

FIRST PRE BOARD EXAMINATION (2019 - 20)
CLASS: XII

Subject: PHYSICAL EDUCATION

Date: 05.12.2019

Time Allowed: 3 Hours

Maximum Marks: 70

General instructions:

- (1) **All** questions are **compulsory**.
- (2) Marks are indicated against each question.
- (3) Please check this question paper contains 6 printed pages only.
- (4) Please check that this question paper contains 34 questions.

1. In a knock out tournament, how many byes need to be given if 17 teams are participating ? 1
A. 17 B. 16 C. 15 D. 14
2. The objectives of specific sports program include _____. 1
A. Improving the standard of sports
B. Broadening the base of sports
C. Raising funds for charitable organizations
D. All of the above
3. Which of the following is a macro mineral ? 1
A. Iron B. Iodine C. Copper D. Calcium

OR

Running and jumping movements, qualitatively as well as quantitatively develop at the early childhood.

(True or False)

4. One function of proteins in our body is to _____. 1
A. Increase bulk of muscles
B. Improve our endurance
C. Form tissue and repair broken tissues
D. Provide energy for normal activities

5. Out of the following asanas, Which one is contraindicated if suffering from high blood pressure or heart problems ? 1
- A. Vajrasana B. Shavasana C. Padmasana D. None

OR

Talk in high pitch to people having hearing disability.
(True or False)

6. _____ asana is also known as the 'Snake pose'. 1
7. Physical disability may be caused by _____. 1
- A. Obesity
B. Musculoskeletal disorder
C. Gene inheritance
D. All of the above
8. ADHD affects a child's _____. 1
- A. Sensitivity to stimuli
B. Academic performance
C. Threshold of anger
D. All of the above
9. Ball handling is an activity that starts in a child in the early childhood stage. 1
True or False
10. The eating disorder called _____ involves bingeing on food followed by forced vomiting. 1
11. The Six Minute Walk Test for Senior Citizens measure _____. 1
- A. Overall physical fitness
B. Walking fitness
C. Lower body fitness
D. None of the above

12. Which of the following abilities of the athlete is tested by the Zig Zag run in the Barrow three item test ? 1
A. Speed B. Strength C. Agility D. Power

13. A beneficial effect of physiotherapy is _____. 1
A. Returning the normal function to the injured area
B. Preventing further damage to the injured area
C. Relieving pain caused by the injury
D. All of the above

OR

_____ & _____ are the method used to find out the winner in league tournament.

14. The amount of blood pumped by the heart in single beat is _____. 1
A. Heart rate
B. Stroke volume
C. Cardiac output
D. Blood flow

15. Rolling friction is a form of dynamic friction applicable in the sport of _____. 1
A. Cricket B. Hockey C. Football D. All of these

16. Which of the following is not a type of movement related to physical activity? 1
A. Extension
B. Adduction
C. Abduction
D. None of these

17. In instrumental aggression, the main aim is to _____ using aggression. 1
A. Cause harm to the opponent
B. Achieve a positive goal
C. Express your feeling of jealousy
D. Show your hostility to an opponent

18. Which of the following qualities is characteristic of openness as a personality trait ? 1
- A. Emotionally unstable
 - B. Having goal directed behaviour
 - C. Emotionally expressive
 - D. Having a broad range of interests
19. _____ is the ability to perform smooth and accurate movements involving different parts of the body. 1
- A. Differentiation
 - B. Adaptation
 - C. Subjugation
 - D. Coordination
20. A disadvantage of isometric exercises is that _____. 1
- A. Muscles become sore after the exercise
 - B. They require special equipment
 - C. They cannot be done by heart patients
 - D. None of the above
21. Draw the fixture of 21 teams on knock out basis. 3
22. What are fats ? Write a detailed note on its types. Also mention its importance in the proper functioning of the body. 3
23. Elucidate the benefits and contraindication of Sukhasana. 3
- OR**
- What do you mean by sprain and strain ? Explain their preventions.
24. How does the Sensory Processing Disorder interfere with a child's normal everyday functioning ? 3
- OR**
- Discuss any three strategies for enhancing adherence to exercise in detail.

25. Suggest any four ways through which women participation in sport can be enhanced. 3
26. Sports are good for all age groups. Supremacy over the other country is indirectly shown by standing at the top of medal tally. To achieve their target few countries are imparting very strict training to growing children. Over the years many organizations have raised their voice against the intensity with which training is scheduled for making an international athletes. 3
- i. Elaborate any two physiological benefits of exercise in children.
- ii. What are the disadvantages of giving high intensity training to the growing children ?
27. Explain the Rockport One Mile Test. 3
28. What is ageing ? Discuss any three role of regular physical activity in maintaining functional fitness of aged population. 3
29. Define friction and discuss various types of friction. 3
30. Discuss any two methods of improving strength. 3
31. Describe the physiological factors determining 'speed' as a component of physical fitness. 5
32. Elucidate Newton's laws of motion and their application in various games and sports. 5
- OR**
- Discuss asanas as preventive measures in detail.
33. Define personality. Explain its dimensions in detail. 5
34. Define circuit training. Write a detailed note on circuit training. 5