

**KOTHARI INTERNATIONAL SCHOOL, NOIDA**  
**PRE-BOARD EXAMINATION, SESSION 2023-24**  
**SUBJECT: PHYSICAL EDUCATION (048)**  
**GRADE: 12 SET A**

**DAY & DATE:** \_\_\_\_ NOV 2023

**MAXIMUM MARKS:** 70

**NAME:** \_\_\_\_\_

**TIME ALLOTTED:** 3 HOURS

**ROLL NO:** \_\_\_\_\_

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**GENERAL INSTRUCTION:**

1. The question paper consists of 5 sections and 37 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** consist of questions 19-23 carrying 2 marks each and are very short answer types and should not exceed **60-90 words**. Attempt all.
4. **Sections C** consist of Question 24-28 carrying 3 marks each and are short answer types and should not exceed **100-150 words**. Attempt all.
5. **Sections D** consist of Question 29-31 carrying 4 marks each and are case studies. There is internal choice available.
6. **Section E** consists of Question 32-34 carrying 5 marks each and are short answer types and should not exceed **200-300 words**. Attempt all.

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**Section A**

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- Q1** Which one of the following methods is not used for preparing fixture in league or round robin tournament 1 mark
- a) Staircase method
  - b) Cyclic method
  - c) Combination method
  - d) Tabular method
- Q2** How many numbers of matches will be held if 8 teams are participating in single league tournament. 1 mark
- a) 18.
  - b) 28
  - c) 38
  - d) 48.
- Q3** Which one of the following corrective exercises is beneficial for correction of knock knees? 1 mark
- a) Skipping rope
  - b) Horse riding
  - c) Walking on toes
  - d) All the above
- Q4** In Bow leg, there is/are: 1 mark
- a) Wide gap between the knees
  - b) Plain foot sole.
  - c) Knee colliding with each other
  - d) Booth legs curving inward

- Q5** Which one of the following causes asthma attacks 1 mark
- Genetic factor
  - Allergy
  - Exercising in cold air
  - All the above
- Q6.** Not Which one of the symptoms is not related to diabetes? 1 mark
- Urge to urinate frequently.
  - Numbness in hands and feet
  - No healing wounds.
  - High blood pressure
- Q7** Where will be the Paralympics game (summer) in 2028 be held? 1 mark
- Paris
  - Tokyo
  - Los Angeles
  - London
- Q8** The International Paralympics Committee was formed in: 1 mark
- 1960
  - 1976
  - 1989
  - 1998
- Q9** Trypsin helps in the digestion of: 1 mark
- Vitamins
  - Fats
  - Protein
  - Carbohydrates
- Q10.** Which group of ads usually increase the chances of heart disease 1 mark
- Saturated fats
  - Poly unsaturated fats
  - Mono-unsaturated fats
  - None of the above
- Q11.** Given below are the two-statement labelled assertion (A) and reason are (B) 1 mark
- A. Assertion (A):** Fullerton functional test is known as Rikli and Jones Senior Citizen fitness Test.
- B. Reason (R):** Rikli and Jones developed, Fullerton functional test.
- In the context of above two statements which one of the following is correct?
- Both (A) and (R) are true, but are not the correct explanation of A.
  - (A) is a true but (R) is false
  - Both (A) and (R) are true, and (R) is the correct explanation of (A).
  - (A) is false, but (R) is true.
- Q12.** Which is not an item of Rikli and John's test? 1 mark
- 8 foot up and go.
  - Sit and reach test.
  - 6-minute walk test
  - Arms curl up
- Q13.** Friction always acts..... the motion of an object. 1 mark
- In the same direction as
  - Perpendicular to
  - Opposite to
  - Add 45-degree angle to
- Q14.** The force which opposes the relative motion between the surface of two objects is known as: 1 mark

- a) Gravitational force
- b) Frictional force
- c) Tension force
- d) Normal force

- Q15.** Emotionally unstable, anxiety, sadness are attributes of which personality dimension? 1 mark
- a) Extroversion
  - b) Neuroticism
  - c) Agreeableness
  - d) Openness
- Q16.** Aggressive behaviour of a sportsperson is influenced by: 1 mark
- a) Emotional identification with the team
  - b) Tactical ability
  - c) Goal orientation
  - d) All of the above
- Q17.** Which one of the following types of muscular contraction take place while performing exercise on multi gym? 1 mark
- a) Isometric
  - b) Isotonic
  - c) Isokinetic
  - d) Eccentric
- Q18.** Resistance ability against fatigue is called: 1 mark
- a) Strength
  - b) Speed
  - c) Endurance
  - d) Agility

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### Section B

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- Q19.** How does inclusion in sports helps to improve communication skills of students? 2 marks
- Q20.** Identify the figure given below related to fitness test and answer the following questions. 2 marks

- a) Write down the name of the test.
- b) What is the purpose of this test?



- Q21** Define lever and discuss any one type of lever with two examples. 2 marks
- Q22** Differentiate between hostile aggression and instrumental aggression in brief. 2 marks
- Q23** Differentiate between isometric exercise and isotonic exercise. 2 marks

OR

Differentiate between talent detection and talent identification

**Section C**

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- Q24** Your school is organising “run for unity,” explain the responsibility of accreditation, technical and finance committee. 3 marks
- Q25** What are the causes of osteoporosis? Explain in detail. 3 marks
- Q26** Explain about the procedure and advantage of Bhujangasana. 3 marks
- Q27** Discuss the benefit of inclusion education for children with special need. 3 marks
- Q28** What do you mean by macronutrients? Explain about any two macro nutrients. 3 marks

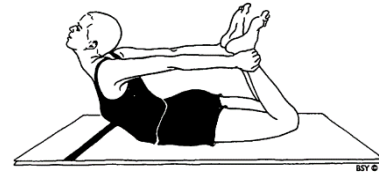
OR

What do you mean by water soluble vitamins? Explain about them in brief

**Section D**

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- Q29** Look, the picture given on the right side and answer the question that follows:



4 marks

- A** Identify the above pose from the Asanas given below.

- a) Dhanurashna
- b) Chakrasana
- c) Vajrasana
- d) Vakrasana

- B** While performing this as na breathing should

- a) Slow.
- b) Deep inhalation
- c) Only inhalation
- d) Only exhalation

- C** This asana is used to cure.....

- a) Obesity
- b) Hypertension.
- c) Asthma
- d) Booth, A and B

- D** Normal blood pressure of an adult should.....

- a) 140/90 mm/hg
- b) 120/80 mm/hg
- c) 130/90 mm/hg
- d) 140/95 mm/hg

- Q30** Randhir, a national level boxer has been advised by his boxing coach to take sufficient amount of simple carbohydrates, vitamin, protein and minerals in his daily diet, along with regular training He has also been advised to follow the diet plan strictly and be aware of drawback of unsupervised dieting. 4 marks

- A. Which one of the following is a pitfall of dieting
- Skipping meals.
  - Reducing energy, giving food
  - Drinking a lot of water
  - Taking food supplements
- B. Amino acid and protein are \_\_\_\_\_ of life.
- Building blocks.
  - Training blocks
  - Fitness blocks
  - Booth, A and B.
- C. Glucose fructose and lactose
- Simple carbohydrate
  - Complex carbohydrates
  - Minerals
  - Fats
- D. Which one of the food constituents in the main energy providing constituents of the body?
- Proteins
  - Carbohydrates
  - Fats
  - Minerals

Q31

4 marks



Observe the given pictures and answer the following questions:

- A. Both the tests shown in the above pictures are conducted to check.
- Muscular
  - Skeletal
  - Cardiovascular
  - Respiratory
- B. The height of the bench used in the second picture is
- 45
  - 50
  - 40
  - 55
- C. The test shown in second picture was developed by
- Coubertin
  - Brouha
  - Sheldon
  - James
- D. The name of the test shown in the first picture is

- a) Rikli and Jones Test
- b) Harvard Step Test
- c) Rockport Test
- d) Barrow Test

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**Section E**

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- Q32** What do you mean by projectile? Discuss any four factors which affect projectile trajectory in sports with examples. 5 marks
- Q33** Enlist the Big Five Theory Personalities and describe any three of them while comparing their characteristic. 5 marks
- Q34** What is circuit training? Draw a diagram of circuit training with 12 stations and explain its importance in sports. 5 marks

OR

Define flexibility? Explain its type and any two methods to develop flexibility.