

**Roll No.**

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

**SAHODAYA PRE BOARD EXAMINATION – 2025-26**

- ◆ 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. How many matches will be there in the first round if 22 teams are participating in a Knock out tournament? 1  
A. 5                      B. 6                      C. 11                      D. 12

2. 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):** Planning works as a roadmap in attaining the organizational goals.

**Reason(R):** Directing refers to the process of instructing inspiring, guiding and motivating the individuals towards attaining goals.

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 List – I with List – II and select the correct answer from the Code given below: 1

	LIST-I		LIST-II
i)	Knock Knee	1	Genu valgum
ii)	Kyphosis	2	Swayback
iii)	Bow Legs	3	Genu Varum
iv)	Lordosis	4	Hunchback

CODE				
	i	ii	iii	iv
A	2	3	4	1
B	4	3	2	1
C	1	2	3	4
D	1	4	3	2

4. Selecting foods that are labelled as low-fat, low sugar is considered which of the following. 1  
A. Pitfall of dieting      B. Food intolerance      C. Food myth      D. Food allergy

5. Identify the Asana: 1



- A. Bhujangasana                      B. Chakrasana  
C. Ardhamatsyendrasana              D. Gomukhasana

6. Which of the following Asana is not help to manage Back pain and Arthritis? 1  
 A. Mandukasana      B. Makarasana      C. Gomukhaasana      D. Bhadrasana
7. Who are the participants in Special Olympics? 1  
 A. Veterans      B. Children and adults with intellectual disabilities  
 C. Physically challenged      D. Both (b) and (c)
8. Kyphosis is a deformity of spine in - 1  
 A. Lumbar      B. Cervical      C. Thoracic      D. None of these
9. To increase your immunity power, you should take \_\_\_\_\_ in the diet. 1  
 A. Carbs      B. Proteins      C. Minerals      D. Vitamins
10. Which test is used to assess the coordination and agility of Senior Citizens? 1  
 A. Chair stand test      B. Eight-foot up and go test  
 C. Arm curl test      D. Chair sit and reach test
11. Which one of the following factors does not determine flexibility? 1  
 A. Joint structure      B. Age and Gender  
 C. Aerobic Capacity      D. Previous Injury
12. The maximum oxygen uptake in a minute is known as: 1  
 A. Oxygen Consuming      B. VO<sub>2</sub> Max  
 C. Vital Air Capacity      D. Tidal Air Capacity
13. Taking Sprint start from block is an example of 1  
 A. 1<sup>st</sup> class lever      B. 2<sup>nd</sup> Class lever      C. 3<sup>rd</sup> Class lever      D. None of the above
14. Which of the following is NOT the factor effecting projectile trajectory? 1  
 A. Buoyant force      B. Angle of release      C. Gravity      D. Air resistance
15. Person with emotional instability and negative emotions are termed as: - 1  
 A. Agreeableness      B. Neuroticism      C. Openness      D. Conscientiousness
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)**- Aggression is the part of human behavior and is necessary for an individual to live and struggle for higher achievements  
**Reason (R)**- Aggression is inevitable and inseparable in sports activities  
 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. In 2:1 interval training method the digit 2 represent: 1  
 A. Effort      B. Recovery      C. Endurance      D. All of the above

18. Which amongst the following is not a method to improve flexibility? 1  
 A. Ballistic                      B. Static stretching      C. PNF                              D. Fartlek

**SECTION : B (Attempt any 5)**

19. What are the causes and risk factors of osteoporosis? 1+1  
 20. Why a person needs less water after taking Carbohydrates comparison to Protein and Fat? 2  
 21. Calculate the BMR of a Male whose weight is 70kg, height is 1.65mt and age is 45 years with Mifflin Jeor Equation. 1+1  
 22. List down the types of soft tissue injuries. Explain anyone. 1+1  
 23. Extrinsic motivation may sometimes kill intrinsic motivation. Justify. 2  
 24. What is endurance? Write its two types of endurance according to duration of activity. 1+1

**SECTION : C (Attempt any 5)**

25. Specify the purpose of Health Run. Discuss any two points to make the run effective. 1+2  
 26. What are the physical benefits of sports participation of women. Explain in details. 1+1+1  
 27. Discuss three advantages of physical activities for Children With Special Needs ? 1x3  
 28. What is Food Intolerance? How can you manage it? 1+2  
 29. Discuss various factors which are related to the amount of air resistance acting on a projectile. 1x3  
 30. "Aggression is necessary part of sports". Comment on it. 1x3

**SECTION : D**

31. **Read the following text carefully and answer the questions that follow:** 1 × 4

Competing 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.





