

Pre Board -1 Examination – December 2019

Roll No.

Series SSR / 1

Code No. 048/ 1 / 1

- Please check that this question paper contains 3 printed pages.
- Code number given on the right hand side of the question paper should be written on the title page of the answer-book by the candidate.
- Please check that this question paper contains 34 questions.
- Please write down the serial number of the question before attempting it.

Physical Education

Class : XII
Date : 05-12-2019

Time allowed : 3 hrs.
Max marks : 70

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 each.
- 5) Question 31-34 carry 5 marks and should not exceed 150-200 words.

SECTION-A

1. Round Robin tournaments are of _____ types.
a) Three b) Four c) Two d) Six
2. A healthy BMI of an Indian is _____.
a) Between 28 to 30 b) Between 25 to 28
c) Between 18 to 23 d) Less than 18
3. Sukhasana should be avoided in _____.
a) Pregnancy b) Asthma c) Diabetes d) Knee/spine problems
4. When the blood supply to the central nervous system, especially the brain, is blocked, it leads to a physical as well as sensory disability called _____.
a) Infection b) Stroke c) Head injury d) paralysis
5. Cobra pose is useful to correct _____.
a) Kyphosis b) Scoliosis c) Lordosis d) Knock knees
6. Harvard step test measures the _____.
a) Knee strength fitness b) Respiratory fitness

- c) Cardiovascular fitness d) All of these
7. Sprains are classified into _____ grades.
 a) Two b) Three c) Four d) Six
8. Hip and shoulder joints can do _____.
 a) Circumduction b) Gliding c) Planter flexion d) Dorsi flexion

OR

- Supination and pronation are movement that occurs at the _____.
 a) Shoulder b) Wrist c) Ankle d) knees
9. Aggression in sports is divided into _____ types.
 a) Three b) Two c) Four d) One

OR

- Using the aggression to achieve a goal is known as _____.
 a) Hostile aggression b) Assertive behaviour
 c) Instrumental aggression d) Violent attitude
10. Fartlek training was developed in _____.
 a) Sweden b) The U.S. c) Germany d) The U.K.

Fill in the blanks

11. Under _____ procedure, good teams do not meet each other at a very start of the tournament.
12. Hypertension means _____ blood pressure.

OR

- Yoga has _____ different branches.
13. Scoliosis is a deformity in the _____.
14. Blood expelled by heart in a beat is called _____.
15. Acceleration run is a method of improving _____.

True and false

16. Food intolerance and food allergy are the same.
17. Autism spectrum disorder affects communication.
18. Early childhood is defined as the age of 2 to 6 year.
19. Rikli & Jones fitness test is meant for the young people.
20. Sheldon classified personality into three types.

SECTION – B

21. Distinguish between intramural and extramural programmes.
OR
What is the importance of tournaments? Discuss any three points.
22. What are non nutritive components of food and why are they important?
23. What are lifestyle diseases? How can we prevent them?
24. What are the factors responsible for cognitive disability?
25. What is the difference between menarche and amenorrhoea?
26. How is fitness index scores calculated using short term formula?
OR
What is Harvard Step Test? Explain its procedure and administration.
27. What are the causes of sports injuries? How can sports injuries be prevented?
28. Define friction and briefly mention its types.
29. Explain Sheldon's classification of personality and its importance in physical education and sports.

OR

- What is big five theory? Explain in brief.
30. Define speed and its types? Discuss any two types in detail.

Section – C

31. Define combination tournament. Draw a fixture of 16 teams using knockout - cum - league tournaments.
OR
What is league – cum - knockout tournament? Draw a fixture of 8 teams on the basis of league tournament using staircase method. Explain British method to declare the winner.
32. What are the advantages of physical activities for special need children?
33. State all common postural deformities and briefly mention the deformities of spinal curvature.
34. What is strength and mention its types? What are methods for developing strength?

