

BUDHA DAL PUBLIC SCHOOL PATIALA

Pre Board Examination (21 January 2025)

Class XII (Humanities)

Subject – Physical Education (Set-B)

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. The basic function of management is :
a) Controlling b) Budgeting c) Planning d) Organising
- Q2. What is the other name of flat foot?
a) Pes Planus b) Fallen Arches c) Both (a) or (b) d) None of above
- Q3. A healthy, normal menstrual period is called :
a) Manorrhagia b) Menarche c) Eumerorrhoea d) Amenorrhoea
- Q4. Who quoted "Asana means sthira sukham asanam"
a) Swami Digamber Ji b) Patanjali c) Shankracharya d) Brahmanopanishad
- Q5. Which gland is associated with Diabetes?
a) Endocrine glands b) Pituitary c) Pancreas d) Hypothalamus
- Q6. World Disability Day is celebrated on:
a) 2nd April b) 21st June c) 29th August d) 3rd December
- Q7. First Deaflympic Games were organized in the year ____
a) 1896 b) 1960 c) 1924 d) 1951
- Q8. 'Vitamin K' is essential for ____
a) Normal Coagulation of blood b) Providing nourishment to body
c) Prevention of disease d) Metabolism of the body
- Q9. Which is not a Micronutrient?
a) Minerals b) Fats c) Water d) Vitamins
- Q10. The correct formula to compute fitness index is:

a)
$$\frac{\text{Duration of exercise (in sec)} \times 100}{2 \times \text{Sum of Six pulse counts of test}}$$

b)
$$\frac{\text{Duration of exercise (in sec)} \times 100}{2 \times 3 \text{ pulse counts after test}}$$

c)
$$\frac{\text{Duration of exercise (in sec)} \times 100}{5.5 \times \text{pulse count of 1-1.5 after exercise}}$$

d)
$$\frac{\text{Duration of exercise (in sec)} \times 100}{2.5 \text{ pulse count of 1-1.5 sec after test}}$$

B-1



Q11. Back Scratch Test is used to measure:

- a) Shoulder strength b) Lower body flexibility c) Upper body strength d) Upper body flexibility

Q12. A sprain is an injury to :

- a) Muscle b) Tendon c) Ligament d) Bone

Q13. It is a disease in which bone weakening increases the risk of a broken bone:

- a) Measles b) Osteoporosis c) Atherosclerosis d) Beriberi

Q14. Newton's 3rd law of motion is known as

- a) Law of Action and reaction b) Law of inertia c) Law of Acceleration d) Law of gravity

Q15. Friction can be increased by

- a) Using air cushion b) Lubricant c) Using sand d) Using ball bearings

Q16. Which one of the following is not a technique of motivation in the field of sports?

- a) Presence of spectators b) Goal setting c) Ignorance d) Praise

Q17. Reactive Aggression is also called _____

- a) Instrumental Aggression b) Hostile Aggression c) Assertive Aggression d) Both (a) and (b)

Q18. Which of the following is/are a type of endurance according to the duration of activity?

- a) Speed endurance b) Anaerobic endurance c) Aerobic endurance d) All of the above

Section – B (Attempt any five questions)

Q19. Name two common postural deformities?

Q20. What are the causes of Diabetes?

Q21. What are the aims of Special Olympics?

Q22. How is plate Tapping Test done?

Q23. What do you mean by Projectile?

Q24. What do you mean by Psychology?

Section – C (Attempt any five questions)

Q25. Define staffing. How is it important?

Q26. What are carbohydrates? What are its types?

Q27. How composition of muscle fibers effect speed?

Q28. What is a Lever? What are different classes of Levers?

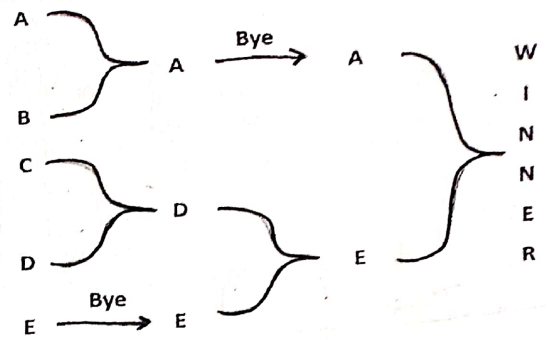
Q29. Explain the types of motivation.

Q30. Describe any two physiological changes due to ageing.

Section – D

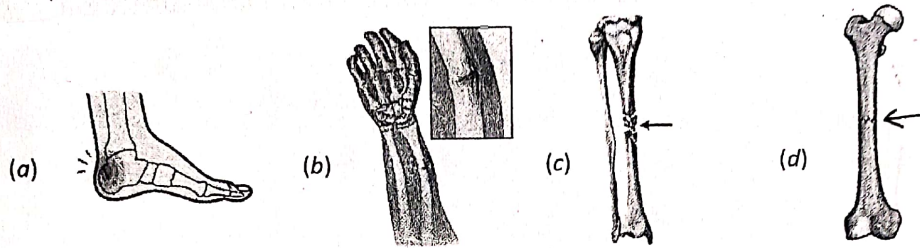
Q31. Completing in physical activities has been the natural tendency of humans. The competitions or tournaments are held according to the set rules and regulations. The success of the tournament depends upon suitable fixture. Observe the below given fixture and answer the questions.

B-2

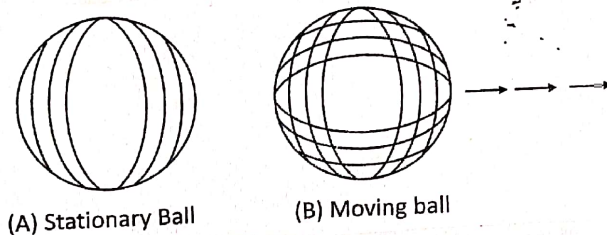


1. The method followed in drawing the fixture is
2. Number of matches played can be calculated by the formula
3. In this type of tournament, a team once defeated gets
4. A privilege given to a team to play in a higher round is called

Q32. Identify the type of bone fracture and write the names:



Q33. Study the pictures given below :



Based on this case and image answer the following questions:

- a) Which law of motion will be applied to initiate motion of the ball as depicted in the illustration (A)?
- b) In illustration (B) which force is acting upon the ball to slow it down?
- c) Which law of motion will determine the quality of bounce?
- d) _____ of an object directly depends upon the mass of the object and net force applied on it.

OR

"When a cricket ball is moving with a certain velocity, the player has to apply retarding force to bring the ball at rest in his hands." Which Newton's law is applied in this illustration?

Section – E (Attempt any three questions)

- Q34. Draw a fixture of 9 Basketball teams on League basis following the staircase method.
- Q35. What do you mean by Yoga? Outline the importance of Yoga.
- Q36. Explain continuous training method. Write its advantages and disadvantages.
- Q37. Explain Newton's Law of Motion. Discuss about their application in Games and sports.