

Exam Copy on 13.12.2019

FIRST PRE-BOARDS EXAM 2019-20

PHYSICAL EDUCATION

Highly Simulated Practice Question Paper for
SE Class XII Examination

XII

Time: 3 hrs

General Instructions

M.M. : 70

- The question paper consists of 34 questions.
- All questions are compulsory.
- Question 1-20 carry 1 mark and are multiple choice questions.
- Question 21-30 carry 3 marks each and should not exceed 80-100 words each.
- Question 31-34 carry 5 marks and should not exceed 150-200 words.

Section A

1. A run for awareness may be organised by an institution to create awareness about which topic? (1)

- (a) A health related topic
- (b) An environment or pollution related topic
- (c) Both (a) and (b)
- (d) Any suitable topic

Or

Which of the following methods is used for drawing up fixtures in league tournaments?

- (a) Cyclic method
- (b) Staircase method
- (c) Tabular method
- (d) All of these

2. The other name of vitamin B₂ is

- (a) Thiamin
- (b) Niacin
- (c) Riboflavin
- (d) Pyridoxine

3. In the motor fitness test, the 600 metres run / walk measures
 - (a) Endurance
 - (b) Power
 - (c) Speed and agility
 - (d) All of these
4. Which of the following personality types is given by Herbert Sheldon?
 - (a) Mesomorph
 - (b) Extroverts
 - (c) Introverts
 - (d) Extraversion
5. Which of the following is a type of Isotonic exercise?
 - (a) Concentric
 - (b) Eccentric
 - (c) Egocentric
 - (d) Both (a) and (b)
6. Which of the following is a water soluble vitamin?
 - (a) Vitamin B₁
 - (b) Vitamin K
 - (c) Vitamin C
 - (d) Both a and c
7. The yogic asana helpful in correcting Kyphosis is
 - (a) Bhujangasana
 - (b) Parvatasana
 - (c) Shalabhasana
 - (d) Tadasana
8. Name the test used to measure shoulder strength.
 - (a) Chair Stand Test
 - (b) Back Scratch Test
 - (c) Chair Sit and Reach Test
 - (d) Arm Curl Test
9. Which of the following is not one of the condition mentioned in female athlete triad?
 - (a) Amenorrhea
 - (b) Osteoporosis
 - (c) Disordered eating
 - (d) Menarche

Or

Which is not a cause of Osteoporosis?

- (a) Lack of Calcium
 - (b) Lack of Vitamin D
 - (c) Improper bone formation
 - (d) Loss of bone density
10. means to organise the activities in order to reach a particular goal.
 - (a) Goal Setting
 - (b) Coordination
 - (c) Planning
 - (d) Game Technique
 11. What is the purpose of Shuttle Run?
 - (a) To measure speed
 - (b) To measure agility
 - (c) To cover a distance in shortest time
 - (d) All of these
 12. Due to disorder a person, specially young children become easily distracted.
 - (a) ADHD
 - (b) OCD
 - (c) ASD
 - (d) ODD

Or

Due to disorder, a person faces aggressive thoughts towards others or self.

- (a) ADHD
 - (b) OCD
 - (c) ASD
 - (d) ODD
13. Which is not an activity in the circuit training plan?
 - (a) Dorsal Press
 - (b) Squat
 - (c) Step-ups
 - (d) Broad jump

14. The staircase method of arranging teams in a tournament is also known by which name? (1)
- (a) Round-Robin (b) Knock out
(c) Cyclic (d) Zig-Zag
15. Which is the best example of iso-kinetic exercises? (1)
- (a) Pedalling in cycling (b) Pushing a wall
(c) Push-ups (d) Weight training
16. Which of the following is not an external form of motivation? (1)
- (a) Certificates (b) Will power
(c) Awards (d) Praises
17. Which of the following asana is done in lying position? (1)
- (a) Chakrasana (b) Parvatasana
(c) Ardh Matsyendrasana (d) Vakrasana

Or

Which asana is done in standing position?

- (a) Trikonasana (b) Shalabhasana
(c) Sukhasana (b) Bhujangasana
18. The exact period of menarche depend upon which factor? (1)
- (a) Biological (b) Genetical
(c) Environmental (d) All of these
19. Showing heightened reactivity to sound, touch or movement is which type of disorder? (1)
- (a) ADHD (b) SPD
(d) ASD (d) ODD
20. Which among the following is not a standard technique for injury treatment? (1)
- (a) RICER (b) DOMS
(d) TOTAPS (d) NO-HARM

Section B

21. What do you understand by planning in sports and what is its importance? (3)

Or

What do you understand by special seeding?

22. Differentiate between nutritive and non-nutritive components of diet. (3)
23. What are the different ways to prevent diabetes? State any three. (3)
24. Which etiquettes should a person follow while dealing with a person with vision loss? (3)
25. Write a short note on how menstruation hinders sports participation of women. (3)

Or

Explain the physical activities that can be undertaken to correct the common deformities of Flat foot, Lordosis and Round Shoulders.

26. Mention the purpose and equipments required for Chair Stand Test for lower body strength. (3)
27. Explain three types of muscular contraction against resistance. (3)

28. Explain the demerits of friction in different sports and games.
29. What do you understand by intrinsic motivation? Explain in brief.
30. Discuss in brief about the method of acceleration run.

Or

Discuss about Pace Run.

Section C

31. Explain the benefits of performing Chakrasana. What are the contraindications for this asana?

Or

Explain various asanas: Shavasana, Sukhasana, Shalabhasana, Parvatasana and Vakrasana.

32. Which disorder is normally seen among teenagers? Write the symptoms, causes and features of that disorder.

Or

How can sports help young children who are suffering from physical disability?

33. Why is it essential to apply first aid immediately in soft tissue injuries? Explain application of first aid for incision.
34. Discuss the various types of friction which occur when an athlete is running a sprint race. Enlist the methods by which this athlete can minimise the effect of these types of friction.