



IDEAL INDIAN SCHOOL, DOHA - QATAR
PRE BOARD II EXAMINATION, FEBRUARY 2024
PHYSICAL EDUCATION (048)

SET: 1

Class: XII
Date: 01.02.2024

Max Marks: 70
Duration: 3 hours

General Instructions:

1. *The question paper consists of 5 sections and 34 questions.*
2. *Section A consists of questions 1-18, each carrying 1 mark. These are multiple-choice questions, and all of them are compulsory.*
3. *Section B consists of questions 19-23, each carrying 2 marks. These are very short answer types and should not exceed 60-90 words. There is internal choice available.*
4. *Section C consists of questions 24-28, each carrying 3 marks. These are short answer types and should not exceed 100-150 words. Internal choice is available.*
5. *Section D consists of questions 29-31, each carrying 4 marks. These are case studies, and there is internal choice available.*
6. *Section E consists of questions 32-34, each carrying 5 marks. These are long answer types and should not exceed 200-300 words. Internal choice is available.*

SECTION A

1 Identify the asana. 1



- | | |
|----------------|--------------------|
| a) Parvatasana | c) Pavanamuktasana |
| b) Halasana | d) Ustrasana |

2 The effects of exercise on the muscular system are 1

- | | |
|--------------------------|-----------------|
| a) Cardiac output | c) Tidal volume |
| b) Hypertrophy of muscle | d) I.R.V |

3 Which managerial function is to encourage subordinates to work effectively and efficiently in both the short and long run? 1

- | | |
|-------------|---------------|
| a) Planning | c) Directing |
| b) Staffing | d) Organizing |

4 The weight of women and men for arm curl of senior citizen are 1

- | | |
|---------------------|--------------------|
| a) 3 pound, 4 pound | c) 5pound, 8 pound |
| b) 5kg, 8kg | d) 3kg, 4kg |

- 5 Match list - I with the list – II and select the correct answer from the code given below. 1

List – I		List – II	
1	First aid	I.	Sprain
2	Muscle injury	II.	Joint
3	Ligament injury	III.	Strain
4	Dislocation	IV.	R.I.C.E

Code				
	I.	II.	III.	IV.
a)	3	1	2	4
b)	2	4	3	1
c)	2	1	4	3
d)	3	4	2	1

- 6 What is the ratio of carbon, hydrogen and oxygen in carbohydrates? 1

- a) 1:2:1 c) 2:1:1
 b) 2:2:1 d) 2:1:2

- 7 How many matches will be played in 2nd round, if 14 teams are participating in a knock-out tournament? 1

- a) 3 c) 4
 b) 5 d) 6

- 8 **Assertion** (A) Introverts are more comfortable living alone and being by themselves. 1

Reason (R) They are actively involved in the world of people and things.

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

Codes

- 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

- 9 After how many falls Flemingo Balance test is terminated in the first 30 seconds? 1

- a) 15 c) 18
 b) 10 d) 5

- 10 The food component present in sugar is _____ 1

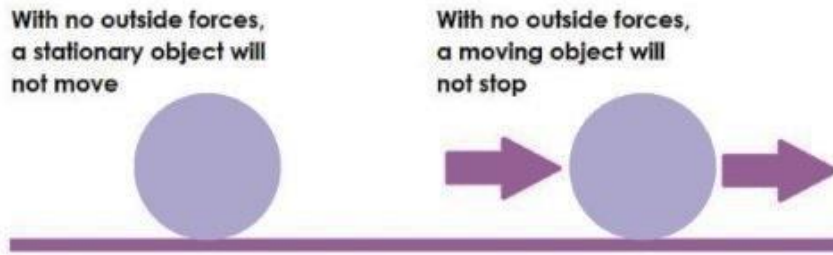
- a) Fats c) Protein
 b) Vitamin d) Carbohydrate

- 11 Lordosis is a deformity found in _____ 1

- a) Shoulders c) Lumber region
 b) Thoracic region d) Hips

12 Identify the given below.

1



- a) First law of motion
 b) Second law of motion
 c) Third law of motion
 d) Law of effects

13 Senior citizen fitness test was developed in_____

1

- a) 1964
 b) 2001
 c) 2003
 d) 1984

14 Match list - I with the list – II and select the correct answer from the code given below.

1

List – I		List – II	
1	Vitamin B2	I	Niacin
2	Vitamin B1	II	Pantothenic
3	Vitamin B3	III	Thiamin
4	Vitamin B5	IV	Riboflavin

Code				
	I.	II.	III.	IV.
a)	3	4	1	2
b)	4	3	2	1
c)	3	4	2	1
d)	2	4	3	1

15 Contusion is_____

1

- a) Skin is scrapped off
 b) Raptured small capillaries below the skin
 c) Ligament injury
 d) Cut over the skin

16 **Assertion (A)** Wrong sitting posture creates postural disabilities.

1

Reason (R) Correct body posture reflects a good personality.

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

Codes

- 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 The transitional phase in sports training is means _____ **1**
 a) Rest and recovery period c) Fitness period
 b) Competition period d) Training period
- 18 The full form of SAI is _____ **1**
 a) Sports Authority of India c) Special Authority of India
 b) Sports Association of India d) None of these

SECTION B

- 19 What do you understand by “Goal Setting”? **2**
- 20 What is secondary amenorrhea? **2**
- 21 What do you mean by stroke volume? **2**
- 22 What is strength? Name the different types of strength. **2**
- 23 Which test would you suggest for your grandmother to test lower body flexibility? Which equipment is required for this test? **2**

OR

What is the Body Mass Index (BMI) of an individual who weighs 60 kg and has a height of 150 cm?

SECTION C

- 24 What are the three personality types as formulated by Carl Jung? Describe each type in brief. **3**
- 25 Explain the various factors affecting projectile trajectory. **3**
- 26 Define a Balanced Diet. Explain any two Micro Nutrients. **3**
- 27 Explain the application of Newton’s law in sports with suitable examples. **3**
- 28 What are the long-term effects of exercise on the cardiovascular system? **3**

OR

What are the benefits of physical activities for children with special needs? Explain.

SECTION D

- 29 Vinod’s father was experiencing symptoms of frequent urination, fatigue, numbness in his feet and lost 10 kgs in the last 2 months without any dieting. Upon investigations by the physician, he was diagnosed with Diabetes Mellitus type II. The doctor started his medicines, gave dietary advice and asked him to practice yoga, exercise regularly. **4**
 Based on this information, answer the following questions.
- a) Diabetes mellitus occurs due to deficiency of hormone.
 b) Excessive thirst in diabetes is called as
 c) diabetes is a type of diabetes which may occur during pregnancy.

d) The blood sugar levels of a diabetic person will be than that of a non-diabetic individual.

OR

d) Diabetes occurs when the does not produce enough insulin or when the body does not use insulin properly.

30 Rajeev was jogging during his morning walk when he accidentally hit a stone and his ankle twisted inwards. He stopped immediately and sat down to check if there was any injury or wound. There was no external wound, so he got back to jogging and went home after that. Two hours later he saw that his ankle had swollen. It struck him that it must be due to the twisting in the morning. He went to a doctor for the same who suggested he follow the PRICE regimen. 4

Based on this, answer the following questions :



- a) Rajeev's injury is an example of
- b) E in the PRICE regimen stands for
- c) Icing can help to reduce and
- d) are soft tissues which stabilize and support the body's joints.

OR

d) Strain is a tissue injury.

31 The International Paralympic Committee (IPC) works with the vision of enabling Para athletes to achieve sporting excellence and inspire and excite the world. Given the wide variety of disabilities that Paralympic athletes have, there are several categories in which the athletes compete. Based on this information, answer the following questions : 4



- a) The eligible disabilities are divided into allowable categories for fair competition.
- b) An impairment that consists of a lack of coordination of muscle movements is called.....

- c) Physical impairment has been divided into subtypes.
- d) is an abnormal increase in muscle tension and reduced ability of a muscle to stretch.

OR

- d) The International Paralympic Committee was founded as an international non-profit organization in Dusseldorf, Germany on

SECTION E

- 32 What is endurance? Explain its types, and explain the methods of endurance development. **5**
- 33 Draw a knock-out fixture of 19 teams providing 4 special seeding, mentioning all the steps involved. **5**
- 34 Make a table of test items listed under fitness test by SAI Khelo-India (Age group 9-18 yrs.) Explain the Procedure and Scoring of 50 MTS Run and Partial Curl Up. **5**

OR

Briefly explain the administration of Pawanmuktasana along with its benefits and contraindications with the help of a stick diagram.
