

PREBOARD EXAMINATION (2020-21)
SUBJECT: PHYSICAL EDUCATION (048)
CLASS : XII
SAMPLE PAPER

M.M: 70

TIME: 3 Hrs

General Instructions:

- (i) The question paper consists of 30 questions and all are compulsory
 - Question 1-12 carry 01 mark each and are Multiple Choice Questions
 - Questions 13-16 carry 02 marks each and shall not exceed 40-60 words
 - Questions 17-26 carry 03 marks each and shall not exceed 80 -100 words
 - Questions 27 - 30 carry 05 marks each and shall not exceed 150-200 words

1. "Training is an organized procedure by which person learn knowledge and skill for a definite purpose' who gave this definition of sports training. 1
- (a) Beach (b) Martin
(c) Mathew (d) None of above
- OR
- Exercise to improve isotonic strength is:
- (a) Weight training (b) Pull up & push up
(c) Exercise with medicine ball (d) All the above.
2. Who defined psychology as the "Science of Behavior"? 1
- (a) Watson (b) Mc Dougall
(c) Sigmund Freud (d) Feist and Feist
3. According to Newton's law of motion for every action. 1
- (a) There is an equal reaction (b) Opposite reaction
(c) Both (a) and (b) (d) None of above.
- OR
- Immune system does not play any role for the fitness of child.
- (a) True (b) False
4. Muscular contraction requires 1
- (a) Strength (b) Speed
(c) Endurance (d) All the above
5. 600m run or walk used to measure___of an individual. 1
- (a) Speed (c) Flexibility
(b) Strength (d) Endurance.
6. Riboflavin is also known as. 1
- (a) Vitamin B (b) Vitamin A
(c) Vitamin C (d) Vitamin B 6

7. The main cause of ASD is not genetic. 1

- (a) True (b) False

OR

Ability of joint to move in maximum range is called.

- (a) Strength (b) Speed
(c) Endurance (d) Flexibility.

8. In _____ level glucose or blood sugar levels are too high. 1

- (a) Diabetes (b) Hypertension
(c) Obesity (d) Back pain.

9. Poly unsaturated fat are helpful in. 1

- (a) Providing energy
(b) Improving level and lower down the HDL and low down the LDL level in the blood.
(c) Help full in making cells
(d) Regulating the temperature of body

10. William Sheldon was born on November. 1

- (a) 19, 1898 (b) 15, 1896
(c) 19, 1912 (d) None of above.

11. Personality is derived from the Latin word 'Persona' means. 1

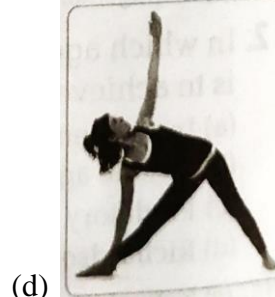
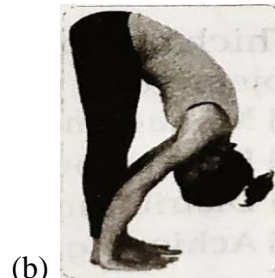
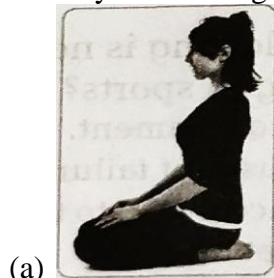
- (a) Perfection (b) Cover
(c) Mask (d) None of above.

12. Match List I with List II and select the correct answer from the code given below: 1

- | | |
|---------|------------------------------------|
| List-I | List-II |
| A. ADHD | 1. Washing hands often |
| B. SPD | 2. Very short attention span |
| C. ODD | 3. Over or under reactive to Sound |
| D. OCD | 4. Defiant behaviour |

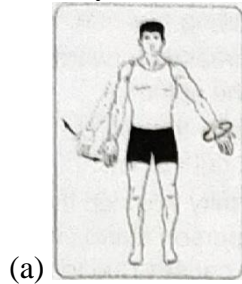
- Codes
- | | | | | |
|-----|---|---|---|---|
| | A | B | C | D |
| (a) | 2 | 3 | 4 | 1 |
| (b) | 3 | 4 | 2 | 1 |
| (c) | 1 | 2 | 3 | 4 |
| (d) | 4 | 1 | 2 | 3 |

13. Identify the below given asanas and write the name. 2

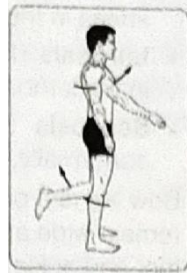


14. Identify the human movement and give their name.

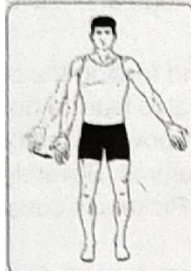
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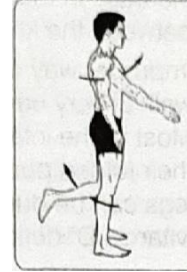
(a)



(b)



(c)



(d)

15. Suggest exercises, corrective measures for curing Lordosis.

2

16. Differentiate between 'Abrasion' and 'Laceration'.

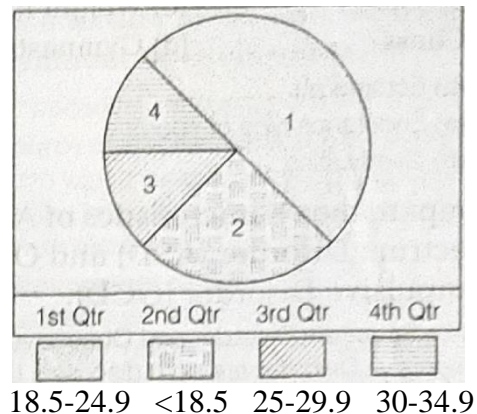
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OR

Differentiate between 'Strain' and 'Sprain'.

17. Given below with BMI data of a class VI's health check-up.

3



On the basis of above data answer the following questions:

(i) In which category does the major student population falls into?

- (a) Obese (b) Normal weight (c) Under weight (d) Over weight

(ii) The school has to develop an activity based program to decrease the number of

- (a) Normal weight (b) Under weight (c) Over weight (d) Obese

(iii) Which category is related to under weight?

- (a) 1st Qtr (b) 2nd Qtr (c) 3rd Qtr (d) 4th Qtr

18. Rohit studies in class X. He has elongated limbs and is very slim. He cannot pick up weight due to less muscle mass. Based on the case answer the following questions:

3

(i) Rohit is having a personality type of

- (a) Endomorph (b) Ectomorph (c) Mesomorph (d) None of these

(ii) Due to his body type, he is naturally suited for which type of Sports?

- (a) Endurance type of sports
- (b) Strength type of sports
- (c) Speed type of sports
- (d) Both a and c

(iii) Which among the following sports/games is best suited for Rohit?

- (a) Cricket
- (b) Weight lifting
- (c) Chess
- (d) Gymnastics

19. What are the methods to develop flexibility? 3

OR

Compare the characteristics of Autism Spectrum Disorder (ASD) and Obsessive Compulsive Disorder (OCD).

20. Create a flow chart for the procedure of shuttle run. 3

21. Write down about personality and give some definitions of personality. 3

OR

Write down about flexion and extension.

22. Write down any four preventions of sports injuries. 3

23. What do you understand by Rikli and Jones test? 3

24. What is round shoulder? What are its causes and Remedial Measures? 3

25. Write down about the disability and give one definition? 3

26. What are the Benefits of Bhujangasana? 3

OR

Explain the importance of water in diet.

27. Explain the method to develop speed. 5

28. What do you understand by Sheldon type of personality? 5

OR

Write down about big five theory of personality.

29. What do you understand by food intolerance? Write down the symptoms and causes of food intolerance. 5

30. Explain in details about soft tissue injuries. 5