

LIONS SCHOOL MIRZAPUR  
PRE-BOARD EXAMINATIONS 2021-22  
TERM - 1

CLASS- 12  
PHYSICAL EDUCATION (OPT-048)

Time:1hr 30min  
Max Marks:35

General instructions:

1. There are three sections in the Question paper namely Section A, Section B and Section C.
2. Section A consists of 24 questions amongst which 20 questions have to be attempted.
3. Section B consists of 24 questions amongst which 20 questions have to be attempted.
4. Section C consists of 12 questions amongst which 10 questions have to be attempted.

SECTION A (KNOWLEDGE AND UNDERSTANDING)

Q.1-Tournament is a healthy competition is to decide the .....

- (a) local teams
- (b) favourite teams
- (c) weak teams
- (d) best teams

Q2-Seeding method helps in elimination of :

- (a) weak teams (b) strong teams
- (c) favourite teams (d) local teams

Q.3-Who is the head of organising committee?

- (a) Physical Education Trainer
- (b) Chairman
- (c) Burser
- (d) Supervisor

Q.4-Vitamin K' is essential for–

- (a) normal coagulation of blood
- (b) providing nourishment to body
- (c) prevention of disease
- (d) metabolism of the body

Q.5-Deficiency of Vitamin D causes–

- (a) Beri-beri
- (b) Scurvy
- (c) Rickets
- (d) Night blindness

Q.6-Which nutrients are known as defensive food?

- (a) Macronutrients
- (b) Micronutrients
- (c) Both macro and micro nutrients
- (d) None of the above

Q.7-What can be the possible cause for scolosis is

- (a) partial deafness
- (b) rickets
- (c) reading in dim light
- (d) speaking loudly

Q.8-Which of the following can occur in obese people?

- (a) Lordosis
- (b) Kyphosis
- (c) Scoliosis
- (d) Knock knees

Q9-What is possible corrective measure used for the people suffering from bow-legs?

- (a) Balanced diet
- (b) Fats and carbohydrates
- (c) Vitamin C
- (d) Vitamin D

Q.10-Motor fitness refers

- (a) ability to run fast
- (b) ability to perform effectively
- (c) ability to drive fast
- (d) ability to speak loudly

Q.11-Power is a factor related to

- (a) wall pass
- (b) standing broad jump
- (c) 60yard dash
- (d) 50yard dash

Q.12- 50 M standing start helps in measuring:

- (a) balance
- (b) speed
- (c) endurance
- (d) agility

Q.13-According to which of the following law is stated that every action has equal and opposite reaction?

- (a) Acceleration
- (b) Inertia
- (c) Counter force
- (d) Friction

14- The body building nutrient is,

- |            |             |
|------------|-------------|
| a) Fat     | b) Vitamin  |
| b) Protein | d) Minerals |

Q15- Which of the following is not a league fixture procedure?

- |                  |                   |
|------------------|-------------------|
| a) Ladder method | b) Stair method   |
| b) Cyclic method | d) Tabular method |

Q16- Sit and reach test specially measures the flexibility of the lower back and \_\_\_\_\_ muscles.

- |          |              |
|----------|--------------|
| a) Low   | b) Hamstring |
| b) Wrist | d) Cardiac   |

Q17- Which of the following occur in the sagittal plane about the frontal axis?

- |              |                  |
|--------------|------------------|
| a) Flexion   | b) Adduction     |
| b) Abduction | d) None of these |

Q18- Movement possible in ball and socket joint are ;

- a) Rotation
- b) flexion
- c) Extension
- d) All of these

Q19- During abduction the arm move;

- a) Towards the body
- b) away from the body
- b) In front of the chest
- d) None of these

Q20-“A body at rest or in uniform motion remains in the state unless an extremal force is applied on it.”

State the law of

- (a) friction
- (b) counter force
- (c) acceleration
- (d) inertia

Q21- Back scratch test examines

- (a) The upper body strength
- (b) The lower body strength
- (c) The upper body flexibility
- (d) The lower body flexibility

Q22- Lordosis can be corrected through

- (a) Backward bending exercises
- (b) Forward bedding exercises
- (b) Pillow walking
- (d) Sideward bending exercises

Q23-How many vitamins make Vitamin B complex?

- (a) Four
- (b) Eight
- (c) Six
- (d) Ten

Q24- The number of Bye's in Knock-out fixture of 71 teams are .....

- (a) 71
- (b) 57
- (c) 128
- (d) 70

SECTION B (APPLICATION + HOTS)

Q.25-Match List I and List II

List I	List II
1.Babyhood	(i) 1 to 2 years
2.Infancy	(ii) 3 to 6 years
3.Early childhood	(iii) 7 to 12 years
4.Later childhood	(iv) 0 to 1 years

- (a) I, ii, iii, iv
- (b) iv, i , ii, iii
- (c) iv, ii, i, iii
- (d) iv, iii, ii, i

Q.26- In a double League tournament such as IPL a total of how many matches are played during the league face if 7 teams participating

- a. 42
- b. 45
- c. 54
- d. 58

Q.27- Name the component which is measured by this test?



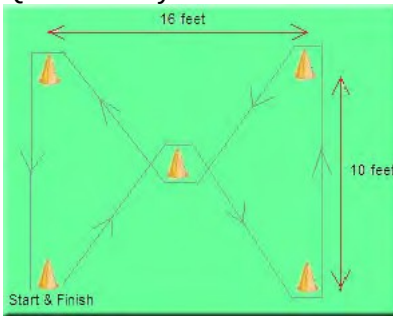
- a) agility
- b) Speed
- c) Flexibility
- d) coordinative ability

Q.28- Which exercise should be done to cure this deformity?



- a) Bow legs can be corrected by walking on the inner edge of feet.
- b) Walking by bending the toes inward.
- c) Both a) and b)
- d) Hanging on horizontal bar

Q29- Identify the test for which this pattern is followed



- a) 600 mtr
- b) 50yard dash
- c) 400mtr
- d) Zig Zag Run

Q30. In a single knockout tournament how many byes need to be given if 17 teams are participating  
a. 17 b. 16 c. 15 d. 14

Q31. If 20 teams are participating in a knockout tournament then how many matches will be played  
a. 17 b. 18 c. 19 d. 20

Q32. Which Is Not Symptom Of Food Intolerance.

- (A). Fatigue
- (B). Diarrhoea
- (C). Nausea
- (D). Night Blindness

Q33-Balance Diet Consists Of

- (A). Proteins
- (B). Fruits
- (C). Fats
- (D). All Of Components

Q34- Formula for determining the number of bye in the lower half of a knockout fixture when number of byes are odd?

- a)  $nb+1/2$
- b)  $nb-1/2$
- c)  $nb /2$
- d)  $nb+1$

Q35- If BMI of a person is 28. It is considered as:

- a) Obese
- b) Normal
- c) Underweight
- d) Overweight

36-Which Of The Following Is a Micronutrient

- (A). Calcium
- (B). Potassium
- (C). Magnesium
- (D). All Of These

Q37- Match the following:

1-



A) abdominal strength

2-



b) speed

3-



c) upper body strength and endurance



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d) Cardiovascular Endurance

- a) 3 1 4 2
- b) 4 1 3 2
- c) 3 2 4 1
- d) 4 2 3 1

Q38-Give below are the two statements labelled Assertion (A) and Reason ( R).

A. Assertion( A): Planning is a process of setting objectives and deciding how to accomplish them.

B. Reason (R): Planning is an essential part of organising sports tournaments.

In the context of 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.

Q39- Give below are the two statements labelled Assertion (A) and Reason ( R).

A. Assertion(A):While swimming ,water is pushed backward while body move forward.

B. Reason (R): A change in acceleration of an object is inversely proportional to the force producing it and directly proportional to its mass.

In the context of 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.

Q40--Match List I with List II

List I	List II
1. Chair Stand Test	(i) Speed, Coordination and Balance
2. Back Scratch Test	(ii) Strength & Endurance of Upper body
3. Arm Curl Test	(iii) General Range of Motion of Shoulder
4. '8' Feet Go Test	(iv) Leg strength and Endurance

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

Q41-Match List I with List II.

List I	List II
1. Night Blindness	(i) Vitamin-A
2. Goitre	(ii) Vitamin-C
3. Scurvy	(iii) Iodine
4. Anemia	(iv) Iron

- (a) (i), (ii), (iii), (iv)
- (b) (i), (iii), (ii), (iv)
- (c) (ii), (v), (iii), (iv)
- (d) (ii), (iii), (iv), (i)

Q42-Match List I with List II.





List I	List II
1. Technical Committee	(i) To make sure that rules and regulations are strictly followed throughout the tournament and to prevent the hindrance factors.
2. Convener	(ii) Does playfield and its marking; equipments procurement; helps in making fixture and conduct of matches by its Officials like Referees, Umpires, Judges, Time-keepers.
3. Accreditation Committee	(iii) Manages the guests, officials during opening and closing ceremony; ceremonial welcome and speeches; prize distribution, etc.
4. Award Committee	(iv) To do all the Planning work for the success of the tournament.

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

Q43- Assertion (A): committees are formed for systematic and smooth conduct of the tournament.  
Reason (R): the committee members are professionally qualified persons.

- 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.

Q44-- Match List I and List II :

List I	List II
1. 	(i) Extension
2. 	(ii) Adduction
3. 	(iii) Flexion
4. 	(iv) Abduction

(a) iv, iii, iv, ii

(b) ii, iv, iii, i

(c) iii, i, iii, iv




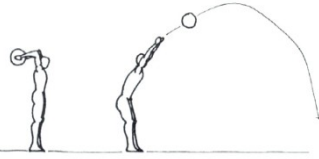

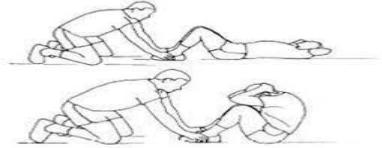
(d) iii, iv, i, ii

Q45- Match List -I with List-II

List- I	List-II
1. Ball at place before kicking	(i) Law of Acceleration
2. Smashing in Volleyball	(ii) Law of Action and Reaction
3. Pushing to water back in swimming	(iii) Friction Force
4. Ball stop on playfield	(iv) Law of Inertia

(a) iv ,ii ,i ,iii    (b) iv , i, iii, ii    (c) i ,iv ,ii, iii,    (d) iv, I, ii, iii,

Q46- Identify the Test and mention its purpose.

 <p>A.</p>	<p>Teast name.....</p>	<p>Purpose.....</p>
 <p>B.</p>	<p>Teast name.....</p>	<p>Purpose.....</p>
 <p>C.</p>	<p>Teast name.....</p>	<p>Purpose.....</p>
 <p>D.</p>	<p>Teast name.....</p>	<p>Purpose.....</p>

Q47- Give below are the two statements labelled Assertion(A) and Reason (R).




A. Assertion (A): Balanced diet contains right amounts of various elements.

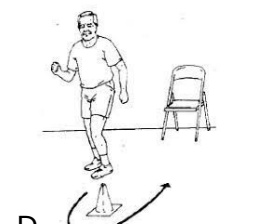
B. Reason (R) We shouldintake carbohydrates, fats, proteins,minerals. Vitamins, roughage and water.

In the context of 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

Q48- Identify the tests given below and write their names and purpose of tests.

 <p>A.</p>	<p>NAME.....</p>  <p>PURPOSE.....</p>
 <p>B.</p>	<p>NAME.....</p>  <p>PURPOSE.....</p>
 <p>C.</p>	<p>NAME.....</p>  <p>PURPOSE.....</p>

	NAME.....  PURPOSE.....
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SECTION C (CASE STUDIES)

Q49- Kanak, a student of class 12th, has an unhealthy lifestyle. She eats a lot of fatty food. One day in his physical education class, her teacher explained the method to calculate BMI. So after coming home, she calculated her BMI and found it to be 35.

On the basis of the above case, answer the following questions.

- i. Kanak is
  - a. Overweight
  - b. Obese
  - c. Normal weighted
  - d. Underweight

Q50- Your grandmother is an active lady. She says she has much better fitness as compared with you because she takes a balanced diet, does regular exercise and often sits in the sunshine.

Based on this case, answer the following questions.

- i. What is included in a balanced diet?
  - a. Carbohydrates
  - b. Vitamins
  - c. Proteins
  - d. All of these

Q51- Your school has been given the responsibility to conduct zonal volleyball competition. As a Head boy/Head Girl of the student council you have been asked to make various teams of students to help teacher in charges for smooth conduct of the tournament.

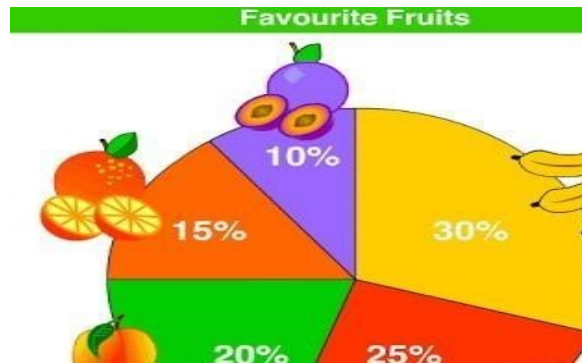
- A. To help the teams to know about the fooding and stay arrangement a group of students will be assigned with \_\_\_\_\_ committee.
  - a) Transport
  - b) Registration
  - c) Boarding and lodging
  - d) Decoration

Q52- On his scheduled health check-up deepak a student of class vi was diagnosed with Beri- beri disease. His parents are very concerned about his health and asked the doctor more about this disease.

- A. According to the doctor this disease is caused due to deficiency of \_\_\_\_\_
  - a) Vitamin B<sub>5</sub>
  - b) Vitamin B<sub>1</sub>
  - c) Vitamin B<sub>3</sub>

d) VitaminB<sub>7</sub>

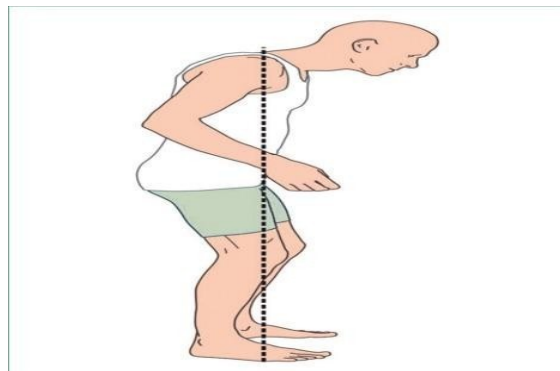
Q53- During a survey done in class VIII on the topic favourite fruit of children following data was collected. On the basis of given data answer the following questions.



A. Which fruit is liked most by the children?

- a) Banana
- b) Apple
- c) Oranges
- d) Peach

Q54- Sheetal spent her weekend checking the health status of all the security guards of her huge gated community as a part of project work assigned by PE teachers. She found out that more than half of them have shown a significant deformity in the upper part of their vertebral column.



1. The term used to define this deformity is \_\_\_\_
- (a) Lordosis
  - (b) Scoliosis
  - (c) Kyphosis
  - (d) Both (a)&(b)

Q55-



1. The height of the bench used in the first picture is \_\_\_\_\_ cm for women.  
(a)45 (b)50 (c)40 (d)55

Q56- The teachers as well as coaches always make their best efforts to improve the performance of their students in various competitive games and sports. They can help to improve the performance of students if they have adequate knowledge of biomechanics.



1. The more force one exerts on the downward bounce, the higher the ball bounces in to the air. Which law is this statement being referred to?  
(a) Newton's 1st law (b) Newton's 2<sup>nd</sup> law (c) Newton's 3rd law (d) Law of gravitation

Q57-Raman is a wrestler. He had to participate in a competition a few weeks later. He is undergoing vigorous training programmes along with diet control by reducing proteins and fat in his diet. This reduced his weight sharply.

Based on this case, answer the following questions.

- i. What do you think would be the main reason behind losing weight by most of the wrestlers before the competition?  
a. For participating in the lower weight category  
b. For improving physique  
c. For improving performance  
d. For some other purpose

Q58- Vikas a state level wrestler has been advised by his coach to take adequate amounts of simple carbohydrates, vitamins, minerals and proteins in his diet along with the training schedule. He has also been advised to follow the diet plan and be aware of the drawbacks of unsupervised dieting.

- A. Glucose, Fructose, Lactose are \_\_\_\_\_  
(a) Simple Carbohydrate  
(b) Complex Carbohydrate  
(c) Minerals  
(d) Fats

Q59- Rajesh went to an old age home on the occasion of his birthday. At that time all the inmates in the home were assembled in one place. When he enquired, they replied

that they have a physical fitness test.

Give any one standard physical fitness test for senior citizen

(a) Push ups

(b) Standing Broad jump

(c) Zig zag run

(d) Eight foot up and go test

Q60- With the aim of promoting physical fitness and healthy lifestyle amongst students the Physical education Teacher at XYZ School plans to organize intramural competitions at school. For conducting the event he has given this assignment to the students of class XII who have taken up Physical Education subject so that they can get first hand experience of organizing events. On the basis of given information answer the following questions:

A. The work of committees is divided into \_\_\_\_\_

(a) Pre, during and post

(b) Pre and post

(c) Pre and during

(d) During and Post