PRE-BOARD EXAMINATION-1 (NOVEMBER-2019)

CLASS: XII PHYSICAL EDUCATION Time: 3 hrs.

General Guidelines:

MAX. MARKS: 70

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(ii	• • • • • • • • • • • • • • • • • • • •	e choice questions.	
(iv	, ·		
(v	Questions 30-34 carry 5 marks each and sho	ould not exceed 150-200 words.	
	SEC	ΓΙΟΝ-A	
1.	If the physical Efficiency Index (PEI) of an at condition is termed as	thlete is calculated to be 60, the athletes physical	(1)
	a) Excellent	c) Low average	
	b) Good	d) High Average	
2.	League-Cum-Knock out is part of which tournament		(1)
	a) Knock out	c) Combination	
	b) Round robin	d) Consolation	
3.	In circuit training, the exercise of 'Jumping Jacks' exercise which of the following muscles group?		(1)
	a) Muscles of the entire body	c) Muscles of the leg	
	b) Abdomen muscle	d) Muscles of the arm and shoulders	
4.	Frequent or excessive washing of hands is a syn	•	(1)
	a) OCD	c) SPD	
b) ODDd) ASD5. A person having both traits of introvert and extrovert is known as?			(1)
<i>J</i> .	a) Mesomorph	c) Ambiverts	(1)
	b) Extroversion	d) Endomorph	
	b) Lauversion	a) Endomorph	
6.	Which amongst these is a sitting asana?		(1)
	a) Ardh-Matsyendrasana	c) Ardh Chakrasana	
	b) Padahastasana	d) Trikonasana	
7.	Which of the following is not a cognitive disabi	lity?	(1)
		Memory disorder d) Sensory impairment	(-)
	OR	· · ·	
	Avoiding eye contact and preferring to stay alo		
	a) SPD b) ADHD	c) ASD d) ODD	

8.	Fine motor development is involved in: a) Sitting	c) Standing	(1)	
	b) Walking	d) Catching a ball		
9.	Newton's First law of motion known as	.	(1)	
	a) Law of Inertia	c) Law of reaction		
	b) Law of acceleration	d) Gravitational pull		
10.	Which of the following is a Micro nutrient?		(1)	
	a) Carbohydrates	c) Water		
	b) Fats	d) Vitamins		
11.	What is the formula to determine number of matches in League fixture for even number of teams?			
	a) N+1/2	c) N(N-1)/2		
	b) N-1/2	d) N(N+1)/2		
12.	What is the height of the box used by boys in a) 16inch b) 18inch c) 20inch OR	n Harvard step test? d) 22inch	(1)	
	AAHPER General Fitness test consists of: a) Pull Ups Boys b) Sit-Ups (Flexed Leg), Boys and Girls c) Shuttle Run (Boys and Girls) d) All of these			
13.	The amount of oxygen which can be absorbed Blood is calleda) Oxygen intake b) oxygen transport	ed and consumed by the working muscles from c) oxygen uptake d) energy reserve	(1)	
	OR	c) oxygen uptake u) chergy reserve		
	Which one of these is a long term effect of exercise on cardiovascular system? a) ↑ Heart rate b)↑ Body temperature c)↑Cardiac output d) ↑BP			
14.	Acceleration runs are used to improve	·	(1)	
	a) Strength	c) Speed		
	b) Endurance	d) Flexibility		
15.	Overstretching of ligament cause:		(1)	
	a) Strain	c) Contusion		
	b) Sprain	d) Bruises		
16.	When the angle between the two bones decreases it is termed as			
	a) Flexion	c) Abduction		
	b) Extension	d) Adduction		
17.	Which of the following is not a spinal curvature deformity?			
	a) Kyphosis	c) Lordosis		
	b) Scoliosis	d) Flatfoot		
	OR	ad to mostify which as street 1.1-from 10.0		
	Gomukhasana and Padmasana are performe			
	a) Flatfoot	c) Knock-knees		
	b) Scoliosis	d) Bow legs		

18.	Which of the following asana should be performed for curing Obesity?		(1)
	a) Trikonasana	c) Pawanmuktasana	
	b) Bhujangasana	d) Tadasana	
19.	Which of the following is a macro mineral?		(1)
	a) Iodine	c) Copper	
	b) Iron	d) Calcium	
20.	Person with emotional instability and negative emotions are termed as		(1)
	a) Neuroticism	c) Openness	
	b) Agreeableness	d) Conscientiousness	
	SEC	ΓΙΟΝ- Β	
21.	Explain interval training method. OR		(3)
	Discuss any two methods of endurance develop	ment.	
22.	Friction is categorized into how many types? Explain them in brief.		
23.	Explain briefly the two types of Aggression.		
24.	Explain the methods to improve flexibility with help of examples.		
25.	Explain the physical activities that can be undertaken to correct flatfoot deformity.		(3)
26.	Describe various types of Fats. What are the diff OR	ferent sources of fats?	(3)
	What are the pitfalls of dieting? Explain any thi	ree.	
27.	'Women face certain hindrance in sports due to	their biological cycle'. Explain these issues in brief.	(3)
28.	Suggest various external methods of motivating	g a person for better performance in sports.	(3)
29.	Write down the formula for calculating fitness I	Index both for short term and long term.	(3)
	Explain the procedure for administering any thr	ree test items of Rikli and Jones Test.	
30.	Describe various types of movements in joints	with help of examples.	(3)
	SECT	TION- C	
31.	Draw a knockout fixture for 23 teams.		(5)
	OR		
	Draw a Fixture for 9 teams by Round robin met	hod	
32.	Describe five types of disorders with their symp	otoms and causes.	(5)
33.	Explain in detail Physiological changes which	occur due to ageing.	(5)
34.	Briefly explain the symptoms and causes of contraindications of any two Asanas to prevent	f Asthma. Explain the procedure, benefits and Asthma.	(5)