

**SAHODAYA PRE BAORD EXAMINATION : 2024-25**

**PHYSICAL EDUCATION (048) , Class XII 2024-25**

**MARKING SCHEME , SET – 1**

<b>Q No.</b>	<b>Answer</b>	<b>Marks</b>
1.	C. 08	1
2.	A. Both (A) and (R) are true and (R) is the correct explanation of (A).	1
3.	D. i-1, ii-3, iii-4, iv-2	1
4.	D. B6	1
5.	C. Vakrasana	1
6.	D. Bhadrasana	1
7.	A. Division	1
8.	A. Round shoulders & leg deformities	1
9.	B. Milk	1
10.	A. 2 1 4 3	1
11.	B. VO <sub>2</sub> Max	1
12.	B. Joint	1
13.	B. 2 <sup>nd</sup> Class lever	1
14.	B. Mass	1
15.	A. Intrinsic motivation	1
16.	A. Both (A) and (R) are true and (R) is the correct explanation of (A).	1
17.	D. All of the above	1
18.	C. Fartlek training	1
19.	Explain the Physical benefits of Women's participation in sports. <b>Answer:</b> 1-LIFESTYLE DISEASES, BONE DENSITY, TONED MUSCLE, CARDIOVASCULAR SYSTEM, OBESITY ( <b>Explain any two</b> )	1+1
20.	Carbohydrates are the main source of energy These regulate the blood glucose Carbohydrates maintain the healthy digestive system It retain protein from being burnt so it can be utilities to build and repair tissue which are damaged during practice ad competition	0.5 ×4
21.	Formula – $(9.9 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (4.92 \times \text{age in years}) + 5$ . <b>Answer</b> – $(9.9 \times 70) + (6.25 \times 165) - (4.92 \times 45) + 5$ $(693) + (1031.25) - (221.4) + 5$ $(1724.25 - 221.4) + 5$ $1502.85 + 5 = 1507.85$ <b>OR</b> 1508 calories	2
22.	Flow chart of soft tissue injury-  <div style="text-align: center;"> <pre> graph TD     A[Type of soft tissue injuries] --&gt; B[Abrasion]     A --&gt; C[Contusion]     A --&gt; D[Laceration]     A --&gt; E[Strain]     A --&gt; F[Sprain]     A --&gt; G[Incision]             </pre> </div>	2
23.	Extrinsic motivation sometime may kill intrinsic motivation because in extrinsic motivation an athlete initiates and sustains an activity as a result of external pull, attraction, forces, incentive, etc. Sooner or later the athlete loses interest and quits sport when the rewards etc. are no longer forthcoming.	1+1
24.	It is the ability which helps to do the movements with greater amplitude or with a great range of motion or we can say that flexibility refers to the range of movement	1+1

	<p>in a joint or series of joints , and length in muscles that cross the joints to induce a bending movement or motion.</p> <p>Types of Flexibility- Active (Static &amp; Dynamic) &amp; Passive</p>																																																							
25.	<p>Formula: <math>N(N-1)/2</math>, <math>9(9-1)/2</math>, <math>9 \times 8/2</math>, <math>72/2 = 36</math> matches</p> <table border="1"> <thead> <tr> <th>Round- 1</th> <th>Round- 2</th> <th>Round-3</th> <th>Round-4</th> <th>Round-5</th> <th>Round-6</th> <th>Round-7</th> <th>Round-8</th> <th>Round-9</th> </tr> </thead> <tbody> <tr> <td>BYE - 9</td> <td>BYE-1</td> <td>BYE-2</td> <td>BYE-3</td> <td>BYE-4</td> <td>BYE-5</td> <td>BYE-6</td> <td>BYE-7</td> <td>BYE-8</td> </tr> <tr> <td>1-8</td> <td>2-9</td> <td>3-1</td> <td>4-2</td> <td>5-3</td> <td>6-4</td> <td>7-5</td> <td>8-6</td> <td>9-7</td> </tr> <tr> <td>2- 7</td> <td>3-8</td> <td>4-9</td> <td>5-1</td> <td>6-2</td> <td>7-3</td> <td>8-4</td> <td>9-5</td> <td>1-6</td> </tr> <tr> <td>3- 6</td> <td>4-7</td> <td>5-8</td> <td>6-9</td> <td>7-1</td> <td>8-2</td> <td>9-3</td> <td>1-4</td> <td>2-5</td> </tr> <tr> <td>4 – 5</td> <td>5-6</td> <td>6-7</td> <td>7-8</td> <td>8-9</td> <td>9-1</td> <td>1-2</td> <td>2-3</td> <td>3-4</td> </tr> </tbody> </table>	Round- 1	Round- 2	Round-3	Round-4	Round-5	Round-6	Round-7	Round-8	Round-9	BYE - 9	BYE-1	BYE-2	BYE-3	BYE-4	BYE-5	BYE-6	BYE-7	BYE-8	1-8	2-9	3-1	4-2	5-3	6-4	7-5	8-6	9-7	2- 7	3-8	4-9	5-1	6-2	7-3	8-4	9-5	1-6	3- 6	4-7	5-8	6-9	7-1	8-2	9-3	1-4	2-5	4 – 5	5-6	6-7	7-8	8-9	9-1	1-2	2-3	3-4	1+2
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26.	<p><b><u>Lordosis</u></b></p> <p><b>Causes</b> Lordosis is often caused by obesity, improper development of muscles, muscular or skeletal disease or accident, poor posture while standing, sitting and walking, malnutrition, etc.</p> <p><b>Precaution</b> Balance diet , obesity , healthy life style</p> <p><b>Remedies</b> Exercises to develop strength in the pelvic region like sit-ups, sitting against the wall and pushing the trunk backward and lying on the back and raising upper extremities and legs together will give significant benefits. Yoga asanas including Dhanurasana and Halasana will be helpful.</p>	1+1+1																																																						
27.	<p><b>Eligible impairments for para Athletes-(Explain any three)</b></p> <p>a. Impaired muscle power – With impairments in this category, the force generated by muscles, such as the muscles of one limb, one side of the body or the lower half of the body is reduced. eg., spinal cord injury, spina bifida, post-polio syndrome.</p> <p>b. Loss of limb or limb deficiency – A total or partial absence of bones or joints from partial or total loss due to illness, trauma, or congenital limb deficiency.</p> <p>c. Leg-length difference – Significant bone shortening occurs in one leg due to congenital deficiency or trauma.</p> <p>d. Visual Impairment – Athletes with visual impairment ranging from partial vision, sufficient to be judged legally blind, to total blindness. This includes impairment of one or more component of the visual system – eye structure, receptors, optic nerve pathway, and visual cortex.</p>	1+1+1																																																						
28.	<p><b>Pitfalls of dieting. (Explain any three)</b></p> <p>1. Extreme Reduction of Calories : - Person reduces the diet considerable which causes low level of energy thus person feels tiredness body aches.</p> <p>2. Skipping meals :- People often skip meals to reduce weight where as in react meal they take large among of food.</p> <p>3. Low energy</p> <p>Diet :- The person take diet without fats and less carbohydrates by which health is affected</p>	1+1+1																																																						
29.	<p><b>FRICION IS A NECESSARY EVIL-</b></p> <p>It is essential in games and sports. Without friction we cant perform better in the field of games and sports. Athletes racers and jumpers use spike sand foot ball players use sluds to have an appropriate friction while they run fast. So it can be considered as an advantageous. On the other hand, friction is a disadvantageous in</p>	3																																																						

	some of the sports and games. Such as cycling, there should not be more friction between road and the tyres of cycle. If there is more friction there will be more wastage of energy of the rider. The tyre must be fully inflated to reduce the force of friction in cycling. So friction is a necessary evil.	
<b>30.</b>	<b>Difference between hostile aggression and instrumental aggression-</b> Hostile aggression is inflicting or causing harm whether it is physical or psychological on someone else. In hostile aggression the main aim is to cause injury to other sports person. It is when the primary aim is to cause physical harm or injury to your opponent. Instrumental aggression- It is displaying aggressive behaviour in the pursuit of a non-aggressive goal. It is also known as challenged aggression and is not accompanied by anger. In other words, instrumental aggression is behaviour that has the intent to hurt on order to achieve money, praise or victory	<b>1.5 + 1.5</b>
<b>31.</b>	I. B. League II. C. More opportunities III. C. 3 IV. B. Pre-meet work	<b>1×4</b>
<b>32.</b>	I. A. Special Olympic II. C. Chicago III. C. Flame of Hope IV. D. Equality through Sports	<b>1×4</b>
<b>33.</b>	I. A. X ray II. A. Comminuted III. D. Ligament IV. C. Compression	<b>1×4</b>
<b>34.</b>	Asanas for Diabetes – Katichakrasana, Pawanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Sputa Vajrasana, Paschimotasana, Ardhamatseyderasana, Mandukasana, Gomukhasana, Yogmudra, Ustrasana (ANY FOUR) Students have to write any one of them with procedure, benefits and contraindication along with stick diagram.	<b>2+3</b>
<b>35.</b>	<b>PURPOSE OF SAI KHELO INDIA FITNESS TEST: AGE GROUP 09-18 years</b> (i) BMI- Body composition (ii) Muscular strength and endurance (A) Partial curl up (core strength) (B) Pushups(B) Modified pushups (G) (Muscular endurance) Example- (iii) 50 m standing start (Speed, acceleration) (iv) 600m run walk- cardio vascular endurance. (v) Sit and reach- Flexibility  Procedure of push- ups- In push-up position hands and toes should touch the floor Hands should be shoulder width apart. The upper body and legs should be in a straight line. Elbow should be fully extended keeping the back and the knees straight. The same action is repeated. Procedure of 50m standing start- Two parallel lines are drawn 50m apart considering one as starting line. The subject takes the starting position behind the starting line. The starter commands, “Are you ready? Go.” The word “Go” is accompanied by a downward sweep of the starters arm. The score is recorded in seconds to the nearest 10 <sup>th</sup> of a second.	<b>3+2</b>

<p><b>36.</b></p>	<p>Circuit training is the training method in which exercise of various kinds are performed with or without apparatus with given dosage. Circuit training is a form of body conditioning, endurance training or resistance training using high-intensity. It is an excellent way to improve mobility, strength and stamina. The training comprises of six to ten strength exercises that are completed one exercise after another. Each exercise is performed for a specified number of repetitions or for a set time before moving on to next exercise. The exercises within each circuit are separated by a short rest period and circuit is separated by a longer rest period. Diagram of 10 stations to improve general fitness.</p> <p>Importance of Circuit training, including:</p> <ul style="list-style-type: none"> <li>• It doesn't take a lot of time</li> <li>• It improves cardiovascular fitness</li> <li>• It trains the entire body</li> <li>• You can do it without equipment</li> <li>• It can help lower blood pressure and cholesterol</li> <li>• It's good for all age groups</li> <li>• It improves anaerobic fitness</li> <li>• It adds training variety and prevents boredom</li> <li>• It can help with weight loss</li> <li>• It's ideal for all experience levels</li> </ul>	<p><b>1+2+2</b></p>
<p><b>37.</b></p>	<ul style="list-style-type: none"> <li>• PROJECTILE- An object thrown into the space either horizontally or an acute angle under the action of gravity is called a projectile.</li> <li>• The path followed by a projectile is called trajectory.</li> </ul> <p>FACTORS AFFECTING-</p> <ol style="list-style-type: none"> <li>(i) Angle of projection.</li> <li>(ii) Projection height relevant to landing surface</li> <li>(iii) Initial velocity</li> <li>(iv) Gravity</li> <li>(v) Air-resistance       <ol style="list-style-type: none"> <li>A) Surface of the object</li> <li>B) Surface to volume ratio,</li> <li>C) Mass</li> <li>D) Speed</li> </ol> </li> <li>(vi) Spin</li> </ol>	<p><b>2+3</b></p>