

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

**Subject: Physical Education, Additional (048)**

**Class: XII**

**Maximum Marks: 35**

**Time: 1HR 30MIN**

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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.
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**SECTION A (KNOWLEDGE AND UNDERSTANDING)**

Q.1-The work of committees is divided in to\_\_\_\_\_

- (a) Pre, during and post
- (b) Pre and post
- (c) Pre and during
- (d) During and Post

Q.2- In League tournaments the winner is decided by

- (A) British method
- (B) American Method
- (C) No of Matches won
- (D) Both a and b

Q.3- Glucose, Fructose, Lactose are\_\_\_\_\_

- (a) Simple Carbohydrate
- (b) Complex Carbohydrate
- (c) Minerals
- (d) Fats

Q.4-Which amongst these is a Pitfall of dieting?

- (a) Skipping meal
- (b) Reducing energy food
- (c) Drinking lot of water
- (d) Taking food supplements

Q.5- Amino acids and protein are the\_\_\_\_\_of life.

- (a) Building block
- (b) Training blocks
- (c) Fitness blocks
- (d) Both a & b

Q.6- Kyphosis is commonly known as

- (A)Hollow back
- (B) Hunch back
- (C)Side ways bending
- (D)Lordosis

Q.7- which of the following food items is rich in iron

- a)rice
- b)apple
- c)pulses
- d)orange

Q.8- To measure Lower body flexibility fitness, which one of the following is best?

- (a)Harvard Step Test
- (b) Sit and reach test
- (c) Barrow fitness test
- (d)General fitness test

Q.9-Measurement of a test is

- A) Tool or instrument to collect data
- B) Subjective evaluation
- C) Scientific score
- D) Questionnaire

Q.10- The objective of Zig – Zag Test is to check

- A) Shoulder strength
- B) Endurance
- C) Speed and Agility
- D) Flexibility of low back

Q.11-Extension is the movement in which

- A) Body parts moves away from body
- B) The angle of joint reduces
- C) The angle of joint increases
- D) Combination of all movements

Q.12- Kicking the ball is ..... Movement

- A) Flexion of leg
- B) Extension of leg
- C) Adduction of leg
- D) Abduction of leg

Q.13- Bounce of basketball during dribbling is a example of:

- A) Law of Inertia
- B) Law of Acceleration
- C) Law of Action and Reaction
- D) None of these

Q.14- Which type of movement is possible in ball and socket joint?

- A) Rotation
- B) Flexion
- C) Extension
- D) All of these

Q.15-What is the Ratio of carbon, hydrogen and oxygen in carbohydrates?

- A) 1:2:1
- b) 2:2:1

- c) 2:1:1
- d) 1:2:2

Q.16-Which of the following is NOT a type of tournament ?

- (a) Challenge Tournament
- (b) Knockout
- (c) Fixture
- (d) League

Q.17-Nutrients are\_\_\_\_\_substances present in food.

- (a) Irrelevant
- (b) Essential
- (c) Harmful
- (d) Dangerous

Q.18-In this deformity, there is no arch in the foot and the foot is completely flat. It is :

- (a) Short foot
- (b) Plain foot
- (c) Normal foot
- (d) Flatfoot

Q.19-Which of the following is assessed by an eight-foot up-and-go test ?

- (a) Walking speed, Coordination and agility
- (b) Physiology fitness
- (c) Upper body strength
- (d) Lower body flexibility

Q.20-Biomechanics Deals units :

- (a) To understand the physiology of the body
- (b) To understand Time & Distance concept of Various Movements
- (c) Muscles involved in Movement
- (d) Effect of force on Different Movements done by the human body

Q.21-throwing a shot put is an a best example of

- a) first law of motion
- b)second law of motion
- c)third law of motion
- d)none of above

Q.22- Maximum Carbohydrates are obtained from:

- (a) Fish
- (b) Whole grain food
- (c) Plant oil
- (d) Nuts

Q.23- Athlete speed(Acceleration)is measured:

- (a) Sit and Reach
- (b)4x10mshuttleRun
- (d)Modified push-ups(Girls)
- (c)50mstandingstart

Q.24- Endurance is determined by which physiological factor?

- (a) Aerobic capacity
- (b)Flexibility
- (c)Age, gender
- (d)Injuries

### **SECTION B (APPLICATION + HOTS)**

Q.25- Identify the below-given Postural Deformity



- a) Knock Knee
- b) Scoliosis
- c) Flat Foot
- d) Bow Leg

Q.26- scoliosis is a postural deformity related with

- a) foot
- b)leg
- c) vertebral column

d)hand

Q.27-- Given below are the two statements labelled Assertion (A) and Reason (R). Select the correct answer to these questions from codes (A), (B), (C) and (D).

Assertion (A) : In knock out tournament there is possibility that strong teams will meet in first round and any one of them will be eliminated.

Reason (R) : All the things are in organizers, hand, they can put the teams at any place in the fixture.

(A) Assertion and Reason both are correct statements and reason is correct.

(B) Assertion and Reason both are correct statements but the reason is not correct.

(C) The Assertion is correct but the reason is not correct explanation for assertion.

(D) The Assertion is not correct but the reason is correct explanation for assertion.

Q.28- Match the list I with II.

List-I	List-II
1. Energy yielding - food	(i) Simple Carbohydrates
2. Body Building - food	(ii) Vitamins
3. Protective food	(iii) Cellulose
4. Fiber	(iv) Proteins

- A) iii, ii, iv, i  
 B) i, iii, ii, iv  
 C) ii, i, iii, iv  
 D) i, iv, ii, iii

Q.29-Which vitamin do we get from sunshine?

- a) Vitamin A  
 b) Vitamin B  
 c) Vitamin C  
 d) Vitamin D

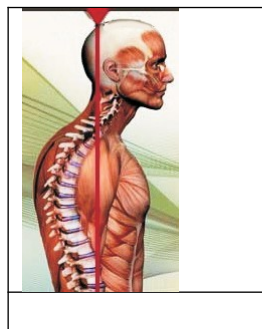
Q.30- Identify the below-given Postural Deformity

- a) Scoliosis b) Kyphosis c)

Q.31-Identify the below given body



- a) flexion  
 b) extension  
 c) abduction  
 d) adduction



Lordosis  
 movement

- d) Round shoulder

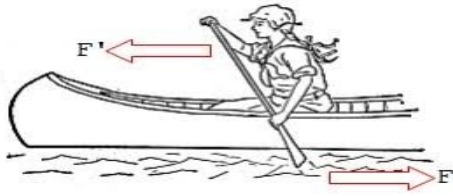
Q.32-Given below are the two statements labelled Assertion (A) and Reason (R). Select the correct answer to these questions from codes (A), (B), (C) and (D).

Assertion (A) : Planning is the first requirement for efficient working of the program of any tournament.

Reason (R) : It helps to understand the process of making a sequence of work for future course of action.

- (A) Assertion and reason both are correct statements and reason is correct.  
 (B) Assertion and reason both are correct statements but the reason is not correct.  
 (C) The assertion is correct but the reason is not correct explanation for assertion.  
 (D) The assertion is not correct but the reason is correct explanation for assertion.

Q.33-write the type of law of motion applied in the activity



- a) first law of motion
- b) second law of motion
- c) third law of motion
- d) all of above

Q.34-\_\_\_\_\_ is a part of the senior fitness test protocol and is designed to test the functional fitness of seniors.

- a) Harvard Step Test
- b) Six Minute Walk Test
- c) One hour Walk Test
- d) 50 Meter Walk Test

Q.35- Identify the below-given Postural Deformity



- a) Flat Foot                      b) Knock Knee                      c) Bow Leg                      d) Kyphosis

Q.36- Identify the Test



- a) Shuttle run  
b) Zig- zag run  
c) Toe touch run  
d) All of above

Q.37-Which of the following is a motor development?

- a) Sense Organs  
b) Postural deformity  
c) Disorder development  
d) Bones & muscles

Q.38-Given below are the two statements labelled as Assertion (A) and Reason (R) .Select the correct answer from the Codes (a),(b),(c)and(d) as given below:

Assertion(A):Micronutrients constitute the majority of individual's diet.

Reason(R):Minerals and vitamins are included in micronutrients.

- (a) Both A and R is true and R is the correct explanation of A.  
(b) Both A and R is true, but R is no the correct explanation of A.  
(c) A is true, but R is false.  
(d) A is false ,but R is true.

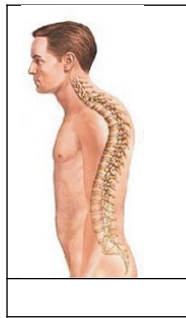
Q.39-\_\_\_\_\_ uses the smaller muscles of the hand, feet and face for more precise activities.

- a) Fine motor development  
b) Gross motor development  
c) Strong motor development  
d) Healthy motor development

Q.40-Specify the Pre works of technical committee

- a)Arrangement transportation
- b)rectify the dispute during event
- c)declare the winner
- d) none of above.

Q.41- Identify the below-given Postural Deformity



- a) Scoliosis
  - b) Flat Foot
  - c) Bow Leg
  - d) Kyphosis
- Q.42- Identify the tests given below



- a)chair sit and reach test
- b)600m run
- c)forward bending test
- d)toe touch test

Q.43-Rikli and Jones senior citizen test was developed in:

- a) 2000
- b) 2002
- c) 2001
- d) 1990

Q.44-For every action, there is an equal and opposite reaction. It is \_\_\_\_\_.

- a) None of these
- b) Newton's second law
- c) Newton's third law
- d) Newton's first law

Q.45-Match list-I with list-II and select the correct answer from the code given below:

List-I	List-II
1. Vitamin-A	(i)Pyorrhea
(i) Vitamin-B	(ii) Rickets
(ii) Vitamin-C	(iii) Beriberi
(iii) Vitamin-D	(iv)Night blindness

A) ii,iv,iii,i

B)i,ii,iv,iii

C)iv,iii,i,ii

D)iii,i,ii,iv

Q.46-Measurement of the field for zig-zag test is:

a) 16 X 18 m

b) 16 X 12 m

c) 16 X 10 m

d) 15 X 10 m

Q.47-In the long jump take-off which law works:

a) Law of conservation of mass

b) 2nd law of motion

c) 3rd law of motion

d) 1st law of motion

Q.48-match list-I with list-II

List-I	List-II
1- Flexion	i-Kicking the ball
2- Extension	ii-Curling up by dumbbell
3- Abduction	iii-Leg splitting
4-Circumduction	iv-Bowling in cricket

A) i, ii, iii, iv

B) ii, i, iii, iv

C) iv, ii, iii,i

D) iii, ii,iv, i

### SECTION C (CASE STUDIES)

Q.49-Jatin is a weightlifter in the 96 kg category. He has to participate in a weightlifting competition next week so he takes care of his health a lot. For this, he includes all the essential nutrients in his diet. Based on this case, answer the following questions:

Q- What do you think would be the most important component of Jatin's diet?

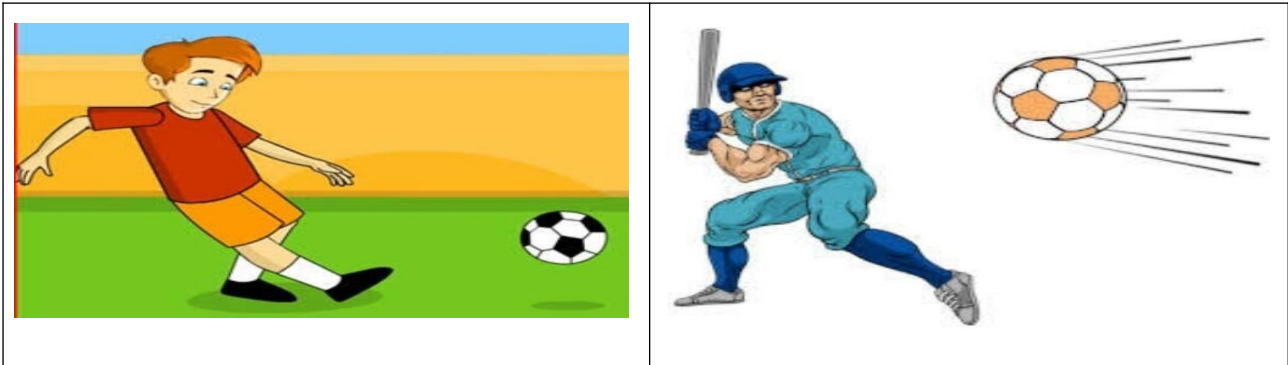
(a) Proteins

(b) Carbohydrates

(c)Vitamins

(d)Minerals

Q.50-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.



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

Q.51-Kiren Rijju, Sports Minister has ordered to popularize the game of Kabaddi among school students to develop their physical ability, Mr. Gopi, Physical Education Teacher of a reputed CBSE school has decided to conduct an Inter School Kabaddi tournament in his school premises after proper drawing of fixtures. He consulted the Management and the Principal to conduct the Tournament of Pro Kabaddi pattern but the PE teacher was not aware of pro Kabaddi Tournament. So he discussed with the National Kabaddi Referee Association.

Q-Which of the following is the best method to organize this kind of tournament?

- (a) Knockout (b) League (c) Ladder (d) Pyramid

Q.52- ABC School is one of the reputed schools in their location for the number of sports facilities it provides to its stake holders. Keeping that in consideration CBSE Sports cell has given them the responsibility of conducting CBSE Football cluster. 35 teams have sent their entry for participation in the tournament.

Q-Total number of byes in the fixture will be \_\_\_\_\_

- a) 29  
b) 32

c) 27

d) 1

Q.53- A balanced diet refers to the intake of food constituting all the necessary nutrients. Ram shares his knowledge of 'food and nutrition' with neighbors while visiting his grandparents in a village. Ram notices that few people living in that village are suffering with goiter and severe anemia.

Q-From the below picture, it can be derived that

- (a) Vegetables and fruits are enough to stay healthy
- (b) Exercise along with proper nutrition is required
- (c) Red & green colored foods only to be taken
- (d) All of the above



Q.54- Posture plays a very significant role in our daily activities. Correct posture means the balancing of body in accurate and proper manner. Various types of postural deformities can be identified in individuals.

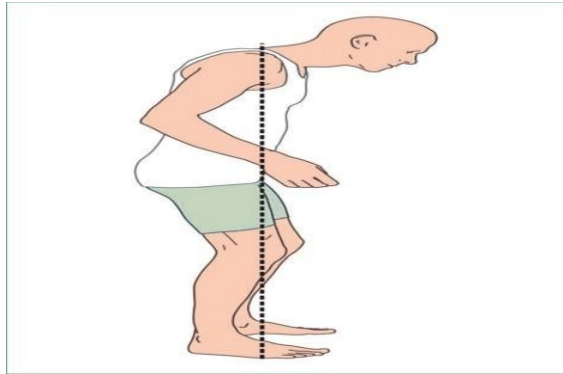


Q- From the above given picture, the deformities seen on the left

most is caused due to deficiency of

- (a) Iron (b)Calcium (c)Vit-D (d) Both  
(b)&(c)

Q.55-Sheethal 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



Q-The term used to define this deformity is\_\_\_\_\_

- (b) Lordosis (b)Scoliosis (c)Kyphosis (d) Both (a)&(b)

Q.56-Both the tests shown in the picture are conducted to check\_fitness.

- (a) Muscular (b)Skeletal  
(c)Cardiovascular (d)Respiratory



Q.57- Sports Minister, Mr. Kiren Rijuju has launched many sports schemes in India. Among these, one of the best schemes is Khelo India. Mr. Kannan, father of Kartik approached the PE teacher and enquired

about the fitness levels of the students. PE teacher replied that Khelo India consisted of physical fitness tests for school children and they were analyzing students' fitness through these tests.

Q-Which method should he follow to improve the jump?

- a) Flexibility      (b) Explosive power      (c) Push-ups      (d) Shuttle run

Q.58-Mr. Raghav, aged 45 years was advised by his doctor to exercise regularly and take care of his dietary habits. This advice was given keeping in view his advancing age and sedentary working profile. Considering his lifestyle answer the following questions

Q-Due to regular exercising, the viscosity of the blood \_\_\_\_\_

- (a) Increases      (b) Decreases      (c) Remains same      (d) Both a & b

Q.59- In biomechanics class, Gopi, the teacher, brings the students to the physics lab of his school. The students get confused. After the completion of the class, they realize the fact.

Q-Why does the teacher bring the students to physics lab for biomechanics class?

- a) It deals with physics principle.  
(b) Sliding friction  
(c) Rolling friction  
(d) Static friction

Q.60-During the physical education class Newton's Laws of motion were discussed and their practical application in sports events was explained to students. These laws are most relevant in sports as most of the actions in sports are related to these laws.

Q- What is the relationship between Mass and force?

- a) Directly proportional  
(b) No relationship  
(c) Inversely proportional

(d) Both a & c