

LIONS SCHOOL, MIRZAPUR
PRE-BOARD2020 -21

CLASS: - XII (Additional 048).

TIME: - 3HRS.

SUB: - PHYSICAL EDU.

M.M.: - 70

GENERAL INSTRUCTIONS-

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

Q1. Which of the following is the objective of planning?

- (a) Direction for action
- (b) Reduction of uncertainty
- (c) Economy in operation
- (d) All of these

Or

The objective of tournament is:-

- (a) To find out the best team
- (b) To learn new skills, technique and styles
- (c) To provide a source of recreation for the spectator
- (d) All of these.

Q2. Which of the following is a micronutrient?

- (a) Calcium
- (b) Potassium
- (c) Magnesium
- (d) All of these

Q3. Which amongst these is a sitting asana?

- (a) Ardha - Matsyendrasana
- (b) Padahasthasana
- (c) Ardha chakrasana
- (d) Trikonasana

Or

Asthma is the Disease:-

- (a) Heart
- (b) Liver
- (c) Kidney
- (d) Lungs

Q4. Which of the following statement defines disorder?

- (a) It is an ailment which disturbs the normal functioning of an individual.
- (b) It is an impairment which affect activities , capabilities and growth of an individual.
- (c) It is an impairment of one or multiple senses of an individual.
- (d) All of the above

Q5. Which postural deformity is caused due to the deficiency of vitamin D, calcium and phosphorous.

- (a) Knock knee
- (b) Bow leg
- (c) Flat feet
- (d) Both a & b

Q6. In senior citizen, arm curl test is conducted to measure there.....

- (a) Lower body strength
- (b) Upper body strength
- (c) Calf muscle strength
- (d) Abdominal strength

Q7. What is the aim of first aid:-

- (a) To preserve life
- (b) To prevent deterioration
- (c) Have speedy recovery
- (d) All of these

Or

Which of the following is a soft tissue injury:-

- (a) Incision
- (b) Stain
- (c) Laceration
- (d) abrasion

Q8. The angle at a joint decreases during....

- (a) Adduction
- (b) Abduction
- (c) Flexion
- (d) Extension

Q9. Force to motivation for participating in sports is mainly divided into Types:-

- (a) 2
- (b) 4
- (c) 6
- (d) 8

Q10. Which of the following method help in improving flexibility

- (a) Active and slow stretching
- (b) Passive stretching
- (c) Kinetic exercises
- (d) All of these

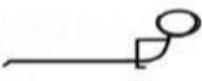
Q11. This is a type of dynamic friction

- (a) Sliding friction
- (b) Static friction
- (c) Rolling friction
- (d) Both a and c

Q12. Physical activity can do everything for children with special need, except,


- (a) Improve their motor skills
- (b) Keep obesity under control
- (c) Improve self defence
- (d) Improve senses

13. Identify the below given Asanas and write the names

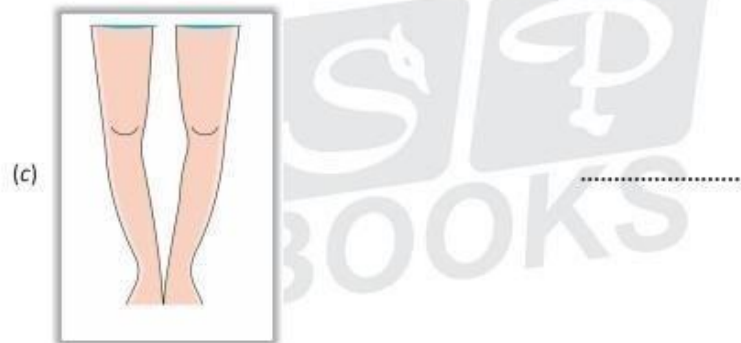
(a) 

(b) 

(c) 

(d) 

14. Identify the type of deformity and write the names :



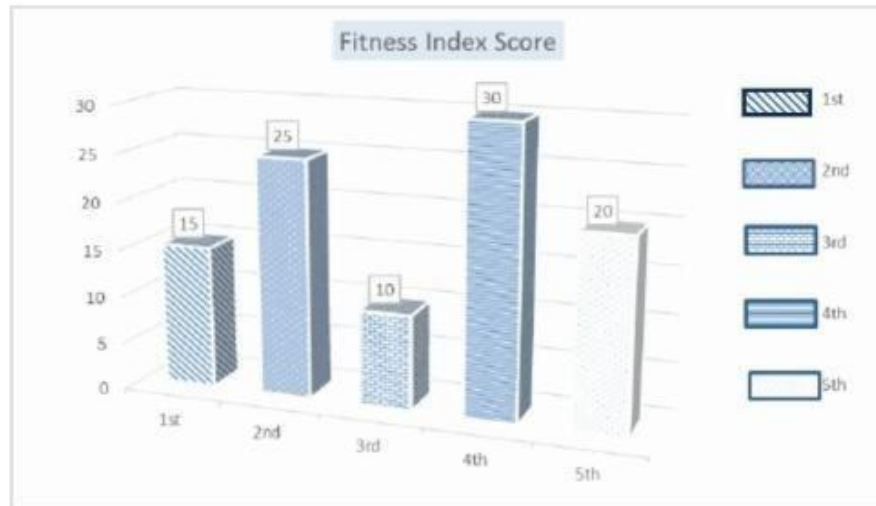
Q15. List the advantage of knockout tournament.

Q16. What is seeding? Explain.

Or

Differentiate between ADHD and ASD on the basis of their symptoms (any two).





17. Below given is the Harvard Step Test data of females in a residential complex :



Fitness Index Score :

1st - <50 2nd - 50-60.9 3rd - 61-75.9 4th - 76-85.9 5th - >86

On the basis of the above data; answer the following questions :

- A. In which category does the most female population falls into ?
 (a) Excellent (b) Good/ Above Average
 (c) Average (d) Below Average
- B. Which category is related to Below Average ?
 (a)  (b) 
 (c)  (d) 
- C. What is the number of females who have poor fitness index score ?
 (a) 25 (b) 15
 (c) 20 (d) 30

Q18. What do you understand by balanced diet.

Q19. Mention the cause of hypertension. Which asana help in curing hypertension.

Or

Compare any three micro-minerals on the basis of their source and benefits.

Q20. How should one behave with people with physical disability?

Q21. What is the importance of measurement and testing physical education and sports?

Or

List the components of motor fitness test. Explain any two of them in details.

Q22. Classify sports injury. Explain the cause of sports injury.

Q23. Write the disadvantage of friction in sports.

Q24. What is the meaning and importance sport psychology?

Q25. Define endurance. And discuss any two method of developing endurance.

Q26. What is speed? Elucidate the method of developing speed Or

Explain aggression in sports. Discuss the role of aggression in context to its type.

Q27. List the step required to control weight.

Q28. Explain the technique of performing Ardhamatsyendrasana its benefits and contradiction.

Or

Create a table and explain different stage of growth and development. Characteristics of development and exercise guidelines.

Q29. Explain what is strength? Write its methods of improving strength.

Or

Which are the asana practiced for preventing asthma? Write in detail about any two of them.

Q30. Describe 5 types of disorder with their symptom and causes.