

**PRE-BOARD / XII / PHYSICAL EDUCATION / 2020-21**

**Time: 3 Hrs.**

**MM: 70**

General Instructions:

1. The question paper consists of 30 questions and all are compulsory.
2. Question 1-12 carry 01 mark each and are Multiple Choice Questions.
3. Questions 13-16 carry 02 marks each and shall not exceed 40-60 words.
4. Questions 17-26 carry 03 marks each and shall not exceed 80-100 words.
5. Questions 27-30 carry 05 marks each and shall not exceed 150-200 words.

- Q1** The total number of matches in a knock out tournament of 34 teams are 1
- (a) 31
  - (b) 32
  - (c) 33
  - (d) 35

OR

What is the formula to calculate the number of matches in a single league tournament?

- (a)  $N - 1$
  - (b)  $N(N - 1) / 2$
  - (c)  $N(N - 1)$
  - (d)  $2N - N$
- Q2** What is Bye? 1
- (a) It's a method of drawing fixture.
  - (b) Point system for team games.
  - (c) Advantage given to a team to not play in initial round.
  - (d) Placing of teams according to previous performance.

- Q3** What is the other name of Vitamin B3? 1
- (a) Riboflavin
  - (b) Niacin
  - (c) Biotin
  - (d) Thiamin

OR

Which one of the following Vitamins is helpful in the clotting of blood?

- (a) Vitamin K
  - (b) Vitamin C
  - (c) Vitamin A
  - (d) Vitamin E
- Q4** Which group of fats usually increases the chances of heart diseases? 1
- (a) Saturated fats
  - (b) Poly unsaturated fats
  - (c) Mono-unsaturated fats
  - (d) None of the above

- Q5** Which one of the following is not a disability etiquette? 1
- (a) To listen attentively
  - (b) To pretend to understand
  - (c) To avoid leaning on the wheel chair
  - (d) To avoid asking personal questions
- Q6** What are the two types of motor development of muscles in the body? 1
- (a) Gross and fine
  - (b) Gross and net
  - (c) Coarse and fine
  - (d) Gross and measured
- Q7** Which of these asanas is suggested for relief from lordosis? 1
- (a) Chakrasana
  - (b) Vajrasana
  - (c) Matsyasana
  - (d) Halsana
- OR
- In which postural deformity is there an abnormal lateral curve of the spine?
- (a) Kyphosis
  - (b) Lordosis
  - (c) Fibrosis
  - (d) Scoliosis
- Q8** Which of these is not one of the variables used in calculating VO<sub>2</sub> max according to the formula for the Rockport Fitness Walking Test? 1
- (a) Height
  - (b) Weight
  - (c) Age
  - (d) Gender
- Q9** What component of senior citizens' fitness is tested by the Six Minute Walk Test? 1
- (a) Lower body strength
  - (b) Upper body strength
  - (c) Balance
  - (d) Endurance
- Q10** Which of these terms refers to the air that moves in and out of the lungs with each breath in a normal restive mode? 1
- (a) Second wind
  - (b) Vital air
  - (c) Tidal air
  - (d) Residual wind
- Q11** A decrease in the angle between the femur and the tibia because of the movement of the knee is an example of what type of movement? 1
- (a) Flexion
  - (b) Extension
  - (c) Abduction
  - (d) Adduction
- Q12** The Meso in Mesomorph is related to 1
- (a) Fat
  - (b) Lean
  - (c) Muscular
  - (d) None of the above

- Q13** Explain any two non nutritive components of diet. 2
- Q14** What is the role of asanas in preventing common lifestyle diseases? 2
- Q15** Write any four benefits of Pawanmuktasana. 2
- Q16** List down all the methods of improving flexibility. 2
- OR
- Speed appears in different forms in different sports. List down any four types of speed.
- Q17** Define balanced diet. Explain any four Micro Nutrients. 3
- Q18** Write the procedure and benefits of Vajrasana. 3
- Q19** Plan a strategy for making physical activity accessible for Children with Special Need. 3
- OR
- What do you understand by the term disability? Explain any four disability etiquette.
- Q20** What is Obsessive Compulsive Disorder? Explain its causes in detail. 3
- Q21** What are the effects of exercising on the Muscular System? Explain. 3
- OR
- What are the effects of exercising on the Cardiorespiratory System? Explain.
- Q22** Explain PRICE procedure as a treatment for soft tissue injury. 3
- Q23** Discuss the importance of biomechanics in sports. 3
- Q24** With suitable examples explain the application of Newton's law in sports. 3
- Q25** Discuss Sheldon's type and traits of personality in detail. 3
- Q26** Elucidate the Big Five personality theory. 3
- OR
- Elaborate the types of aggression in sports.
- Q27** What are knock-out tournaments? Draw a fixture for 19 teams with all the steps involved. 5
- Q28** What do you mean by motor development? Explain the factors affecting motor development. 5
- OR
- Give your outlook on participation of Indian women in sports.
- Q29** Explain the procedure of Harvard step test in detail. 5
- OR
- List down the test items of Rikli and Jones fitness test and explain any one of them in detail.
- Q30** Discuss in detail the different types of coordinative ability. 5