

Pre-Board Examination 2019-20
Subject: Health & Physical Education

Subject Code: 048

Grade 12

Date: 16 January 2020

Time: 3 Hrs.

Maximum Marks: 70

Name:

General Instructions –

- 1) *The question paper consists of 34 questions*
 - 2) *All questions are compulsory.*
 - 3) *Question 1-20 carry 1 mark and are multiple-choice questions.*
 - 4) *Question 21-30 carry 3 marks each and should not exceed 80 -100 words.*
 - 5) *Question 31-34 carry 5 marks and should not exceed 150-200 words.*
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1. Which of the following is a recommended nutritional practice to promote optimal growth and development in young children?
 - a) Including foods that contain more fat than protein in daily meals to promote increased energy stores
 - b) Consuming three moderately large meals and avoiding or limiting snacks and treats to promote desirable eating patterns
 - c) including foods that contain more fiber than fat in daily meals to promote healthy digestive functions
 - d) Consuming several small meals and snacks of mixed carbohydrates, proteins, and fats each day to promote variety in eating.

(1 Mark)

2. The ability to time movements to intercept a moving object, such as when catching a ball, is most dependent on an individual's ability to integrate motor behaviors with:
 - a) Sensory information about the speed and direction of the object.
 - b) An understanding of how wind and air resistance affect the object's momentum.
 - c) Visual information about the relative positions of body parts.
 - d) Knowledge about the object's weight and the force with which it was propelled.

(1 Mark)

3. When was Harvard step test developed?
 - a) 1940
 - b) 1941
 - c) 1943
 - d) 1942

(1 Mark)

4. Which of the following is not involved in barrow three item tests?
 - a) Standing Broad Jump
 - b) Zig-Zag Run
 - c) Medicine Ball Put
 - d) Shuttle Run

(1 Mark)

5. In the skeletal system, the function of tendons is to:
 - a) Act as a reservoir for calcium and phosphorous.
 - b) Attach bones to muscles.
 - c) Act as the formation centers for cartilage.
 - d) Attach ligaments to muscle fibers.

(1 Mark)

6. A student is learning a new complex motor skill. The student will most likely benefit from the principle of transfer of learning if the:
- New motor skill is similar to one already mastered.
 - Student is open to feedback from both teachers and peers.
 - New motor skill is a discrete skill rather than a continuous one.
 - Student has no preconceived notions about the motor skill.
- (1 Mark)
7. Which of the following is not a cognitive disability?
- Dyslexia
 - Hyperactivity
 - Memory disorder
 - Sensory impairment
- (1 Mark)
8. The tendency of female adolescents to exhibit greater motor control on a balance beam than male adolescents is largely due to females':
- Narrower hips relative to shoulder width.
 - Longer legs relative to total height.
 - Greater body density relative to overall body composition.
 - Lower center of gravity.
- (1 Mark)
9. Newton's Second law of motion known as _____.
- Law of Inertia
 - Law of Acceleration
 - Law of Reaction
 - Gravitational Pull
- (1 Mark)
10. How many matches the organizing committee in a basketball competition with 8 teams will organize if a single round-robin system is employed?
- 26
 - 28
 - 54
 - 56
- (1 Mark)
11. Which of the following is the correct order of first aid treatment procedures for common strain and sprain?
- To use ice application for 10 minutes.
 - To elevate the injured area to a position higher than the heart.
 - To rest.
 - To use elastic bandage to press the injured area.
- (1), (2), (3), (4)
 - (2), (1), (4), (3)
 - (3), (1), (4), (2)
 - (3), (4), (2), (1)
- (1 Mark)
12. Which of the following tests is the best to measure speed and agility?
- 12 minute run
 - 50 yard dash
 - 4x10 m shuttle run
 - push ups
- (1 Mark)
13. The amount of oxygen which can be absorbed and consumed by the working muscles from blood is called_____.
- Oxygen intake
 - oxygen transport
 - oxygen uptake
 - energy reserve
- (1 Mark)
14. Female Athlete Triad includes:
- Osteoporosis
 - Eating Disorder
 - Amenorrhea
 - All the above
- (1 Mark)

15. Overstretching of ligament causes:
 a) Strain
 c) Contusion
 b) Sprain
 d) Bruises
 (1 Mark)
16. When the angle between the two bones decreases, it is termed as _____.
 a) Flexion
 c) Abduction
 b) Extension
 d) Adduction
 (1 Mark)
17. Which of the following is not a spinal curvature deformity?
 a) Kyphosis
 c) Lordosis
 b) Scoliosis
 d) Flatfoot
 (1 Mark)
18. Gomukhasana and Padmasana are performed to rectify which postural deformity?
 a) Flatfoot
 c) Knock-knees
 b) Scoliosis
 d) Bow legs
 (1 Mark)
19. Avoiding eye contact and preferring to stay alone are common to which disorder?
 a) SPD
 c) ASD
 b) ADHD
 d) ODD
 (1 Mark)
20. An 18-year-old boy has very poor flexibility in his body. Find the correct option from the suggested tests.
 a) Arm curl
 c) Sit and reach test
 b) Sit ups
 d) push ups
 (1 Mark)
21. Explain the micro components of diet. (3 Marks)
22. Explain the causes of any three postural deformities in detail. (3 Marks)
23. Briefly explain different types of coordinative abilities. (3 Marks)
24. What is projectile? Explain any three factors that affect a projectile trajectory. (3 Marks)
25. What is First Aid? State the aim and objectives of First Aid. (3 Marks)
26. What are the causes and nature of ADHD? (3 Marks)
27. Explain the management of fracture. (3 Marks)
28. Steve and Mark along with their friends used to be regular at community parks in early morning. They realized that, most of the children are obese. Both wanted to help those children. On discussion with school principal and Physical education teacher, school decided to organize awareness rally for the children in the neighborhood.
 a) How obesity can be prevented? Give two ways.
 b) Give any two disadvantages of obesity.
 c) What value do Mark and Steve show?
 (3 Marks)

29. Your school is organizing “run for Unity” campaign. Explain the responsibilities of reception committee, finance committee and committee for officials. (3 Marks)
30. What is Kraus weber test? Explain any three test administration of Kraus weber test in detail. (3 Marks)
31. What are the methods to improve flexibility? Explain. (5 Marks)
32. Explain weight training as one of the oldest methods for development of strength. Describe its advantages and disadvantages. (5 Marks)
33. Classify sports injuries. Explain P.R.I.C.E. procedure as a treatment of soft tissue injuries. (5 Marks)
34. Discuss in detail about female athlete Triad. (5 Marks)
