

PRE BOARD EXAMINATION, JANUARY 2020

PHYSICAL EDUCATION

Class: XII

Date: 14-01-2020

M.Marks:70

Time: 3hrs

General Instructions:

- (i) The question paper contains 34 questions.
- (ii) All questions are compulsory.
- (iii) Answers to questions carrying 01 mark (Objective Type/MCQ/Short answers) should be in one word/one sentence or 20-30 words, respectively.
- (iv) Answers to questions carrying 03 marks should be in 80-100 words.
- (v) Answers to questions carrying 05 marks should be in 150-200 words.

1. In a double league tournament such as IPL, a total of how many matches are played during the league phase if 7 teams participate? 1
a) 42 b) 45 c) 54 d) 58

2. The 'Back Scratch Test' for upper body flexibility is done in a _____ position. 1
a) supine b) standing c) prone d) sitting

3. In the 'Harvard Step Test', at what times are the pulse rates counted for 30 seconds each after the exercise is completed? 1
a) 1, 2 and 3 minutes b) 1, 2 and 5 minutes
c) 1, 1.5 and 2 minutes d) None of the above

4. What do you mean by special seeding? 1

Or

What is balanced diet?

5. Deficiency of which of the following micronutrients causes weakening of muscles? 1
a) Sodium b) Potassium c) Iodine d) Fluorine

6. What is incision? 1

7. A push-up is which form of exercise? 1
a) Isometric b) Isotonic c) Isokinetic d) Aerobic

8. What is intellectual disability? 1

Or

What is menarche? 1

9. Which of the following asana is also called 'Mountain Pose'? 1

a) Vajrasana b) Trikonasana c) Gomukhasana d) Tadasana

10. In the motor fitness test, 600 metres run/walk measures _____ 1

a) Speed and Agility b) Power c) Endurance d) all the above

11. Which one among the following is not a cause of intellectual disability? 1

a) Diabetes b) An infection in the brain c) Meningitis d) Extreme malnutrition

12. Enlist any four strategies for enhancing adherence to exercise. 1

13. Enlist two sources of calcium and iron separately. 1

14. 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

15. What do you mean by 'Asana'?

Or

Discuss the causes of ODD. 1

16. Which of the following is a personality trait not included in the 'Big Five'? 1

a) Neuroticism b) Extraversion c) Aggressiveness d) Agreeableness

17. Which of the following is not a factor influencing motor development of a child? 1

a) Sensory integration b) Muscle tone c) Confidence d) Endurance

18. In which of the following sports friction is beneficial for performance? 1

a) Cycling b) Football c) Both (a) and (b) d) Neither (a) nor (b)

19. What do you mean by personality?

Or

Define explosive strength. 1

20. Which of the following Newton's laws of motion applies to an athlete performing a high jump off a solid surface? 1

a) First b) Second c) Third d) All of these

21. Explain various pitfalls of dieting. 3
22. Explain the causes and remedies of Bow Legs. 3

Or

Explain the procedure and benefits of Shalabhasana.

23. What do you mean by motivation? Explain its types. 3
24. What is Circuit Training? Draw a Circuit Training diagram with eight stations. 3
25. What are the factors that cause hindrance in the participation of women in sports? 3

Or

Explain the procedure for carrying out the 'Partial Curl Up Test' in point form.

26. Draw a fixture for 9 teams by using a Staircase Method. 3
27. What do you mean by disability etiquettes? Describe any three disability etiquettes. 3
28. Briefly explain the objectives of Extramurals. 3
29. Discuss in detail the symptoms and causes of ADHD. 3

Or

Briefly explain the functions and sources of fat soluble vitamins.

30. Describe in detail 'Eight Foot Up and Go Test', 3
31. Draw a knock-out fixture for 19 teams, in which 4 teams to be kept on special seeding. 5
32. Elucidate the effects of exercises on cardio-respiratory system. 5

Or

Explain the importance of biomechanics in sports.

33. Explain the strategies to make physical activities accessible for children with special need. 5
34. Briefly explain the symptoms and causes of Diabetes. Explain the procedure and benefits of any two asanas to prevent Diabetes. 5

Or

What do you mean by speed? Elucidate the method of improving speed. 5
