

BUDHA DAL PUBLIC SCHOOL PATIALA

Pre Board Examination (20 December 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. How many total matches will be played in a knockout fixture of 19 teams?
a) 18 b) 17 c) 20 d) 16
- Q2. 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) $N(N+1)/2$
- Q3. Weakening of bones due to loss of bone density and improper bone formation is:
a) Amenorrhea b) Anorexia Nervosa c) Osteoporosis d) Lordosis
- Q4. How many types of Asanas are there in Yoga?
a) 3 b) 4 c) 5 d) 12
- Q5. One of the possible causes for obesity could be ____
a) Heredity b) Excessive eating c) Fast metabolism d) both (a) and (b)
- Q6. Which is the main governing body responsible for the organisation of deaflympics?
a) World Deaf Champions Committee
b) International Committee of Sports for the Deaf
c) International Co-coordinating Committee of sports for the Disabled
d) National Sports Federation
- Q7. First Deaflympic Games were organised in the year ____
a) 1896 b) 1960 c) 1924 d) 1951
- Q8. Which of the following are water soluble vitamins?
a) Vitamin O & K b) Vitamin B & C c) Vitamin A & E d) Vitamin A & C
- Q9. In which of the following food groups "Sugar and Jaggery" come under?
a) Protective or regulatory foods b) Energy giving foods
c) Body building foods d) Immunity boosters foods

B-1



- Q10. Upper body flexibility of senior citizen is determined by
- Sit and reach test
 - Chair sit and reach test
 - Back scratch test
 - Arm curl test
- Q11. SAI Khelo India Fitness Test is introduced in schools for two groups, namely class 1 – 3 and 4 – 12. Which of the following test items is common for both groups?
- Plate Tapping Test
 - Body Mass Index Test
 - Sit and Reach Test
 - 50 mts Dash
- Q12. Brisk walking, running, bicycling and jumping are related to which activities.
- Speed activities
 - Strength activities
 - Endurance activities
 - Co-ordinative activities
- Q13. Decrease in size of a body part, cell, organ, or other tissue is called
- Myopia
 - Atrophy
 - Cardiac arrest
 - Cardiac cycle
- Q14. Among the following sports in which friction plays the least important role?
- Car Race
 - Football
 - Hockey
 - Ice skating
- Q15. Kicking off a stationary ball is an example of
- Law of Action and reaction
 - Law of Acceleration
 - Law of inertia
 - Both (a) and (b)
- Q16. A person who is bold and outgoing is an
- Introvert
 - Extrovert
 - Ambivert
 - Somatotype
- Q17. Micro cycle is
- 3 to 10 weeks
 - 3 to 10 days
 - 3 to 10 hours
 - None from above
- Q18. Who developed Fartlek Training Method?
- Gosta Holmer
 - Bikila
 - Morgan and Adamson
 - Jetopack

Section – B

- Q19. What is by?
- Q20. What are the signs and symptoms of Back pain?
- Q21. What do you mean by disability?
- Q22. What do you understand by the world PRICE?
- Q23. What test would you suggest to measure upper body strength for aged population?

OR

- Q24. Define flexibility and list down its types.

Section – C

- Q25. Write the difference between simple and complex carbohydrate.
- Q26. Name some common postural deformities.
- Q27. What are the joint injuries? Write its preventive measures.
- Q28. What do you mean by self-esteem? What are its types?

B-2



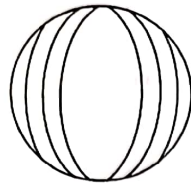
Write advantages and disadvantages of Isometric exercise.

OR

Q30. Write a note on Menstrual cycle.

Section - D

Q31. Study the pictures given below :



(A) Stationary Ball



(B) Moving ball

Based on your above study and your knowledge, answer the following questions :

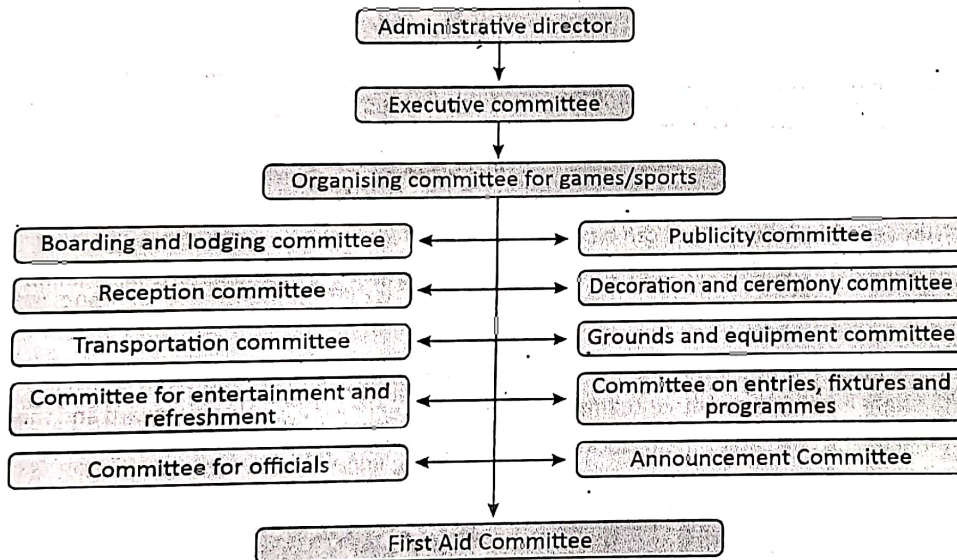
- Which law of motion will be applied to initiate motion of the ball as depicted in the illustration (A) ?
- In illustration (B) which force is acting upon the ball to slow it down ?
- Which law of motion will determine the quality of bounce ?
- _____ of an object directly depends upon the mass of the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

Q32.

While organizing sports events for the Annual Sports Day, Arjun and Ravi being the captain and vice-captain of sports, formed various committees as shown below.



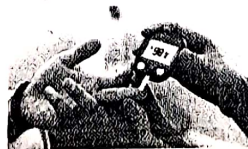
Q33.

Identify the common lifestyle problems and write their names :

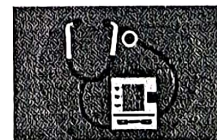
1.



2.



3.



4.



5.



Section – E

- Q35. Write about the various committees and their responsibilities.
- Q36. What are the various factors affecting physiological fitness? Explain.
- Q37. Define friction. Explain its types. What are its advantages in the field of sports?

OR

- Q37. Define strength and explain any two methods to develop it.

B-4

