

BUDHA DAL PUBLIC SCHOOL PATIALA
Pre Board Examination (20 December 2025)

Class XII (Humanities)
Subject – Physical Education (Set-A)

M.M. 70

Time: 3hrs.

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. There are basic function of management.
a) Four b) Five c) Six d) Eight
- Q2. Knock-out tournament is also known as ____
a) Elimination tournament b) Round-robin tournament
c) League tournament d) Challenge tournament
- Q3. Sway Back is also known as :
a) Lordosis b) Kyphosis c) Scoliosis d) Round shoulder
- Q4. Yogasutra was compiled by :
a) Patanjali b) Gheranda c) Shivananda d) Svatmarama
- Q5. Which of the following asana is not used to cure Asthma?
a) Tadasana b) Dhanurasana c) Parvatasana d) Bhujangasana
- Q6. _____ are the colours that represent the four regional confederations in the Deaflympic logo.
a) Red, blue, black and yellow b) Blue, yellow, black and red
c) Red, blue, yellow and green d) Blue, Black, red and yellow
- Q7. World Disability Day is celebrated on:
a) 2nd April b) 21st June c) 29th August d) 3rd December
- Q8. Role of water in human body into
a) regulate body temperature b) give energy c) repair cell d) protect from disease
- Q9. Which of the following is a macro mineral?
a) iodine b) iron c) copper d) calcium

A-1



10. 600m Run/Walk test is used to measure :
- strength endurance
 - endurance and aerobic fitness
 - speed and acceleration
 - none of the above
- Q11. The correct formula to compute fitness index is
- $$\frac{\text{Duration of Exercise (in sec.)} \times 100}{2 \times \text{Sum of six pulse counts after test}}$$
 - $$\frac{\text{Duration of Exercise (in sec.)} \times 100}{2 \times 3 \text{ pulse counts after test}}$$
 - $$\frac{\text{Duration of Exercise (in sec.)} \times 100}{5.5 \times \text{pulse count of 1-1.5 min. after exercise}}$$
 - $$\frac{\text{Duration of Exercise (in sec.)} \times 100}{2.5 \times \text{pulse count of 1-1.5 seconds after test}}$$
- Q12. VO_2 max is related to
- Muscular system
 - Respiratory system
 - Cardiovascular system
 - Energy production system
- Q13. A sprain is an injury to
- Muscle
 - Tendon
 - Ligament
 - Bone
- Q14. Sports biomechanics can be described as:
- Mechanics of sports
 - Kinesiology
 - Physics of sports
 - Sports dynamics
- Q15. Newton's first law of motion is known as
- Law of Action and reaction
 - Law of inertia
 - Law of Acceleration
 - None of these
- Q16. Traits like sadness, mood swings and emotional instability are related with
- Extroversion
 - Agreeableness
 - Conscientiousness
 - Neuroticism
- Q17. In which method is stretching done in the rhythmic way?
- Slow stretch
 - Slow stretch and hold
 - Ballistic method
 - PNF
- Q18. Jump for smash in volleyball is an example of _____
- Static strength
 - Maximum strength
 - Explosive strength
 - Strength endurance

Section - B

- Q19. Explain the meaning of combination tournament.
- Q20. State the common postural deformation.
- Q21. Explain the importance of calcium for children.
- Q22. What do you understand by cardiovascular fitness?
- Q23. What is sprain and strain?

OR

- Q24. State Newton's third law of motion.

A-2

Section – C

- Q25. Name some common postural deformities.
 Q26. How obesity can be prevented? Give two ways.
 Q27. Discuss about the management of food intolerance.
 Q28. Differentiate between Introvert and Extrovert personality.
 Q29. What is a lever? What are different classes of levers?

OR

Q30. What is acceleration run?

Section – D

Q31.

1-2							
1-3	2-3						
1-4	2-4	3-4					
1-5	2-5	3-5	4-5				
1-6	2-6	3-6	4-6	5-6			
1-7	2-7	3-7	4-7	5-7	6-7		
1-8	2-8	3-8	4-8	5-8	6-8	7-8	

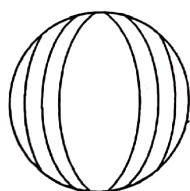
On the basis of above fixture, answer the following questions :

- (a) The method followed in the above picture is
 (b) Number of matches played can be calculated by the formula
 (c) In league or Round Robin Tournament winner will be decided on the basis of
 (d) If 7 teams participate in a league Tournament, number of matches will be played.

Or

In the cyclic method if the number of teams is even then the team number 1 is on the top of the right hand side and other teams in ascending order consecutively downward and then upward on the left side and rotate them clockwise.

Q32. Study the pictures given below :



(A) Stationary Ball



(B) Moving ball

Based on your above study and your knowledge, 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 ?

Q33. Identify the common lifestyle problems and write their names :



Section – E

Q34. What are the causes of 'Flat-foot' and 'Knock-knees'? Suggest physical activities as collective measures for these deformities.

Q35. What are the pre, during and post competition guidelines for diet?

Q36. What do you understand by fracture? How can fractures be classified? Explain.

OR

Q37. Define Circuit Training. Draw a diagram of 8 (eight) station and explain its advantages.

A-4

