



BAL BHARATI PUBLIC SCHOOL
PRE-BOARD EXAMINATION (2023-24)
CLASS XII
PHYSICAL EDUCATION (048)
(MARKING SCHEME)

Time Allowed : 3 hours
Maximum Marks :70

Q.NO	ANSWERS	MARKS
SECTION A		
1.	c) Bhujangasana	1
2.	a) Hostile Aggression	1
3.	c) Both (a) and (b)	1
4.	b) Strain	1
5.	c) (A) is true, but (R) is false	1
6.	d) Locomotor ability	1
7.	a) Children	1
8.	c) Third law of motion	1
9.	d) 4312	1
10.	c) (A) is true but (R) is false	1
11.	d) Vitamins	1
12.	a) Pancreas	1
13.	b) 13	1
14.	c) 7,6,6,6	1
15.	a) Special Olympics	1
16.	d) All of the above	1
17.	b) 60cm	1
18.	a) Vertebral Column	1
SECTION B		
19.	P: Protection , R: Rest, I : Ice, C : Compression, E: Elevation.	2
20.	It is an internal process that activate ,guide and maintain behaviour. Techniques : (Any two) 1) Goal setting 2) Spectators 3) Positive attitude 4) Cash prizes, certificates and trophies 5) Motivational music 6) Hypnotism 7) Praise or blame 8) Positive attitude.	2
21.	It is a scientific arrangement of exercises, performed systematically and repeatedly as circuit. So it is the training method in which certain exercises of various kinds are performed with or without apparatus with given dosage. Advantages:(Any two) It can be performed indoor or outdoor. The equipment's can be provided easily. It is easy to learn. The trainee gains good result in short period. It is an interesting method of training. It doesn't require long duration to perform exercise. All body parts can be exercised.	2

22.	(Any two): 1)Improved physical fitness and health 2)Empowerment and confidence 3)Enhanced self esteem 4)Leadership qualities	2																																										
23.	Harvard step test 1)Harvard step test: Equipment required: A gym bench or box (20 inches high for men and 16 inches for women), a stop watch and a tape. Procedure: the athlete stands on the bench and on the command of go starts stepping up and down on the bench/box @ 30 steps per min. for 5 min150 steps. Stopwatch is used to time. Athlete sits down immediately after completion of the test. The same foot must step up each time.	2																																										
24.	(Any two) :1) Potatoes make you fat 2) Fat- free products will help you in losing weight 3) Eggs increase cholesterol level 4) Drinking while eating makes you fat 5) Don't consume milk immediately after eating fish	2																																										
SECTION- C																																												
25.	(Any three) 1)Improvement in confidence 2) Reduces stress and anxiety 3) Self esteem is enhanced 4) Behavioural improvements in attention, relationships and academics 5) Improves quality of sleep 6) Improves appetite.	3																																										
26.	(Any three) 1)Extreme reduction of calories 2) Restriction on some nutrients 3) Skipping Of meals 4) Intake of calories through drinking 5) Underestimation of the calories 6) Lack of physical exercise	3																																										
27.	<table border="1" style="margin-left: auto; margin-right: auto;"> <tr><td>1- 2</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>1-3</td><td>2-3</td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>1-4</td><td>2-4</td><td>3-4</td><td></td><td></td><td></td><td></td></tr> <tr><td>1-5</td><td>2-5</td><td>3-5</td><td>4-5</td><td></td><td></td><td></td></tr> <tr><td>1-6</td><td>2-6</td><td>3-6</td><td>4-6</td><td>5-6</td><td></td><td></td></tr> <tr><td>1-7</td><td>2-7</td><td>3-7</td><td>4-7</td><td>5-7</td><td>6-7</td><td></td></tr> </table>	1- 2							1-3	2-3						1-4	2-4	3-4					1-5	2-5	3-5	4-5				1-6	2-6	3-6	4-6	5-6			1-7	2-7	3-7	4-7	5-7	6-7		3
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28.	1) Openness 2) Conscientiousness 3) Extroversion 4) Agreeableness 5) Neuroticism	3																																										
29.	Equilibrium is a state of balance in a system where opposing forces or factors are in perfect counterbalance, resulting in a stable and unchanging condition. Types : 1)Static equilibrium: It refers to a state in which an object is at rest and has no linear or angular acceleration. 2)Dynamic equilibrium: It refers to a state where an object is in constant motion, but its motion is at a constant velocity.	3																																										
30.	This is a postural deformity in which both the knees knock or touch each other in normal standing position. Causes: (Any two) 1) Weak muscles 2) Lack of calcium, vitamin D, phosphorus 3) Flat foot 4)Obesity 5) Rickets 6) Carrying heavy weight in early age .	3																																										

	Remedies: (Any two) 1) Horse riding 2) Padmasana and Gomukhasasna 3) Cod liver oil 4) Keep a pillow between the knees and stand erect for sometime 5) Use of walking calipers 6) Consult a doctor.	
SECTION D		
31.	a) Cyclic Method b) league c) 2 points d) Team which scores maximum points Or d) 6 vs 1	4
32.	a) Joint injury b) Sprain c) Warm up d) Fracture Or d) Comminuted	4
33.	a) "let me win. But if I cannot win, let me brave in the attempt." b) Eunice Kennedy c) Chicago d) 1968	4
SECTION E		
34.	Bhujangasana (Cobra Pose) : Bhujangasana, also known as the Cobra Pose, is a yoga pose that involves backward bending of the upper body. It is named after the cobra snake, as the pose resembles a cobra raising its head. Procedure: a) Lie flat on your stomach with your legs extended and feet together. Place your hands on the floor under your shoulders, with your elbows close to your body. c) Inhale as you gently lift your chest and head off the ground, using your back muscles to arch your upper body while keeping your lower body, pelvis, and legs on the floor d) Maintain a slight bend in your elbows and look upward or slightly forward. e) Hold the pose for a few breaths, then exhale as you slowly lower your chest and head back down. Importance: Bhujangasana helps improve spine flexibility, strengthen the back muscles, relieve stress, and can also be therapeutic for certain spinal issues when performed correctly. Vajrasana , also known as the Thunderbolt Pose or Diamond Pose, is a sitting yoga pose commonly used for meditation and pranayama (breathing exercises) . Procedure : a) Kneel on the floor with your knees and big toes together. b) Sit back on your heels and keep your spine straight. c) Place your hands on your thighs or knees, palms facing up. d) Keep your head and neck aligned with your spine. e) Breathe deeply and sit in this position for meditation or pranayama. Importance : Vajrasana helps improve digestion, strengthens the lower back, and is considered an excellent pose for those who find it uncomfortable to sit cross-legged. It can also aid in promoting calmness and focus during meditation and breathing exercises.	5
35.	1) Chair stand test 2) Arm curl test 3) Chair sit and reach test 4) Back scratch test 5) Eight foot up and go test 6) Six minute walk test (Any two) 1) Chair stand test	5

	<p>Purpose : To measure the lower body strength, particularly of the legs</p> <p>Equipment: A chair with straight back, stop watch.</p> <p>Procedure: Keep the chair against the wall. The participant sits in the middle of the seat. Feet should be at the shoulder level; The arms should be crossed held close to the chest. The participant stands up & sits back down at the start of the signal. Repeat for 30 sec.Count the total number of complete stands.</p> <p>Scoring:The total number of completed chair stands during 30 sec.</p> <p>2) Arm curl test</p> <p>Purpose: this test is for upper body strength.</p> <p>Equipments: 5 pound weight for women and 8 pound weight for men, a chair without arm and stop watch.</p> <p>Procedure-: the participant sits on the chair, holds the weight in his/her hand using suitcase grip. The upper arm should not move but the lower arm should move freely.</p> <p>Curl the arm through the complete range of motion. Repeat this action with 30 sec.</p> <p>Scoring: The total number of arm curl performed in 30 sec.</p> <p>3) Chair sit and reach test.</p> <p>Purpose: to assess the lower body flexibility.</p> <p>Equipment: ruler, a chair.</p> <p>Procedure: the participant sits on the edge of the chair. One foot remains flat on the floor while the other leg is extended forward with the knee kept straight. Heel is kept on the floor and ankle is bent at 90. Participant reaches forward towards the toes by bending at the hip. His back, knee is straight and head up. The distance is measured between the tip of fingers tips and toes. If the fingertips touch the toes than the score is zero, if they do not touch then measure the distance between the fingers and the toes.</p> <p>Scoring: the score is noted down to the nearest ½ inch or 1cm as the distance reaches either a negative or positive score.</p> <p>4) Back scratch test</p> <p>Purpose: to assess the upper body (shoulder) flexibility.</p> <p>Equipment: a ruler</p> <p>Procedure: this test is performed in standing position. Keep the one hand behind the head and back over the shoulder and reach as far as possible down middle of your back. Your palm should touch the body and fingers should be downward. Then put your other arm behind your back, palm facing outward and fingers upward and reach up as far as possible. Try to touch the middle fingers of both hands. Measure the distance between the tip of the finger. If the fingertip touches the score is zero. If they don't touch measure the distance between the fingertips. If they overlap measure by how much.</p> <p>Scoring: Record the two tests to the nearest centimetre.</p> <p>5) Eight foot up and go test</p> <p>Purpose: this is a coordination and agility test.</p>	
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	<p>Equipment:- a chair with straight back, a stop watch, cone maker, measuring tape, and area.</p> <p>Procedure: the participant will sit. On the command go he will stand and walk as quickly as possible to and around cone and return to the chair to sit down. Time is noted as he sits down. Two trials are given.</p> <p>Scoring: The best trial is noted to the nearest 1/10 second.</p> <p>6) Six minute walk test</p> <p>Purpose :To measure the functional fitness of senior citizen.</p> <p>Equipments required: measuring tape, stop watch</p> <p>Procedure: The walking distance is marked in a rectangular area with the help of cones. Participant will walk the maximum distance as quickly as possible in six min.</p> <p>Scoring: The total distance or total round covered in 6 min.</p>	
36.	<p>Strength -It is the ability of the muscles to overcome resistance. It can be defined as the amount of force a muscle or muscle group can exert.</p> <p>Types:</p> <p>a) Dynamic strength -It is called isotonic strength .</p> <p>i) Maximum Strength - It is ability to act against maximum resistance.</p> <p>ii) Explosive strength - It is the ability to overcome resistance with high speed</p> <p>iii)Strength Endurance - It is the combination of strength and endurance abilities. It is the ability to overcome resistance or to act against resistance under condition of fatigue.</p> <p>b)Static Strength - It is also called Isometric strength. It is the ability of the muscles to act against resistance.</p>	5
37.	<p>First class lever: the fulcrum is located between the effort and the resistance.</p> <p>Application in sports: A common example is the neck (fulcrum) when nodding or looking up and down. In sports, this lever system is not as prevalent but can see in activities like diving, where the neck muscle (effort) moves the head (resistance) around the fulcrum.</p> <p>Example baseball pitching when a baseball pitcher throws a pitch, they use their arm as a lever. The shoulder joint serves as the pivot point, and the contraction of muscles applies force to the baseball. By adjusting the position of the pivot (the shoulder), pitchers can control the speed and the trajectory of the pitch.</p> <p>Second class lever: The resistance is situated between the effort and resistance.</p> <p>Application in sports: Second class lever are often found in activities that involve lifting the bodies weight. For example, when a basketball player jumps, the fulcrum is the balls of the feet, the effort is applied by the calf muscles and the resistance is the players body weight. This is seen in various jumping and pushing activities in sports.</p>	5

	<p>Example : basketball layup when a basketball player performs a layup, they are essentially using a second class lever. The ankle acts as the pivot, the muscles of the leg apply force, and the result is the elevation needed to place the ball in the hoop.</p> <p>Third class lever: The effort is applied between the fulcrum and the resistance.</p> <p>Application in sports: Third class lever are the most common in sports and are seen in actions that require speed and range of motion. For instance, when a tennis player swings a racket, the fulcrum is the elbow joint, the effort is provided by the arm muscles, and the resistance is the ball being hit. This lever system allows for quick and precise movements. Rowing In rowing ,the oar is the lever, the rowers hands act as the effort, and the pivot is the fulcrum at the oarlock. By applying force through the pull, the rower propels the boat forward.</p>	
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