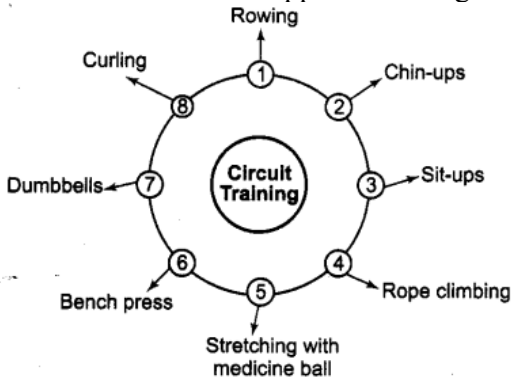
SAHODAYA PRE BAORD EXAMINATION : 2025-26
PHYSICAL EDUCATION (048) , Class XII 2025-26
MARKING SCHEME , SET – 1

Answer other than marking scheme may suitably be awarded.

Q No.	Answer	Marks
	SECTION : A	
1.	B. 6	**1**
2.	B. Both (A) and (R) are true but (R) is not the correct explanation of (A).	**1**
3.	D. i-1, ii-4, iii-3, iv-2	**1**
4.	A. Pitfall of dieting	**1**
5.	D. Gomukhasana	**1**
6.	A. Mandukasana	**1**
7.	B. Children and adults with intellectual disabilities	**1**
8.	C. Thoracic	**1**
9.	D. Vitamins	**1**
10.	B. Eight-foot up and go test	**1**
11.	C. Aerobic Capacity	**1**
12.	B. VO_2 Max	**1**
13.	B. 2^{nd} Class lever	**1**
14.	A. Buoyant force	**1**
15.	B. Neuroticism	**1**
16.	A. Both (A) and (R) are true and (R) is the correct explanation of (A).	**1**
17.	A. Effort	**1**
18.	D. Fartlek	**1**
	SECTION : B (ANY FIVE)	
19.	Causes (any two) • Hormonal changes – especially a decrease in estrogen (in women after menopause) or testosterone (in men). • Calcium and Vitamin D deficiency – these nutrients are essential for bone strength. • Lack of physical activity – especially weight-bearing exercises. • Certain medications – such as corticosteroids (e.g., prednisone) used for long periods. • Medical conditions – like thyroid disorders, rheumatoid arthritis, or malabsorption diseases (celiac disease). • Ageing – natural bone loss increases with age Risk Factors (any two) Non-modifiable (can't be changed): • Gender: Women are more at risk than men. • Age: Older adults are more susceptible. • Family history: Genetic tendency toward weak bones. • Body frame size: Small, thin individuals have less bone mass to lose.	**1+1**
20.	Carbohydrates needs less water because their metabolism is simpler, produce water as byproduct and does not involve nitrogen waste removal, carbohydrates (glycogen) are stored in the body along with water .	**2**
21.	Formula – (9.9 x weight in kg) + (6.25 x height in cm) – (4.92 x age in years) + 5. **Answer** – (9.9 x 70) + (6.25 x 165) - (4.92 x 45) + 5 (693) + (1031.25) – (221.4) + 5 (1724.25 – 221.4) + 5 1502.85 + 5 = 1507.85 **OR** 1508 calories	**1+1**
22.	Types of soft tissue injuries- (any two) a. Contusion b) Strain c) Sprain d) Abrasion e) Laceration f) Incision	**1+1**

	Sprain- It's a ligament injury. It may occur due to overstretching or tearing of ligament. Falling, twisting, getting hit can force a joint out of its normal position. This can cause ligament to tear. Generally, sprain occurs at wrist joint & ankle joint. In this injury, swelling, inflammation, severe pain & tenderness are common symptoms. Prevention- a) Proper warming up is necessary before the game. b) All sports equipment must be of good quality. c) Playfields must be smooth & clean d) Good officiating. e) Use of proper sports gear. etc	
23.	Extrinsic motivation can kill intrinsic motivation by changing an individual's focus from the enjoyment of an activity to the reward itself When external incentives like money or praise become the primary reason for an action, the activity is no longer seen as an end in itself.	**2**
24.	The ability to continue doing something painful or difficult for a long period of time without complaining. Types – speed endurance, short term, medium term, long term (any two)	**1+1**
	SECTION : C (ANY FIVE)	
25.	Specify the purpose of Health Run- To develop the standard of health in a country along with raising funds for charity. Some tips to keep in mind- A) Avoid tension while running. B) Make sure that your entire body parts are relaxed. C) Hands must be unclenched. D) Don't bend your body .E) Run softly. F) Your stride should be normal. G) Arms should swing normally & equally H) Take adequate fluid before & after the game. (explain any two)	**1+2**
26.	PHYSICAL BENEFITS-(any three) (i) Have an excellent health than non participants (ii) Reduced risk of chronic illness later in life such as heart diseases. (iii) They have stronger bones (iv) They will be able to maintain a good nerve muscular coordination in later life.	**1.5+1.5**
27.	Physical Improvements, Mental Improvements, Self-esteem, Social Interaction, Cognitive benefits, Stress control, Better emotional and Psychological health. (Any three)	**1+1+1**
28.	Food intolerance is a digestive system issue where the body has difficulty digesting a certain food, leading to symptoms like gas, bloating, diarrhoea, and cramps Management : Changes of diet, expert advice, lactose intolerance therapy (any two)	**3**
29.	Air resistance – surface area, speed, surface of the object, mass of the object. (any three to be explained)	**1x3**
30.	• Aggression – Psychologist agree that aggression enhance sports performance. Aggression also helps to achieve goal. • Instrumental aggression helps to achieve money, praise and victory. • It also helps to win the competition. • Sledging is part of aggression which is used in cricket to dominate the opponent. (explain any three)	**1+2**
	SECTION : D	
31.	I. B. Knock out method II. D. N – 1 III. C. The knockout tournament takes less time and is economical IV. A. Bye	**1×4**
32.	I. A.1960 II. B. Instructions designing for students with special needs III. C. The event runs parallel with the Olympics	**1×4**

	IV. A. Spirit in motion	
33.	I. A. D. Soft tissue injury II. B. 2 III. A. Muscle IV. C. Contusion	**1×4**
	SECTION : E (ANY THREE)	
34.	Asana for prevention of diabetics - • Pawanmuktasana. Bhujangasana. Shalabhasana. Dhanurasana. , Mandukasana. Gomukhasana. Ustrasana, Katichakrasana, Suptavajrasana, Paschimattasana, Adrhamatseydersana, etc.(any one to be explained with stick diagram) **For example**  • Shalabhasana- Procedure- Lie down in prone position. Spread the thigh backward. Hold your fists & extend arms. Keep your fists under the thigh & then raise your legs slowly as high as you can. Hold this position for 2 or 3 minutes. Then lower your legs slowly. Repeat the same for 3 to 5 times. • Benefits- Provide relief from mild sciatica & slipped disc problem. • Strengthen the muscle of spine. Improve posture. Stimulates abdominal organs. Relieves stress. Alleviates lower back pain. Removes constipation. • Contraindications- People with weak spine should avoid. • Weak heart, high blood pressure, coronary problems, pregnant women should avoid this asana.	**1+1+3**
35.	**<u>Rikli & Jones of fitness test</u>** A. In old age, everybody wants to be able to continue to do the work, without pain, for as long as possible. It requires proper fitness during such age. In the beginning, there were not enough tests to assess the functional fitness. Recognizing the need for a tool to evaluate the functional fitness performance of older adults, Dr. Roberta Rikli and Dr. Jessie Jones developed the senior citizen fitness test at Fullerton University. This test is also known as Fullerton Functional Test of senior citizens. The test is based on a functional fitness frame work, which points out that being able to perform everyday activities. The Tests are - i. Chair stand test for lower body strength, leg strength & strength endurance. ii. Arm curl test for upper body strength, iii. Chair sit & reach test for lower body flexibility. iv. Back-scratch test for upper body flexibility. The flexibility & range of motion of the shoulders. v. Eight foot up & go test for agility. The motor agility, speed & balance. vi. Six-minute Walk test for Cardio- vascular endurance (explain any two test) **For Example,** **Chair Stand Test for Lower Body Strength** Purpose: The purpose of the Chair-Stand is to measure the strength of lower body of adults over 60 years of age. Lower body strength is important for activities such as getting out of a chair, on the bus, out of the car, and rising up from a kneeling position in the house or garden. The strength of your lower body can directly affect the ease with which you perform the activities you do every day. Equipment required: A straight back or folding chair without arm rests inches/44 cm high), stopwatch.	**1+2+2**

	Procedure: 1) Place the chair against a wall where it will be stable. 2) Sit in the middle of the chair with your feet flat on the floor, should width apart, back straight. 3) Cross your arms at the wrist and place them close to the chest. 4) On the command 'go' you will rise up to a full stand and sit again as many times as you can during the 30 second interval. Count the total number of complete chair stands (up and down equals one stand). If the subject has completed a full stand from the sitting position when the time is elapsed, the final stand is counted in the total.	
36.	CIRCUIT TRAINING- Circuit training is the training method in which certain exercises of various kinds are performed with or without apparatus with given dosage.  **Importance of circuit training** (i) benefits in minimum time (ii) Ideal for beginnings (iii) All body parts can be performed (iv) With or without apparatus (v) Strengthen all core muscles of the body (vi) Maximum participation [Explain any six points]	**1+1+3**
37.	Equilibrium is a state where opposing forces or influences are balanced, resulting in a stable system that is not changing or moving **Two primary types of equilibrium are:** 1. Static Equilibrium: This occurs when a body is at rest and the sum of all forces and moments acting upon it is zero. 2. Dynamic Equilibrium: This occurs when a body is moving at a constant velocity and the sum of all forces and moments acting upon it is zero. **Two principles to improve stability are:** 1. Lowering the Center of Gravity (CG) 2. Widening the Base of Support: 3. Body weight is directly proportional to stability 4. Direction of acting force 5. Nearer the center of gravity to the base of support (explain any two)	**1+1+1+2**