

DAV PUBLIC SCHOOLS, ODISHA

PRE-BOARD EXAMINATION , 2023-24

- Please check that this question paper contains 05 printed pages.
- 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.

CLASS- XII SUB: PHYSICAL EDUCATION (048)

Time Allowed: 3 Hours

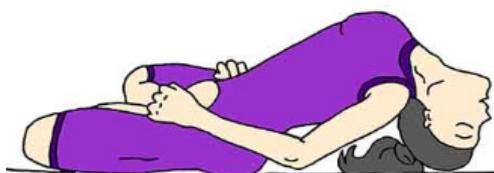
Maximum Marks: 70

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

Q1. Identify the Asana:



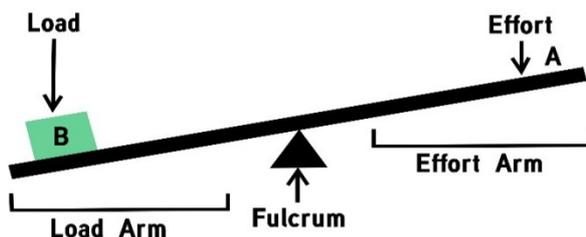
(a) Pawanmuktasana

(b) Matsyana

(c) Chakrasan

(d) Gomukhasana

- Q2. The behaviour that has the intent to hurt someone in order to achieve the goal is _____.
- (a) Instrumental Aggression (b) Hostile Aggression
(c) Assertive Aggression (d) Both (a) and (b)
- Q3. The football is kicked towards the goal on the ground before it crosses the goal line, it stopped. Which law act on this _____
- (a) 1st Law of motion (b) 2nd Law of motion (c) 3rd Law of motion (d) Projectile
- Q4. When a bone is broken into two or more pieces is called _____
- (a) Comminuted Fracture (b) Transverse Fracture.
(c) Compound Fracture (d) Greenstick Fracture
- Q5. Given below are two statements, one of which is labelled as Assertion (A) and the other is labeled as Reason (R)
- Assertion (A): For improvement of performance in long distance running, continuous training is effective
- Reason (R): Continuous method of training improves basic endurance
- Which one of the following statements is correct?
- (a) Both (A) and (R) are true and (R) is the correct explanation of (A)
(b) Both (A) and (R) are true but (R) is not the correct explanation of (A)
(c) (A) is true, but (R) is false
(d) (A) is false but R is true.
- Q6. Which type of exercise was developed by Perrine?
- (a) Isometric (b) Isotonic (c) Isokinetic (d) Eccentric
- Q7. It is the amount of blood pumped out by heart in one minute is called _____.
- (a) Blood pressure (b) Cardiac Output (c) Stroke volume (d) Both (a) and (b)
- Q8. Identify the given below .



- (a) First class lever (b) Second Class lever (c) Third class lever (d) Both A & B.
- Q9. Match the following:

List I.	List II
1. Consciousness	I. Sociability, assertive
2. Neuroticism	II. Imagination, insight
3. Extroversion	III. Goal directed behaviour, good impulse control
4. Openness	IV. sadness, modiness

	code			
	i	ii	iii	iv
a)	3	4	1	2
b)	4	1	2	3
c)	1	2	3	4
d)	2	3	4	1

- Q10. Given below are two statements, one of which is labelled as Assertion (A) and the other is labeled as Reason (R)
 Assertion: Scurvy is caused due to the deficiency of Vitamin C.
 Reason: The disease sets in when the diet does not include fresh vegetables and fruits for a long time.
 Which one of the following statements is correct?
 (a) Both (A) and (R) are true and (R) is the correct explanation of (A)
 (b) Both (A) and (R) are true but (R) is not the correct explanation of (A)
 (c) (A) is true, but (R) is false
 (d) (A) is false, but (R) is true
- Q11. What is the other name of Vitamin B5 ?
 (a) Pantothenic Acid (b) Riboflavin (c) Niacin (d) Thiamine
- Q12. Which gland is associated with Diabetes?
 (a) Endocrine glands (b) Pituitary (c) Pancreas (d) Hypothalamus
- Q13. What is the formula to determine number of matches in a Single League fixture?
 (a) $N+1/2$ (b) $N-1/2$ (c) $N(N-1)/2$ (d) $N(N+1)/2$
- Q14. How many byes will be given in a knock-out tournament if 19 teams are participating and 2 teams are seeded?
 (a) 12 (b) 13 (c) 14 (d) 15
- Q15. The first winter Paralympic Games were held in the year _____
 (a) 1960 (b) 1976 (c) 1963 (d) 1980
- Q16. If the menstruation cycle does not begin at puberty, the condition is called _____
 (a) Primary Amenorrhea (b) Secondary amenorrhea
 (c) Oligomenorrhea (d) Dysmenorrhea
- Q17. Write the total test duration of Chair Stand Test..
 (a) 50 sec (b) 40 sec (c) 30 sec (d) 27 sec
- Q18. Postural adaptation of the spine in lateral direction is called _____
 (a) Hollow Back (b) Hunch Back (c) Scoliosis (d) Lordosis

SECTION-B

- Q19. Briefly explain about ageing. 2
- Q20. Write Extrinsic Motivation. 2
- Q21. Explain Isokinetic exercise with proper example. 1+1=2
- Q22. Write a note on Aerobic Capacity. 2
- Q23. Differentiate between Basal Metabolic Rate & Resting Metabolic Rate. 1+1=2

OR

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

SECTION-C

- Q24. Explain any three strategies to make physical activities accessible for CWSN. 1+1+1=3
- Q25. Briefly explain Food Intolerance, its causes & symptoms. 1+1+1=3
- Q26. Draw a round robin Fixture of 9 teams in Tabular method. 3
- Q27. Differentiate between Type-A & Type-B personality. 1½ + 1½=3
- Q28. Briefly explain about Oxygen Intake & Oxygen Uptake. 1½ + 1½=3

OR

Write the corrective measures of Knock Knees, Bow legs & Flat foot. 1+1+1=3

SECTION-D

Q29. Your school organized an intermodal soccer tournament in the school premises. All total 05 teams came to take part. The school sports management committee decided to conduct this tournament in single league fixture. **1+1+1+1=4**

ROUND-1	ROUND-2	ROUND-3	ROUND-4	ROUND-5
5-bye	4-bye	3-bye	2-bye	1-bye
4-1	3-5	2-1	1-3	5-2
3-2	2-1	1-2	5-4	4-3

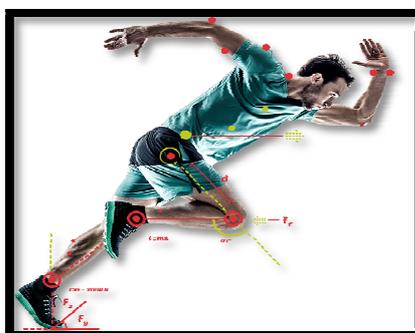
On the basis of above given picture answer the following questions:

- 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 rounds is _____.

Q30. Biomechanics helps in increasing achievement by establishing coordination between speed and power of moving objects. In fact, the physical education teacher thought the biomechanics and sports unit thoroughly and the physical education students got to understand how to implement the knowledge of biomechanics in the field of games and sports. **1+1+1+1=4**



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

- a. Biomechanics is the study of _____.
- b. The first law of motion starts about _____.
- c. The law of acceleration is also known as _____.
- d. Static friction makes the object to _____.

OR

- d. Another name of third law is _____.

Q31. Special Olympics believes deeply in the power of sports to help all who participate to fulfil their potential and does not exclude any athlete based upon qualifying scores, but rather divisions the athletes based on those scores for fair competition against others of like ability. For Special Olympics athletes, excellence is personal achievement, a reflection of reaching one's maximum potential-- a goal to which everyone can aspire.

To participate in the Paralympic Games, athletes must fulfil certain criteria and meet certain qualifying standards in order to be eligible. These criteria and standards are sports-specific and are determined by the IPC Sports Chairpersons, the Sports Technical Delegates and the relevant international sports organizations. The Paralympics are about elite performance sport, where athletes go through a stringent qualification process so that the best, or highest qualified based on performance, can compete at the Games.



In relation to the pictures, answer the following questions.

- Special Olympics were started by _____.
- The first special Olympics were held in 1968 in _____.
- The first Winter Olympics games were held in the year _____ at Sweden.
- Spirit in motion is the motto of _____.

SECTION-E

Q32. Define Diabetes. Write the procedure, benefits & contraindications of Bhujangasana. 2+1+1+1=5

Q33. Mention the Test Items listed in Khelo India Fitness Test for the age group of 9-18 yrs.

Explain any three Test Items in detailed.

2+3=5

Q34. Define Projectile. Discuss any four factors which affect Projectile Trajectory.

1+4=5

OR

Define Flexibility. Explain its types and any two methods to develop Flexibility.

1+1+3=5
