



DOON GLOBAL SCHOOL

1ST PRE-BOARD (2024-25)

CLASS – 12th

SUBJECT- Physical Education

SUBJECT CODE:- (048)

TIME – 3 Hrs.

M. MARKS- 70

Section A

1. A _____ Tournament a player or team continues to play matches until it is defeated. [1]
 - a) Round Robin
 - b) League
 - c) Combination
 - d) Knock out
2. **Assertion (A):** In staircase method, the teams are arranged in sequential form. [1]
Reason (R): There are no byes and no problem of odd or even number of teams in staircase method.
 - 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. Sukhasana should be avoided in _____. [1]
 - a) Hypertension
 - b) Asthma
 - c) Knee problems
 - d) Pregnancy
4. Which of these is a benefit of Tadasana? [1]
 - a) Strengthens ankles
 - b) Removes laziness
 - c) All of these
 - d) Improves height of growing children
5. Nutrient are those chemical substances in foods that are required by the body for _____. [1]
 - a) maintenance
 - b) energy
 - c) growth
 - d) all of these
6. If BMI of a person is 28. It is considered as: [1]
 - a) Obese
 - b) Normal
 - c) Underweight
 - d) Overweight
7. The _____ was previously called as World Games for the Deaf. [1]
 - a) Paralympics
 - b) Specially Abled Olympics
 - c) Differently Abled Olympics
 - d) Deaflympics
8. It is necessary to develop strength of abdominal muscles to correct _____. [1]
 - a) Osteoporosis
 - b) Kyphosis
 - c) Lordosis
 - d) All of these
9. Gomukhasana and Padmasana are performed to rectify which postural deformity? [1]
 - a) Flatfoot
 - b) Knock - knees

- c) Bow legs
d) Scoliosis [1]

10. Match the Following

List I	List II
(a) Chair Stand Test	(i) Lower body strength
(b) Arm Curl Test	(ii) Aerobic endurance
(c) Back Scratch Test	(iii) Upper body strength
(d) Six Minute Walk Test	(iv) Upper body flexibility

- a) (a) - (ii), (b) - (iii), (c) - (iv), (d) - (i)
b) (a) - (i), (b) - (iii), (c) - (ii), (d) - (iv)
c) (a) - (i), (b) - (iii), (c) - (iv), (d) - (ii)
d) (a) - (ii), (b) - (iii), (c) - (i), (d) - (iv) [1]

11. A fracture in a young, soft bone, in which the bone bends.

- a) Compound fracture
b) complex fracture
c) Simple fracture
d) Green stick fracture [1]

12. Centre of Gravity is the average location of an object's _____.

- a) Force
b) Resistance
c) Weight
d) Velocity [1]

13. It refers to the motion of an object projected into the air at an angle.

- a) Projectile
b) Angle
c) Trajectory
d) Motion [1]

14. Which of the following is a part of external motivation?

- a) Hunger
b) Safety and security
c) Reward and punishment
d) Self - esteem [1]

15. **Assertion (A):** Aggression is a type of hostile behavior aimed to harm other persons.

Reason (R): Aggression is unintentional.

- 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. [1]

16. _____ flexibility is vital for performing movements.

- a) Ballistic
b) Static
c) All of these
d) Dynamic [1]

17. How many numbers of stations are permitted for circuit training?

- a) 8 - 10
b) 1 - 5
c) 3 - 5
d) 12 - 15 [1]

18. **Fill in the blanks:**

There are two kinds of sports injuries that are _____ and _____. [1]

Section B

19. Define nutrition. [2]
20. What is Amenorrhea? [2]
21. What do you mean by test? [2]
22. What do you mean by ageing? [2]
23. Which components are essential as a tool of goal - setting? [2]
24. What do you mean by dynamic strength and static strength? [2]

Section C

25. Briefly explain types of league tournaments. [3]
26. Define balanced Diet. Explain any four Micro Nutrients. [3]
27. What are the Strategies to Make Physical Activities Accessible for Children with Special Need? [3]
28. Explain developmental characteristics during childhood. [3]
29. Elaborate the angle of projection and its importance in sports? [3]
30. What are the techniques of motivation? [3]

Section D

31. Read the following text carefully and answer the questions that follow:

Pooja and Kavita were given the responsibility to conduct an Inter - school girls' football tournament in their school. 7 teams agreed to participate in the tournament. The committee responsible for making a fixture made a league fixture for 7 teams. On the basis of the given fixture answer the following questions:

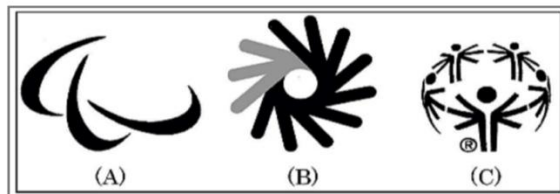
1-2						
1-3	2-3					
1-4	2-4	3-4				
1-5	2-5	3-5	4-5			
1-6	2-6	3-6	4-6	5-6		
1-7	2-7	3-7	4-7	5-7	6-7	

1. What is a league tournament?
 - a) A tournament where each team plays a fixed number of matches
 - b) A tournament where each team plays every other team
 - c) A tournament where teams are eliminated after a single loss
 - d) A tournament where teams play in a circular format
2. What type of league fixture is drawn?
 - a) Circular fixture
 - b) Ladder fixture or Staircase fixture
 - c) Cyclic fixture
 - d) Knockout fixture
3. Write the formulae for finding the total number of matches in a single league tournament.
 - a) $N(N+1)/2$
 - b) $N(N - 1)/2$
 - c) $N(N+1)$
 - d) $N(N - 1)$
4. If the tournament was a knock - out tournament, what would be the total number of matches for deciding the winner?
 - a) N
 - b) N - 1
 - c) N+1
 - d) N/2

[4]

32. Read the following text carefully and answer the questions that follow:

In relation to the pictures, answer the following questions:



1. Logo shown in picture ____ refers to Special Olympics.

- a) A
- b) B
- c) C
- d) D

2. Who was the founder of the Special Olympics?

- a) Eunice Kennedy Shriver's husband
- b) Eunice Kennedy Shriver
- c) Joseph P. Kennedy Jr.
- d) Robert F. Kennedy

3. How many countries participated in the first Paralympic Games in Rome (Italy) in 1960?

- a) 15
- b) 20
- c) 23
- d) 25

4. The motto of the Paralympics is ____.

- a) Spirit in Motion
- b) Play Unified
- c) Empower Inclusion
- d) Enable Participation

[4]

33. Read the following text carefully and answer the questions that follow:

Data given below is the 100m sprint data of two athletes Ben and Carl in 1988.

RT	0.132	0.135
	Ben '88	Carl '88
0-10 m	1.83	0.1.89
10-20 m	1.04	1.07
20-30 m	0.93	0.94
30-40 m	0.86	0.89
40-50 m	0.84	0.86
50-60 m	0.83	0.83
60-70 m	0.84	0.85
70-80 m	0.85	0.85
80-90 m	0.87	0.86
90-100 m	0.90	0.88
Time	9.79	9.92

Types of speed

RT(Reaction time) or Reaction Speed	Movement Speed (0-10 meters)	Acceleration (10-50 meter)	Locomotor speed (50-80 meters)	Speed endurance (80-100 meters)
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Types of speed

1. What is reaction speed?

- a) The ability to respond quickly to a stimulus
- b) The ability to maintain maximum speed for a long distance
- c) The ability to accelerate quickly
- d) The ability to decelerate slowly

2. According to the data, which athlete has better acceleration speed?
- a) Carl
 - b) Ben
 - c) Both have the same acceleration speed
 - d) Cannot be determined
3. According to the data, in which type of speed is Carl better than Ben?
- a) Speed endurance
 - b) Acceleration speed
 - c) Reaction speed
 - d) Locomotor speed
4. What is locomotor speed?
- a) The ability to respond quickly to a stimulus
 - b) The ability to maintain maximum speed for maximum distance
 - c) The ability to accelerate quickly
 - d) The ability to decelerate slowly

[4]

Section E

34. Which are the Asana practiced for preventing Asthma? Write in detail about any two of them.
35. Describe the measurement of flexibility using the Chair Sit and Reach Test.
36. What is friction? Is it advantageous and disadvantageous in the field of games and sports?
37. State the concept of Sports Training and explain different principles.

[5]

[5]

[5]

[5]