

**APEEJAY COMMON PRE BOARD EXAMINATION**  
**CLASS XII (SESSION 2022 – 23)**  
**PHYSICAL EDUCATION- 048**

**TIME: 3 HOURS**

**MAX MARKS: 70**

**General Instructions:**

1. The question paper consists of 5 sections and 37 questions.
2. Section A consists of questions 1 - 18 carrying 1 mark each and are multiple choice questions. All questions are compulsory.
3. Section 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.
4. 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.
5. Section D consists of questions 31 - 33 carrying 4 marks each and are case studies. There is internal choice available.
6. 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**

Q1. How many rounds will there be if the total number of teams are 6 in a cyclic method? [1]  
a. 5                      b. 7                      c. 8                      d. 9

Q2. There are \_\_\_\_\_ basic functions of sports event management. [1]  
a. 4                      b. 5                      c. 6                      d. 7

Q3. Which of the following is not a spinal curvature deformity? [1]  
a. Kyphosis              b. Scoliosis              c. Lordosis              d. Flatfoot

Q4. Gomukhasana and Padmasana are performed to rectify which postural deformity? [1]  
a. Flatfoot              b. Scoliosis              c. Knock - knees              d. Bow legs

Q5. A disease associated with respiratory tract is \_\_\_\_\_. [1]  
a. Asthma              b. Hypertension              c. Diabetes              d. Obesity

Q6. Identify the asana- [1]



a. Tadasana              b. Katichakrasana              c. Halasana              d. Pawanmuktasana

- Q7. Which of the following games were known as International Silent Games? [1]  
 a. Adaptive games    b. Special Olympics    c. Paralympic    d. Deaflympic
- Q8. The main source of vitamin C is \_\_\_\_\_. [1]  
 a. Guava    b. Egg    c. Milk    d. Banana
- Q9. A mesocycle usually ranges from \_\_\_\_\_. [1]  
 a. 2 to 6 weeks    b. 52 weeks    c. 5 to 7 days    d. 2 to 4 years
- Q10. Which test is used to measure the lower body strength of senior citizens? [1]  
 a. Walk test    b. Rockport one mile test    c. Chair stand test    d. Fitness index score
- Q11. The amount of oxygen which can be absorbed and consumed by working muscles from the blood is called \_\_\_\_\_. [1]  
 a. Oxygen uptake    b. Oxygen intake    c. Energy reserve    d. Oxygen transport
- Q12. Given below are the two statements labelled as Assertion (A) and Reason (R): [1]  
 Assertion (A): Ram was just about to dive in the swimming pool, he sprang on the diving board for gaining maximum height.  
 Reason (R): The situation is a typical example of every action has a reduced and the opposite effect.  
 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.
- Q13. Newton's second law of motion is also known as: [1]  
 a. Law of inertia    b. Law of gravity    c. Law of acceleration    d. Law of reaction
- Q14. Which of the following is included under the stages of talent identification process? [1]  
 a. Talent detection    b. Talent development    c. Talent selection    d. All of the above
- Q15. Match the following list of vitamin with their role/ functions [1]
- | Vitamin      | Role/ functions                                 |
|--------------|---|
| A. Vitamin A | 1. Growth & development of reproductive organs  |
| B. Vitamin D | 2. Helps in clotting of blood                   |
| C. Vitamin E | 3. Promotes normal vision                       |
| D. Vitamin K | 4. Maintains the levels of calcium & phosphorus |
- Select the right answer -  
 a. A - 3, B - 4, C - 1, D - 2  
 b. A - 1, B - 2, C - 3, D - 4  
 c. A - 4, B - 3, C - 2, D - 1  
 d. A - 2, B - 1, C - 4, D - 3

- Q16. In periodisation, the whole training cycle is divided in \_\_\_\_\_ [1]  
 a. Preparatory period c. Transitional period  
 b. Competition period d. All of the above

- Q17. The person who possesses both the traits of introverts and extroverts are called as \_\_\_\_\_. [1]  
 a. Extraversion b. Ectomorph c. Mesomorph d. Ambiverts

- Q18. Neuroticism is also called \_\_\_\_\_. [1]  
 a. Self-centered b. Emotional stability c. Individual difference d. Laborious

### SECTION - B

- Q19. List down any four physiological factors which determine the strength. [½\*4=2]  
 Q20. Write in detail about any two spinal curvature deformities. [1+1=2]  
 Q21. What is a balanced diet? Why is it necessary to cook the food? [1+1=2]  
 Q22. Write down the purpose and administration of the Plate tapping test. [1+1=2]  
 Q23. Write about mental imagery as a psychological attribute in sports. [2]  
 Q24. What do you know about the macro cycle? [2]

### SECTION - C

- Q25. Mention the functions of sports event management. What do you know about Directing? [1+2=3]  
 Q26. Mention the corrective measures to treat bow legs and round shoulders. [1½+1½=3]  
 Q27. Mention any six strategies to make physical activities accessible for CWSN. [½\*6=3]  
 Q28. What do you mean by nutritive and non-nutritive components of diet? [1½+1½=3]  
 Q29. Explain any three physiological factors determining flexibility. [1\*3=3]  
 Q30. Explain any three types of aggression in sports. [1\*3=3]

### SECTION – D

- Q31. As per the guidelines of the school principal, the school physical education department was asked to organize the inter school Basketball tournament in the school premises. The school decided to conduct the tournament on knock-out basis. The fixture was drawn and 19 teams were invited to participate accordingly. On the basis of the above statement, answer the following questions:

[1\*4=4]

- a. What will be the formula to calculate the total number of matches?  
 b. What will be the formula to calculate the total number of rounds?  
 c. The fourth round in this case can also be called as \_\_\_\_\_.  
 d. What will be the formula to calculate the number of byes in the upper half?

OR

What will be the formula to calculate the number of byes in the lower half?

- Q32. Friction caused due to body movements in sports widely depends upon the type of sports and the surface of the playing field. Friction is a necessary evil, it means that, it is essential and advantageous in some sports, whereas it can be disadvantageous in some sports.

On the basis of the above statement, answer the following questions: [1\*4=4]

- a. The force of friction acts in an \_\_\_\_\_ direction to the direction of motion of an object.
- b. Sliding friction and rolling friction are the types of \_\_\_\_\_ friction.
- c. \_\_\_\_\_ friction is a force that keeps an object at rest.
- d. Football players use studs to have \_\_\_\_\_ while they run fast.

OR

In roller skating, there should be \_\_\_\_\_ friction for better performance.

Q33. In modern world, every differently abled individual has the right to participate in the programme of physical education and sports. Most of the sports for differently abled are just modified forms of the normally existing sports in order to meet their needs. The sports for differently abled individuals are recognised officially.

On the basis of the above statement, answer the following questions:

[1\*4=4]

- a. Who started the Special Olympics?
- b. Which Olympics got the official approval to use the name Olympics?
- c. In which games whistles or guns are not used in starting of races?
- d. What is the name given to the torch that is lit at the Special Olympic Games?

OR

Name the international games that are organized in the same place and venue after the completion of Olympic Games.

#### SECTION - E

Q34. List down any four asanas which are helpful in preventing and curing diabetes. Explain the procedure for administration of any one of them with the help of a stick diagram. [2+2+1=5]

Q35. Make a table of test items listed under Rikli and Jones test along with their objectives of conducting them. Explain the administration of any one of them. [4+1=5]

Q36. Mention the factors that influence the projectile trajectory of an object in sports. Explain any two of them. [1+4=5]

Q37. Define endurance and mention its types. Explain any three methods to develop endurance. [2+3=5]