

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

DAY & DATE: ___ NOV 2023

MAXIMUM MARKS: 70

NAME: _____

TIME ALLOTTED: 3 HOURS

ROLL NO: _____

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.

Section A

- Q1** How many buyers will be given if 29 teams are participating in knockout tournaments? 1 mark
- a) 1
 - b) 2
 - c) 3
 - d) 4
- Q2** If 9 teams are participating in double league tournament, the number of matches will be: 1 mark
- a) 36
 - b) 90
 - c) 72
 - d) 81
- Q3** In which posture deformity the gap between the ankle goes on increasing? 1 mark
- a) Bow leg
 - b) Knock knee
 - c) Flat foot
 - d) None of these
- Q4** Scoliosis is a posture deformity, which is related with: 1 mark
- a) Leg
 - b) Foot
 - c) Vertebral column
 - d) Hand

- Q5** According to WHO, the criteria for overweight as per BMI is: 1 mark
- 18.5 - 24.9
 - 25-29.9
 - 30-34.9
 - 35-39.9
- Q6.** Which one of the following glands is related to diabetes? 1 mark
- Pituitary
 - Pancreas
 - Thymus
 - Adrenal
- Q7** What is the colour of the crescent in Paralympics logo? 1 mark
- Red
 - Blue
 - Green
 - All of these
- Q8** The Paralympics games are organised after the completion of..... 1 mark
- Commonwealth Games
 - Olympic Games
 - SAF Games
 - Asian Games
- Q9** Which one of the following is not the example of microminerals? 1 mark
- Sodium.
 - Potassium
 - Iron.
 - Calcium
- Q10.** What is the other name of vitamin B3? 1 mark
- Riboflavin
 - Biotin
 - Niacin
 - Thiamine
- Q11.** Match the following 1 mark
- | | |
|-------------------------------|-----------------------------|
| 1) Arm curl test | a) Lower back flexibility |
| 2) Back stretch test | b) Upper body strength |
| 3) 9-minute walk test | c) Cardiovascular endurance |
| 4) Chairs sit and reach test. | d) Upper body flexibility |
- b,d,c,a
 - c,b,d,a
 - c,b,a,d
 - d,c,b,a
- Q12.** Partial curl up test is used to measure: 1 mark
- Explosive power of legs
 - Agility and speed
 - Abdominal strength
 - Acceleration speed
- Q13.** The law of acceleration is also known as: 1 mark
- Law of inertia
 - Law of reaction
 - Law of momentum
 - Boyle's law

- Q14.** Acceleration of an object will increase as the net force increase depending on its 1 mark
- a) Density
 - b) Mass
 - c) Shape
 - d) Volume
- Q15.** In which one of the following psychological attributes an athlete usually say, “yes, I can”. I have done it before. 1 mark
- a) Mental imagery
 - b) Self esteem
 - c) Self-talk
 - d) Goal setting
- Q16.** Using aggression to achieve a goal is known as: 1 mark
- a) Hostile aggression
 - b) Instrumental aggression
 - c) Assertive behaviour
 - d) Violent attitude
- Q17.** Fartlek training method was developed in.: 1 mark
- a) Sweden
 - b) USA
 - c) UK
 - d) Spain
- Q18.** If a muscle contract and change its length to produce force, the contraction type is: 1 mark
- a) Isotonic
 - b) Isometric
 - c) Isokinetic
 - d) None of these

Section B

- Q19.** Differentiate between Paralympics and Special Olympic Games 2 marks
- Q20.** Differentiate between Basal Metabolic rate and a resting metabolic rate. 2 marks
- Q21** What is projectile? Explain any one example of projectile motion in sports with stick diagram. 2 marks
- Q22** What do you mean by personality? Explain any one dimension of personality. 2 marks
- Q23** Define static and dynamic strength. 2 marks

Section C

- Q24** Elucidate the method of fixing buys in a knock-out tournament. 3 marks
- Q25** Write in brief, the corrective measures of Bowleg, Knock knee and Flat foot. 3 marks
- Q26** Write down the names of Asanas: 3 marks



(a)



(b)



(c)

Write down the name of lifestyle disease, which are cured by practising these asanas regularly.

- a)
- b)
- c)

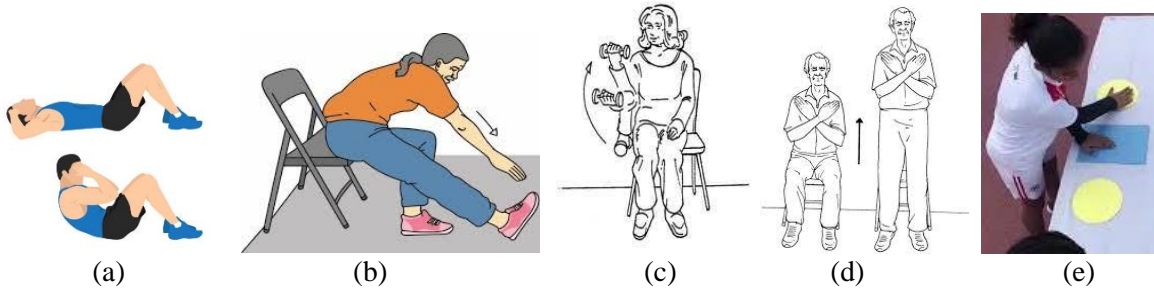
- Q27** What is inclusion in sports? Is there any need of inclusion in physical education? justify in brief. 3 marks
- Q28** What do you understand by “non-nutritive components” Elucidate any three non-nutritive components of diet. 3 marks

Section D

- Q29** What do you mean by asthma? Explain the procedure, benefits of contradiction of Anulom-Vilom. 4 marks
- Q30** In an annual health checkup, Rohit, a student of grade 11 class, was diagnosed with Beri-Beri. Disease. His father consulted his family daughter and asked the doctor more about the detail of these diseases. 4 marks
- A. According to the doctor, this disease is caused due to deficiency of.....
- a) Vitamin B5
 - b) Vitamin B1
 - c) Vitamin B3
 - d) Vitamin B7
- B. Other diseases which might occur due to deficiency of vitamin are.....
- a) Irritation
 - b) Constipation
 - c) Both “a” and “b”
 - d) High blood pressure

- C. Which one of the following is the symptom of bare beri?
- Shortness of breath
 - Loss of appetite
 - Swollen feet
 - All of these
- D. Which one of the following vitamins are called thiamine?
- Vitamin B1
 - Vitamin B2
 - Vitamin B3
 - Vitamin B5

Q31



4 marks

Observe the given figure and answer the following questions:

- Write down the name of the test which is related to Kelo India fitness test, applicable for the age group of five to eight years.
- How many fitness test items are related to senior citizen?
 - 1
 - 2
 - 3
 - 4
- Which test item is used to measure the strength and endurance of abdominal muscle?
- Which one of the test is used to assess the lower body flexibility write down the name of the test and figure number.

OR

Write down the name/name(s) of the test(s) which are related to Khelo India fitness Test for the age group 9-18 years.

Section E

- Q32** Define lever? Explains the types of levers with the help of examples from the field of sports, with stick diagram. 5 marks
- Q33** Differentiate between intrinsic and extrinsic motivation. Explain in detail goal setting and reinforcement as techniques of motivation. 5 marks
- Q34** What is circuit training? Draw a diagram of 10 station to improve general fitness. How can load be increased in circuit training? 5 marks