

# BUDHA DAL PUBLIC SCHOOL PATIALA

## Pre Board Examination (21 January 2025)

Class XII (Humanities)

Subject – Physical Education (Set-A)

Time: 3hrs.

M.M. 70

### GENERAL INSTRUCTIONS:

- 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 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. There is internal choice available.
- 4) Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. There is internal choice available
- 5) Sections D consist of Question 31-33 carrying 4 marks each and are case studies.
- 6) Section E consists of Question 34-37 carrying 5 marks each and should not exceed 200-300 words. There is internal choice available.

### Section – A

Q1. What is the formula to determine number of matches in league fixture for even number of teams?

- a)  $N+1/2$     b)  $N-1/2$     c)  $N(N-1)/2$     d)  $N(N-1)/2$

Q2. What is the medical name of bow legs?

- a) Genu Varum    b) Genu Valgum    c) Pes Planus    d) Both (a) and (b)

Q3. Which of the following is not a component of female Athlete Triad?

- a) Osteoporosis    b) Eumenorrhea    c) Amenorrhea    d) Eating Disorder

Q4. Formula of BMI :

a)  $\frac{\text{Weight (in Kg)}}{[\text{Height (in cm)}]^2}$   
c)  $\frac{\text{Weight (in g)}}{[\text{Height (in cm)}]^2}$

b)  $\frac{\text{Weight (in Kg)}}{[\text{Height (in meter)}]^2}$   
d)  $\frac{\text{Weight (in g)}}{[\text{Height (in metre)}]^2}$

Q5. Which asana does not have a back bend?

- a) Chakrasana    b) Tadasana    c) Bhujangasana    d) Ushtrasana

Q6. The founder of Special Olympics was :

- a) Eunice Kennedy Shriver    b) John F. Kennedy    c) Lyndon B. Johnson    d) Donald

Q7. Full form of CWSN is :

- a) Children with Sports needs    b) Children with Special needs  
c) Children with Specific needs    d) None of the above

Q8. Fats and Oils come under:

- a) Protective or regulatory foods    b) Energy giving foods    c) Bodybuilder group    d) Routine foods

Q9. Anthocyanins give colour to

- a) Roots    b) Coffee    c) Wheat    d) Grapes

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- Q10. Name the test in which endurance is not measured?  
a) 600 mt. run/walk   b) Harvard step test   c) 4×10 mt. shuttle run   d) 6 minutes walk test
- Q11. In arm curl test, weight of the dumbbell for women is  
a) 2.5 kg   b) 2.3 kg   c) 2.8 kg   d) 2.1 kg
- Q12. Which is not a long term effects of exercise on muscular system?  
a) Hypertrophy of muscle   b) Increased metabolism   c) Increased Myoglobin   d) Increased blood supply
- Q13. In the human body, the most common class of lever \_\_\_\_\_  
a) 1<sup>st</sup> class lever   b) 2<sup>nd</sup> class lever   c) 3<sup>rd</sup> class lever   d) none of the above
- Q14. Sports biomechanics can be described as  
a) Mechanics of sports   b) Kinesiology   c) Physic of sports   d) Sports dynamics
- Q15. Among the following sports, in which friction plays the least important role?  
a) Car race   b) Football   c) Hockey   d) Ice Skating
- Q16. Psychology means :  
a) Science of matter   b) Science of mind and soul   c) Science of humanity   d) None of the above
- Q17. Which of the following is a legitimate behaviour?  
a) Hostile aggression   b) Instrumental aggression   c) Assertiveness   d) Proactive aggression
- Q18. The ability of the muscles to overcome resistance with high speed is called :  
a) Maximum strength   b) Explosive strength   c) Strength endurance   d) None of the above

**Section – B (Attempt any five questions)**

- Q19. What do you mean by 'Fixture'?
- Q20. What do you mean by Spinal Curvature of deformities?
- Q21. What is obesity? What are its risk factors?
- Q22. Name any two non-nutritive components of diet.
- Q23. Define Total Lung volume.
- Q24. Define Gravity.

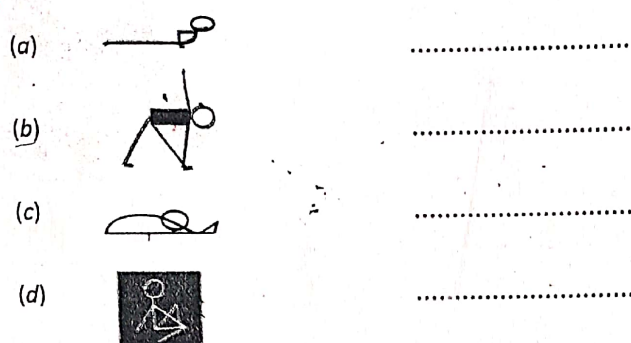
**Section – C (Attempt any five questions)**

- Q25. Explain briefly about eating disorder 'BULIMIA'.
- Q26. What are the aims and objectives of Deaflympics?
- Q27. Explain the procedure for doing the Sit and Reach test.
- Q28. Write briefly about the effect of training on : (a) Blood flow   b) Blood volume
- Q29. Give one example of each of the three classes of levers.
- Q30. Explain interval training method.

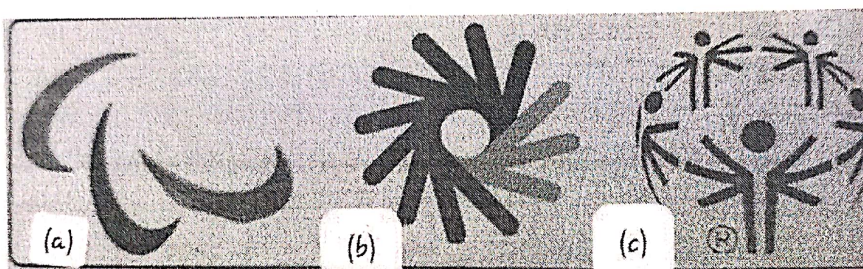
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### Section – D

Q31. Identify the below given asanas and write their names :



Q32. In relation to the picture, answer the following questions:



a) Logo shown in picture \_\_\_\_ refers to special Olympics.

b) Who was the founder of Special Olympics

c) According to the figure (b), the hand shapes of 'OK', 'Good', and 'Great' that overlap each other in a circle, represent the original sign for \_\_\_\_.

d) How many countries participated in the first Paralympics in Rome(Italy) in 1960?

Q33. During her gymnastics practice, Zoya was finding it difficult to maintain her balance on the balancing beam.

Her coach tried to explain to her about basic principles of equilibrium.

According to the principles of equilibrium centre of gravity plays a very important role.

**Based on this case and image answer the following questions:**

- The nearer the center of Gravity to the centre of the base of support the more will be the .....
- The position of the centre of gravity changes depending upon the .....
- The sum of all the vertical and horizontal forces acting on the body must be .....
- Centre of gravity is the average location of an object's .....

**OR**

When the sum of force acting upon the object and sum of the movement acting upon the body is both equal to zero then the body is said to be in .....

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**Section – E (Attempt any three questions)**

Q34. What is circuit training? Draw a diagram of 10 stations to improve general fitness.

Q35. Draw a fixture of 16 teams participating in the knockout tournament.

Q36. Explain some importance food Myths.

Q37. Explain the effects of exercise on muscular system.