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Candidates must write the Set No on the title page of the answer book.

SAHODAYA PRE BOARD EXAMINATION – 2024-25

- ◆ Please check that this question paper contains **06** printed pages.
- ◆ Set number given on the right-hand side of the question paper should be written on the title page of the answer book by the candidate.
- ◆ Check that this question paper contains **37** questions.
- ◆ Write down the Serial Number of the question in the left side of the margin before attempting it.
- ◆ 15 minutes time has been allotted to read this question paper. The question paper will be distributed 15 minutes prior to the commencement of the examination. The students will read the question paper only and will not write any answer on the answer script during the period. Students should not write anything in the question paper.

CLASS – XII**Sub.: PHYSICAL EDUCATION (048)****Time Allowed: 3 Hours****Maximum Marks: 70****General Instructions:**

- I. The question paper consists of 5 sections and 37 questions.
- II. Section A consists of questions 1-18 carrying 1 mark each and multiple-choice questions. All questions are compulsory.
- III. Sections B consists of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
- IV. Section C consists of questions 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
- V. Section D consists of question 31-33 carrying 4 marks each and are case studies.
- VI. Section E consists of questions 34-37 carrying 5 marks each and are long answer types and should not exceed 200-300 words. Attempt any 3.

(SECTION – A)

1. If 17 teams are participating in knock out tournament, how many matches will be there in round 2 ? 1

A. 06 B. 07 C. 08 D. 05

2. Given below are the two statements labeled Assertion (A) and Reason (R). 1

Assertion(A): Community sports are those events which are organised in Cities. Town, School and College etc.

Reason(R): To create awareness of some specific cause

In the context of above two statements, which one of the following is correct?

- A. Both (A) and (R) are true and (R) is the correct explanation of (A).
B. Both (A) and (R) are true but (R) is not the correct explanation of (A).
C. (A) is true but (R) is false.
D. (A) is false but (R) is true.
3. Match the following. 1

	LIST-I		LIST-II
i	Anorexia Nervosa	1	Eating disorder
ii	Osteoporosis	2	First menstrual bleeding
iii	Female athlete triad	3	Decreased bone mineral density
iv	Menarche	4	Three female problems

- A. i-2 , ii-4, iii-1, iv-3
B. i-3, ii-2, iii-4, iv-1
C. i-4, ii-1, iii-3, iv-2
D. i-1, ii-3, iii-4, iv-2
4. Out of these, which one helps to form ‘Hemoglobin’ and also keeps the skin healthy? 1
- A. B3 B. B4 C. B5 D. B6
5. Identify the Asana: 1



- A. Ardhamatsyendrasana B. Sukhasana
C. Vakrasana D. Gomukhasana
6. Which Asana is known as Gracious pose? 1
- A. Makarasana B. Sashankasana C. Vajrasana D. Bhadrasana

7. Grouping process associated with Special Olympics is referred as- 1
 A. Division B. Classification C. Grouping D. Categorization
8. 50% of the students are suffering from which of the following combinations? 1
 A. Round shoulders & leg deformity B. Scoliosis & lordosis
 C. Kyphosis & leg deformity D. Bow legs & lordosis
9. Which of the following food stuff contains almost all ingredients of a balanced diet? 1
 A. Meat B. Milk C. Chicken D. Fish
10. Match the following: 1

	List-I		List-II
I	Speed and coordination of limb movement.	1	50mt Dash
II	To determine acceleration and speed of an athlete.	2	Plate Tapping Test
III	To test the upper body strength and endurance.	3	Partial curl-up
IV	To test strength of abdominal muscle	4	Push-ups

CODE

	I	II	III	IV
A	2	1	4	3
B	4	2	1	3
C	2	3	4	1
D	3	1	2	4

11. The maximum Oxygen uptake in a minute is known as: 1
 A. Oxygen Consuming B. VO₂ Max
 C. Vital Air Capacity D. Tidal Air Capacity
12. Sprain injury usually occur over 1
 A. Skin B. Joint C. Muscles D. Bone
13. Taking Sprint start from block is an example of 1
 A. 1st class lever B. 2nd Class lever C. 3rd Class lever D. None of the above
14. Acceleration of an object will increase as the net force increases depending on its which of the following? 1
 A. Density B. Mass C. Shape D. Volume
15. Motivation that drives individual to naturally pursue action that provide fun, joy & pleasure is called- 1
 A. Intrinsic motivation B. Extrinsic motivation
 C. Cognitive motivation D. None of these

16. Given below are two statements labeled assertion (A) and reason (R). Read the statements and choose the appropriate option from the options given below :- 1

Assertion (A)- We are, each of us, unique individuals.

Reason (R)- No two persons will behave the same way, have the same preferences, the same mannerisms.

In the context of the above two statements, which one of the following is correct?

- A. Both (A) and (R) are true and (R) is the correct explanation of (A).
B. Both (A) and (R) are true, but (R) is not the correct explanation of (A).
C. (A) is true, but (R) is false.
D. (A) is false, but (R) is true.
17. Which one of the followings is included under the stages of talent identification process? 1
- A. Talent detection B. Talent development
C. Talent selection D. All of the above
18. The best training method for developing endurance is 1
- A. Continuous training B. Interval training
C. Fartlek training D. Circuit training

SECTION : B (Attempt any 5)

19. Explain the Physical benefits of Women's participation in sports. 1+1
20. How carbohydrates play a vital role in sports person's diet? 0.5 × 4
21. Calculate the BMR of a Male whose weight is 70kg, height is 1.65mt and age is 45 years with Mifflin Jeor Equation. 2
22. Create a flow chart of soft tissue injury. 2
23. Extrinsic motivation may sometimes kill intrinsic motivation. Justify. 1+1
24. Define Flexibility and list down its types. 1+1

SECTION : C (Attempt any 5)

25. Draw a Single league fixture of 9 teams with the help of the Cyclic method. 1+2
26. Write the causes, precaution and remedies of Lordosis. 1+1+1
27. Classification in Paralympics is undertaken to ensure that an Athlete's impairment is relevant to sport performance. Justify the statement citing any three eligible impairments for Para Athletes. 1x3
28. In sports such as Boxing and Wrestling, do players tend to lose weight sharply? Explain any three pitfalls of dieting. 1+1+1
29. With the help of suitable sports examples explain "Friction is a necessary evil". 3
30. How does hostile aggression differ from instrumental aggression? 1.5+1.5

SECTION : D

31. Your school has received an invitation to participate in a Badminton Tournament being organized by XYZ School. There is an entry fee for the competition due to which very few students have shown their willingness to participate. 1 × 4

I. Which type of tournament is preferred if there are a less number of teams?

- A. Knock out B. League C. Combination D. Both B & C

II. What are the advantages of using this particular tournament?

- A. More time consuming B. Less expenditure
C. More opportunities D. Both B and C

III. Mention the types of fixture as per the above statement.

- A. 4 B. 2 C. 3 D. 1

IV. If the responsibility of a committee is to fix the venue, date, and timing of the sports events, it is a _____

- A. Post-meet work B. Pre-meet work
C. During the meet work D. All the above

32.



(A)



(B)



(C)

Look at the above pictures and answer the following questions 1 × 4

I. Picture (B) is representing:

- A. Special Olympic B. Paralympics
C. Deaflympics D. None of these

II. The First Special Olympics were organised in July 1968 at _____.

- A. Athens B. Bonn C. Chicago D. Damascus

III. The Flame of Special Olympics is known as:

- A. Olympic Torch B. Joy and happiness
C. Flame of Hope D. Enlighten the Whole World

IV. Picture (A) is the logo of Deaflympics. Find out the motto of it.

- A. Spirit in motion B. Listen thrice, think twice, speak once
C. You can't listen but you can feel D. Equality through Sports

33. Ramya and Deepthi were state level badminton players of our school. They used to practice hard even during off season. One day while practicing, due to lack of proper warm up, Ramya had injured her elbow and Deepthi had a sprain in her ankle joint. They were sent to hospital and First-Aid was administered. 1×4



- I. A test to be conducted for bone injury is-
- A. X ray B. Blood test C. ECG D. EEG
- II. A bone is broken into three or more pieces is known as -
- A. Comminuted B. Green stick C. Spiral D. Transverse
- III. Sprain is an injury caused to
- A. Bone B. Skin C. Muscles D. Ligament
- IV. The letter 'C' in PRICE stands for-
- A. Contusion B. Contraction C. Compression D. Conduction

SECTION : E (Attempt any 3)

34. List down any four Asanas used for prevention of Diabetes. Explain in details about the procedure, benefits and contraindications for one of them with the help of stick diagram. 2+3
35. Discuss the purpose of SAI Khelo India fitness test in school in the age group of 9-18 years and explain the procedure of any two test batteries in detail. 3+2
36. What is circuit training? Draw a diagram of circuit training with 10 stations to improve general fitness and explain its importance in sports. 1+2+2
37. What is the meaning of projectile and trajectory? Discuss the factors affecting projectile trajectory in sports. 2+3
