

PRE-BOARD EXAMINATION-2 (JANUARY-2020)

CLASS: XII

PHYSICAL EDUCATION

Time: 3 hrs.

MAX. MARKS: 70

General Guidelines:

- (i) Question paper consists of 34 questions.
- (ii) All questions are compulsory.
- (iii) Questions 1-20 carry 1 Mark and are multiple choice questions.
- (iv) Questions 21-30 carry 3 marks each and should not exceed 80-100 words.
- (v) Questions 30-34 carry 5 marks each and should not exceed 150-200 words.

SECTION-A

1. The Committee for Officials for a sporting event various officials required for running the event. (1)
 - (a) arranges accommodation for
 - (b) select
 - (c) trains
 - (d) all of these
2. Which one of the following is not a micronutrient? (1)
 - (a) flavor compounds
 - (b) vitamins
 - (c) iron
 - (d) zinc

OR

Deficiency of which one of the following micronutrients causes weakening of the muscles?

- (a) sodium
 - (b) potassium
 - (c) iodine
 - (d) fluorine
3. Which of the following is a lifestyle disease? (1)
 - (a) fever
 - (b) Back pain
 - (c) headache
 - (d) bleeding from a sore
 4. Which of the following is not a symptom of physical disability? (1)
 - (a) hearing impairment
 - (b) lack of motor skills
 - (c) lack of control of legs
 - (d) emotional outburst
 5. Gross motor development uses the muscles for carrying out Activities. (1)
 - (a) smaller, posture and balance maintenance
 - (b) larger, posture and balance maintenance
 - (c) larger, precise
 - (d) smaller, precise
 6. Which of the following abilities of the athlete is tested by the medicine ball put in the barrow three item tests? (1)
 - (a) power
 - (b) speed
 - (c) strength
 - (d) agility
 7. Fast twitch fibers of the muscles are also called Fibers. (1)
 - (a) white
 - (b) red
 - (c) brown
 - (d) none of these

OR

Which one of the following is not a classification of a sports injury due to cause?

- (a) hard tissue injury
- (b) indirect injury
- (c) overuse injury
- (d) none of these

8. In sports and exercise, biomechanics refers to the study of (1)
- (a) mechanical movement of the biological environment
 - (b) mechanical interaction between sports equipment and human beings
 - (c) human movement
 - (d) none of the above
9. Which of the following is not a characteristic of a person who is classified as an endomorph? (1)
- (a) even tempered, good humor and sociable
 - (b) self-conscious, private and introvert
 - (c) physically wrong with wide hips
 - (d) none of the above
10. The disadvantage of Fartlek training is that (1)
- (a) It can lead to heart disease
 - (b) It keeps the body rigid
 - (c) It requires specialized equipment
 - (d) It is difficult to judge the amount of effort made by the athlete
11. In a double league tournament such as the IPL, a total of how many matches are played during the league phase if 7 teams are participate? (1)
- (a) 42
 - (b) 45
 - (c) 54
 - (d) 58
12. In the arm curl Test for upper body strength, if a women of 68 years is able to complete 19 curls up in 30 seconds, her fitness level will be classified as (1)
- (a) below average
 - (b) average
 - (c) above average
 - (d) phenomenal
13. In a trained male athlete, the stroke volume normally varies between.....ml/beat. (1)
- a) 70 and 120
 - b) 70 and 90
 - c) 90 and 120
 - d) 100 and 120
14. Which are two forms of isotonic exercises? (1)
- a) Concentric and eccentric
 - b) Static and dynamic
 - c) Speed and strength
 - d) Continuous and with intervals
15. The factor called.....of the respiratory system is decreased after endurance training. (1)
- a) Breathing frequency
 - b) Tidal volume
 - c) Ventilator efficiency
 - d) Lung volume

16. Which of the following is not a type of movement related to physical activities? (1)
a) Extension
b) Adduction
c) Abduction
d) None of these
17. Anorexia can be treated successfully through..... (1)
(a) Meditation
(b) Individual psychotherapy
(c) Providing a balance diet
(d) All of these
18. Asanas help in (1)
(a) balancing our nervous system
(b) contracting the muscles
(c) blood clotting
(d) all of the above
19. How can you dispel any food myth? (1)
(a) By conducting experiments in a laboratory
(b) On the basis of scientific Knowledge
(c) By asking others
(d) None of these

SECTION -B

20. To an ordinary person, personality does not include one's..... (1)
a) Manner of dressing
b) Method of solving problems
c) Physical appearance
d) Reputation
21. Draw a fixture of 15 teams on knockout basis. Also show the calculation for determining bye. (3)
22. What is the first aid and what are its aims? (3)

OR

Explain the effects of ageing on muscles size and strength.

23. Suresh, the new physical education teacher observed that the children laughed at Anal and teased him. He noticed that Anal was suffering from Kyphosis. He rebuked the children for teasing Anal. Then he suggested some exercises for Anal and also advised him to take up balanced diet. Based on the passage, answer the following questions: (3)
(i) Discuss the values possessed by Suresh.
(ii) What do you mean by Kyphosis?
(iii) Suggest two corrective measures for Kyphosis.
24. List six advantages of circuit training. (3)
25. What are macronutrients? Discuss about any two macronutrients. (3)

OR

Explain the term balanced diet by giving the rules played by each of its components.

26. What are the adaptive changes taking place in the body after engaging in exercise for a longer period? (3)
27. Differentiate between cognitive disability and intellectual disability. (3)
28. What is the purpose of the Back Scratch test for senior citizens? Explain the procedure for conducting this test. (3)
29. Explain one application each of the three Newton's Laws of Motion, mentioning the Law applicable in each case, in three different sports/games. (3)

OR

“Friction is a necessary evil”. Justify your answer with suitable examples from sports.

30. What are the types of aggression in sports and how are they classified? Describe all of them. (3)

SECTION-C

31. Explain Physical Fitness Index. Which test is used to measure this index? Explain the test in brief. Also calculate the physical fitness index of a 12 year old boy who has completed the test for a duration of 3 min with a pulse rate of 60 beats for 1 to 1.5 min, 55 beats for 2 to 2.5 min and 50 beats for 3 to 3.5 min. (5)

OR

Describe the Rikli and Jones Senior Citizen Fitness Test. What does each of the tests in this group of tests actually test?

32. Elaborate the benefits of Sukhasana, Tadasana and Shalabhasana. (5)
33. What is the difference between a league tournament and a knock-out tournament? Draw a fixture of 8 teams participating in league tournament. (5)
34. What are the standard techniques of treating sports injuries that are minor in nature? (5)

OR

What are the adaptive effects that take place in our cardiovascular system after engaging in exercise for a longer period?