 - (a) Sagittal
 - (b) Frontal
 - (c) Horizontal
 - (d) None of these

- 16 The total number of matches in a knock out tournament of 34 teams
 - (a) 31
 - (b) 32
 - (c) 33
 - (d) 35
- 17 Before running a marathon, the trainer asked the athlete to monitor her vitamin and mineral levels to fight against free radicals which:
 - (a) Damages cells
 - (b) Limit conversion of proteins in ATP
 - (c) Reduce effectiveness of electrolytes
 - (d) Destroy stored glucose
- 18 Scoliosis is a position in which the _____ is tilted to either side of the body.
 - (a) Spine
 - (b) Knee
 - (c) Foot
 - (d) Leg
- 19 50 mtr sprint test measures _____.
 - (a) Endurance
 - (b) Flexibility
 - (c) Strength
 - (d) Speed
- 20 Flexion and extension are:
 - (a) Movements in the frontal plane about the sagittal axis
 - (b) Movements in the sagittal plane about the frontal axis
 - (c) Movements in the horizontal plane about the vertical axis
 - (d) Movements in the vertical plane about the horizontal axis
- 21 Which is a water soluble Vitamin?
 - (a) Vitamin A
 - (b) Vitamin D
 - (c) Vitamin B
 - (d) Vitamin K

- 22 In planning, defining procedure means:
- (a) Setting goals
 - (b) Making a policy
 - (c) Laying down rules and regulations
 - (d) Defining course of action
- 23 Movements that occur primarily in the sagittal plane are:
- (a) Adduction, lateral flexion, flexion, dorsiflexion
 - (b) Flexion, extension, dorsiflexion, plantar flexion
 - (c) Flexion, extension, dorsiflexion, internal-external rotation
 - (d) Supination and pronation of the fore arm
- 24 Newton's Second Law of Motion is also known as:
- (a) Law of reaction
 - (b) Law of Inertia
 - (c) Resultant Force
 - (d) Law of Effect

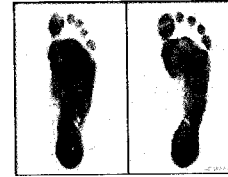
SECTION B (APPLICATION & HOTS)

- 25 Name the component which is measured by this test.



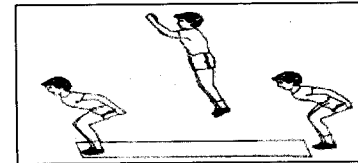
- (a) Endurance
- (b) Speed
- (c) Flexibility
- (d) Coordinative ability

- 26 Which exercise should be done to cure this deformity?



- (a) Skipping
- (b) Walking on heels
- (c) Hanging on horizontal bar
- (d) Both (a) & (b)

- 27 Identify the component of the fitness which is tested through this activity.



- (a) Maximum strength
- (b) Explosive strength
- (c) Strength endurance
- (d) Static strength

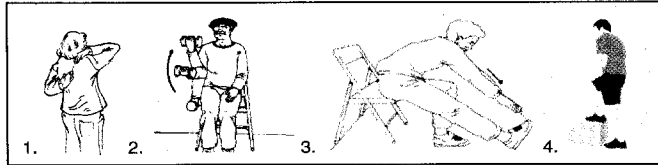
- 28 Match the following

- | | |
|----------------|--------------|
| 1. Vitamin B12 | A. Thiamin |
| 2. Vitamin B3 | B. Biotin |
| 3. Vitamin B7 | C. Cobalamin |
| 4. Vitamin B1 | D. Niacin |

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

- 29 Which statement is not true about protein?
- Protein forms new tissues
 - Protein regulates the balance of water and acids
 - Protein helps in production of hormones
 - Protein makes antibiotics

30 Identify the odd one



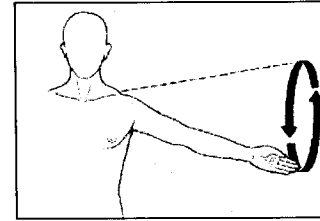
- 4
- 3
- 2
- 1

31 Assertion (A): UNICEF says that water is not included in macro nutrients but USDA includes it as part of macronutrients.

Reason (R) : Water must be taken in large quantities therefore it can be considered a macronutrient

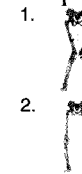
- Both (A) and (R) are true, but (R) is not the correct explanation of (A).
- (A) is true but (R) is false
- Both (A) and (R) are true and (R) is the correct explanation of (A)
- (A) is false but (R) is true

32 Identify the movement



- Rotation
- Circumduction
- Flexion
- Extension

33 Match the postural deformities with their remedial activity



(a)



(b)



(c)



(d)



- 1 3 2 4
- 1 4 3 2
- 1 3 4 2
- 4 2 3 1

- 34 How many byes will be given if there are 8 teams in the knock out tournament
 (a) 7
 (b) 4
 (c) 5
 (d) 0
- 35 Calculate the BMI of a girl and identify the category if her weight is 68kg and height is 161cm.
 (a) Underweight
 (b) Normal weight
 (c) Overweight
 (d) Obesity class I
- 36 Identify which one of these is not the objective of Planning
 (a) Enhance creativity
 (b) Increase efficiency
 (c) Reduce chances of mistake
 (d) Facilitates poor coordination
- 37 Which of the following is the function of carbohydrate?
 (a) Making cells
 (b) Producing energy
 (c) Formation of teeth and bone
 (d) None of these
- 38 Sports biomechanics can be described as :
 (a) Biology
 (b) Kinesiology
 (c) Physics of sports
 (d) Sports dynamics
- 39 Given below are the two statements labeled Assertion (A) and Reason (R)
 Assertion (A)- Shuttle run helps to measure the agility of a person
 Reason (R) – Time will be recorded nearest tenths of the seconds

- (a) Both (A) and (R) are true, but (R) is not the correct explanation of (A)
 (b) (A) is true, but (R) is false
 (c) Both (a) and (R) are true and (R) is the correct explanation of (A)
 (d) (A) is false, but (R) is true
- 40 What will be the fitness index score of a girl if the test duration was 300 sec and the pulse count (1min- 1.5 min) was 80
 (a) 73.2
 (b) 62.8
 (c) 68.1
 (d) 85.3
- 41 Match the following
- | | |
|-------------------------|--|
| (a) Technical committee | (i) To provide shifting facility |
| (b) Finance committee | (ii) To resolve dispute |
| (c) Transport committee | (iii) To deal with money and expenditure |
| (d) First aid committee | (iv) To provide medical facilities |
- (a) (a) – (ii) , (b) – (iii) , (c) – (i), (d) – (iv)
 (b) (a) – (iii) , (b) – (ii) , (c) – (i), (d) – (iv)
 (c) (a) – (ii) , (b) – (iii) , (c) – (iv), (d) – (i)
 (d) (a) – (iv) , (b) – (iii) , (c) – (ii), (d) – (i)
- 41 Identify this movement

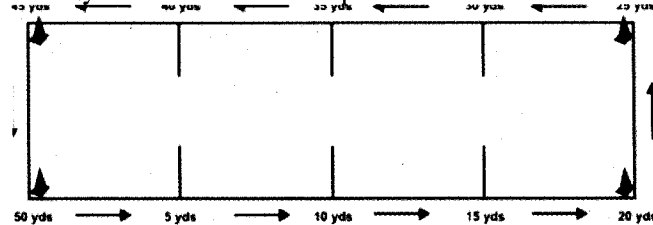


- (a) Flexion
 (b) Adduction
 (c) Extension
 (d) Abduction

- 42 According to Newton's Second Law of Motion, the greater force is applying on an object, the
- Longer distance will it travel
 - Stronger will it resist the external forces
 - More time will it remain in its motion
 - None of the above

- 43 Which vitamin is found in presence of sunlight?
- Vitamin A
 - Vitamin B
 - Vitamin C
 - Vitamin D

- 44 Identify the test for which this pattern is followed



- 600 mtr
 - 50 yard dash
 - 400 mtr
 - 6 min walk
- 45 Assertion (A): A change in the acceleration of an object is directly proportional to the force producing it and inversely proportional to its mass.
Reason (R) : Lighter mass will travel at a faster speed
- Both (A) and (R) are true, but (R) is not the correct explanation of (A)
 - Both (A) and (R) are true, but (R) is the correct explanation of (A)
 - (A) is true, but (R) is false
 - (A) is false, but (R) is true

- 46 Starting a throwing event in athletics is an example of which law of motion
- First Law of motion
 - Second Law of motion
 - Third Law of motion
 - First and Third Law of motion

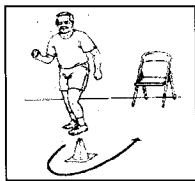
- 47 Match the following vitamin with the disease caused due to their deficiency
- | | |
|--------------|---------------------|
| 1. Vitamin A | (a) Rickets |
| 2. Vitamin B | (b) Night Blindness |
| 3. Vitamin C | (c) Beri- Beri |
| 4. Vitamin D | (d) Scurvy |

- 4 3 2 1
- 4 1 2 3
- 3 2 4 1
- 3 4 1 2

- 48 How many rounds will be played if the number of teams are 29 in the knockout fixture?
- 5
 - 6
 - 7
 - 3

SECTION C (DATA AND CASE STUDIES)

- 49 Mr. Lakshman, aged 65 years worked as a civil engineer in a construction company. He had to walk and climb a lot as part of his job. After retirement, he settled with his son and spent time with his grandchildren. Nowadays he is experiencing difficulty in doing certain chores which involve physical movement. The test shown in the picture is performed to assess which component.



- (a) Agility
- (b) Endurance
- (c) Speed
- (d) Strength

50



Physical education teacher of ISM was teaching the students about Newton's Laws of Motion. While explaining he showed the students this picture and tried to explain how there is a difference in the speed of an object due to their weight. Can you name the Law?

- (a) Newton's first Law of Motion
- (b) Newton's second Law of Motion
- (c) Newton's Third Law of Motion
- (d) Actio Reaction

51 Jatin is a weightlifter in the 96kg category. He has to participate in a weightlifting competition next week for which he is taking good care of his practice and diet. He has concluded all the essential nutrients in his diet. Based on this case, answer the following questions:

What do you think would be the most important component of Jatin's diet?

- (a) Proteins
- (b) Carbohydrates
- (c) Vitamins
- (d) Minerals

52 Ronald and Solomon organized a Volleyball tournament on knockout basis. They found that the spectators were losing interest in the tournament because two good teams were out of the tournament as they were defeated in the beginning.

Which provision could have avoided this kind of situation?

- (a) Bye
- (b) Seeding
- (c) Pools
- (d) Halves

53 Santhosh is diagnosed with postural adaptation of the spine in lateral direction. The curve is identified as convexity right. It happened due to Santhosh's underdeveloped legs and carrying heavy loads on one side only.

What kind of postural deformity doctors found in Santhosh?

- (a) Scoliosis
- (b) Kyphosis
- (c) Bow Legs
- (d) Flatfoot

54 Motor development only happens when the child is biologically and mentally ready for it. Motor development refers to the development of movement and various motor abilities from birth till death. It is the ability to move around and manipulate his/her environment. The first stage is marked by extremely rapid growth and development, as is the second stage. By the age of 2 years, this development has begun to level out somewhat. The final stage does not have any marked new development; rather it is characterized by the mastering and development of the skills achieved in the first two stages.

Which factor affecting motor development

- (a) Biological, environmental, nutrition, opportunity
- (b) Obesity, postural deformities, physical activities
- (c) Both (a) & (b)
- (d) Technique, Skill & style

55 Harvard step test is also called Aerobic fitness Test. It was developed by Brouha and others in 1943. It is used to measure aerobic fitness by checking the recovery rate.

Few students were asked to conduct Harvard step test for their classmate and they were asked to note down the complete details of their aerobic capacity.

For conducting tests, they required a bench separate for boys 20 inches and girls 16 inches with one stop watch to note down the timing and their recovery rate.

How many times is the reading taken for calculating a long-term fitness index?

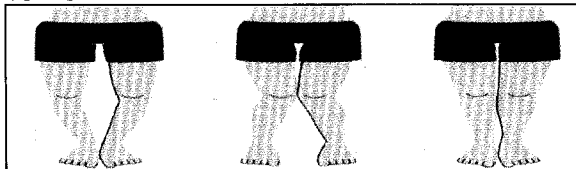
- (a) 5
- (b) 3
- (c) 2
- (d) 4

- 56 Roshan who was studying in class XII is a science stream student. During his physical Education class, he got confused how Newton's laws of Motion are useful in sports and how they can be applied in sports. But his teacher explained these laws with help of examples from sports which proved to be very helpful for him.

Swimming is the best example of which law of motion.

- (a) Law of inertia
- (b) Law of acceleration
- (c) Law of reaction
- (d) Both (a) & (c)

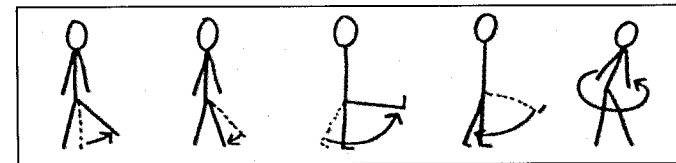
- 57 Posture plays a very significant role in our daily activities. Correct posture means the balancing of the body in an accurate and proper manner. Various types postural deformities can be identified in individuals.



From the above given picture, the deformities seen on the left most is caused due to deficiency of which nutrient?

- (a) Iron
- (b) Calcium
- (c) Vitamin D
- (d) Both (b) & (c)

- 58 Sarah, a new student in the school, was very much interested in sports and while learning various biomechanical aspects of the game including various movements he became curious to understand movements used in different games



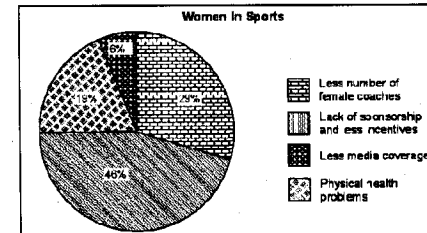
Flexion and extension come under which movement

- (a) Gliding
- (b) Angular
- (c) Rotation
- (d) Circumduction

- 59 Model school is one of the reputed schools in Kerala 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. 35 teams have sent their entry for participation in the tournament. Due to the large number of teams willing to participate the school should conduct the competition by which fixture?

- (a) League
- (b) Knock out
- (c) Staircase
- (d) Challenge

- 60 Which is the main reason for less participation in sports according to below shown data?



- (a) Lack of sponsorship and less incentives
- (b) Less media coverage
- (c) Physical Health problem
- (d) Less number of female coaches

End of the Question Paper