

Roll No. 

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Candidates must write the Set No. on the title page of the answer book.

## **SAHODAYA PRE BOARD EXAMINATION - 2023-24**

- Please check that this question paper contains **06** printed pages.
- Set number given on the right-hand side of the question paper should be written on the title page of the answer book by the candidates.
- Check that this question paper contains **34** questions.
- Write down the Serial Number of the question in the left side of the margin before attempting it.
- 15 minutes time has been allotted to read this question paper. The question paper will be distributed 15 minutes prior to the commencement of the examination. The students will read the question paper only and will not write any answer on the answer script during this period. Students should not write anything in the question paper.

### **CLASS- XII**

#### **SUB : PHYSICAL EDUCATION (048)**

**Time Allowed: 3 Hours****Maximum Marks : 70****General Instructions :**

- 1 The question paper consists of 5 sections and 34 Questions.
- 2 Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
- 3 Sections B consists of questions 19-23 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. There is internal choice available.
- 4 Sections C consists of Questions 24-28 carrying 3 marks each and are short answer types and should not exceed 100-150 words. There is internal choice available.
- 5 Sections D consists of Questions 29-31 carrying 4 marks each and are case studies. There is internal choice available.
- 6 Section E consists of Questions 32-34 carrying 5 marks each and are short answer types and should not exceed 200-300 words. There is internal choice available

## SECTION -A

1. If you want to be on the top position in games and sports you have to adhere to proper sports planning. The attainment of good performance in the field of games and sports depends on effective planning.

Following are the objectives of planning except;

- a) Goal orientation
- b) Making strategies
- c) Facilitate recreation
- d) Formation of rule and regulation

2. The Paralympic Games are organised after the completion of \_\_\_\_\_

- a) Common wealth games
- b) Olympic games
- c) SAF games
- d) Asian Games

3. Normal Menstrual cycle varies from:-

- a) 13 to 20 days
- b) 19to 21 days
- c) 21 to 25days
- d) 21 to 35 days

4. In the credit for developing Harvard step test goes to

- a) John
- b) Adam Smith
- c) Brouha
- d) William Brook

5. Identify the asana

- a) Bhujangasana
- b) Dhanurasana
- c) Halasana
- d) Ustrasana



6. Female athlete triad is a syndrome characterized by:

- a) Osteoporosis
- b) Amenorrhoea
- c) Eating disorder
- d) All of the above

7. Given below are two statements, one of which is labelled as Assertion (A) and the other is labelled as Reason (R).

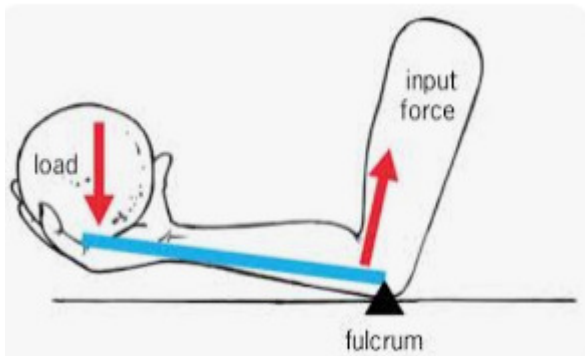
Assertion (A): The maximum strength used by the player in a single effort is called maximum strength.

Reason (R): When the muscles are capable of working on strength for a longer time, we call it explosive strength.

Which one of the following statement is correct?

- a) Both (A) and (R) are true, but (R) is the correct explanation of (A).
- b) Both (A) and (R) are true and (R) is not the correct explanation of (A).
- c) (A) is true, but (R) is false.
- d) (A) is false, but (R) is true.

8. Identify the given below



- a) First class lever                      b) Second class lever  
c) Third class lever                      d) None of the above

9. There are \_\_\_\_\_ amino acids

- a) 23                      b) 63                      c) 42                      d) 53

10. Bhujangasana means

- a) Horse pose                      b) Frog pose                      c) Cobra pose                      d) None of these

11. Given below are two statements, one of which is labelled as Assertion (A) and the other is labelled as Reason (R).

Assertion (A): Intolerant foods cannot be properly processed by our digestive system.

Reason (R): Absence of certain enzymes do not let the food to be properly processed.

Which one of the following statement is correct?

- a) Both (A) and (R) are true, but (R) is the correct explanation of (A).  
b) Both (A) and (R) are true and (R) is not the correct explanation of (A).  
c) (A) is true, but (R) is false.  
d) (A) is false, but (R) is true

12. ABC School is one of the reputed schools in their location for the number of sports facilities it provides to its stake holders. Keeping that in consideration CBSE Sports cell has given them the responsibility of conducting CBSE Football tournament on elimination format. A total of 35 teams have sent their entry for participation in the tournament.

The number of matches in the first round will be \_\_\_\_\_

- a) 4                      b) 12                      c) 3                      d) 6

13. The amount of blood pumped out by left ventricle per minute :

- a) Stroke volume                      b) Systolic pressure                      c) Cardiac output                      d) None of these

14. Match list I with list II and select the correct answer from the code given below

- |                             |   |
|-----------------------------|---|
| (i) Positive self - Esteem  | 1. Positive encouragement- I can, I will                                |
| (ii) Negative self - Esteem | 2. Negative words – cannot, will not                                    |
| (iii) Positive self talk    | 3. Lack of confidence about what can do                                 |
| (iv) Negative self talk     | 4. Believing in your capabilities and autonomy to do things on your own |

	(i)	(ii)	(iii)	(iv)
A	2	4	3	1
B	3	4	1	2
C	4	3	1	2
D	3	4	2	1

15. Flexibility is determined by elasticity of muscles, tendons and \_\_\_\_\_

- a) cell                                      b) skin                                      c) ligaments                                      d) tissue

16. Acceleration of an object will increase as the net force increases depending on its:

- a) Density                                      b) Mass                                      c) Shape                                      d) Volume

17. It is the fracture which occurs when a bone bends and cracks, instead of breaking completely into separate pieces.

- a) Transverse fracture                                      b) Comminuted fracture  
c) Greenstick fracture                                      d) Stress fracture

18. Which of the following is a legitimate behavior?

- a) Hostile Aggression                                      b) Instrumental Aggression  
c) Assertiveness                                      d) Proactive Aggression

#### SECTION -B

19. List any four applications of mental imagery. (½ x 4=2)

20. Enlist any four types of duration-based endurance. (½ x 4=2)

21. Explain the difference between oxygen intake and oxygen uptake. (1+1=2)

22. Write a note on Aerobic Capacity. (2)

23. Explain the procedure and scoring of plate tapping test. (1+1=2)

**OR**

Differentiate between Macro & Micro nutrient of diet (1+1=2)

#### SECTION - C

24. Explain the staircase method of a league tournament for 9 teams. (1 x 3=3)

25. In sports such as Boxing and Wrestling, do players tend to lose weight sharply? (1 x 3=3)

Explain any three pitfalls of dieting.

26. What is motivation? Explain the types of motivation? (1+2=3)

27. What are the eligible impairments in Paralympics for classification? (3)

28. Define sports injuries and explain any four soft tissue injuries. (1+2=3)

OR

What is Menopause? How does it affect the performance of women athletes? (1+2=3)

### SECTION - D

29. Special Olympics is a global organization that changes lives by promoting outstanding, acceptance and inclusion among people with and without intellectual disabilities. We unleash the power and joy of sports everyday around the world. (1x4=4)



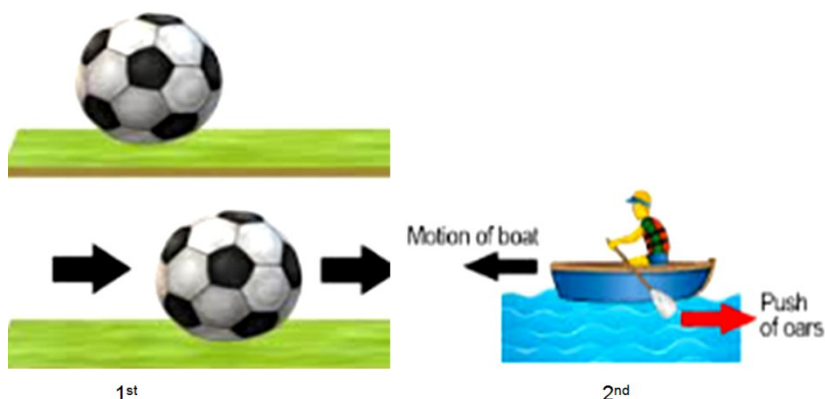
1<sup>st</sup>



2<sup>nd</sup>

- a) Special Olympics was started by -----
- b) The first Special Olympic Games were held in the year -----
- c) The first Special Olympic Games were held at -----
- d) The 2<sup>nd</sup> above given image of logo represent ----- games.

30. The teacher as well as coaches always makes their best efforts to improve the performance of their students in various competitive games and sports. They can help to improve the performance of students if they have adequate knowledge of biomechanics. (1x4=4)



1<sup>st</sup>

2<sup>nd</sup>

- a) The more force one exerts on the downward, higher the ball bounces into the air. This statement is being referred to \_\_\_\_\_ law.
- b) \_\_\_\_\_ is the other name of Law of Inertia.

- c) The second picture depicts Newton's ----- law of motion.
- d) When the sum of force acting upon the object and sum of the movement acting upon the body is both equal to zero then the body is said to be in \_\_\_\_\_

**OR**

- d) According to Newton's first law of motion, a moving object that is not acted on by an unbalanced force will -----.

**31.** Your school organized an inter school soccer tournament in the school premises. All total 04 teams came to take part. The school sports management committee decided to conduct this tournament in single league format. **(1x4=4)**

ROUND-1	ROUND-2	ROUND-3
4-1	3-1	2-1
3-2	2-4	4-3

On the basis of above given fixture answer the following questions:

- a) The formula to calculate the total number of matches (if it is double league) is \_\_\_\_\_.
- b) The teams rotate their position in \_\_\_\_\_ wise.
- c) The other name of the league tournament is \_\_\_\_\_.
- d) The total number of matches to be played in this single league tournament is \_\_\_\_\_.

**OR**

- d) The formula to calculate the total number of round is \_\_\_\_\_.

**SECTION-E**

- 32.** Discuss the asanas helpful for a person suffering from Back pain & Arthritis. **(2+3=5)**  
Write down the benefits and contraindications of Ardha Chakrasana.
- 33.** Describe the Metheny-Johnson Motor Educability **(1+4=5)**
- 34.** What is circuit training? Draw a diagram of circuit training with 10 stations and explain its importance. **(1+2+2=5)**

**OR**

What do you mean by equilibrium? Name two types of equilibrium. Elucidate the Principles Stability which is essential to know to minimize the chances of sports injuries. **(1+1+3=5)**

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