

PRE-BOARD EXAMINATION-1 (NOVEMBER-2019)

CLASS: XII

PHYSICAL EDUCATION

Time: 3 hrs.

MAX. MARKS: 70

General Guidelines:

- (i) Question paper consists of 34 questions.
- (ii) All questions are compulsory.
- (iii) Questions 1-20 carry 1 Mark and are multiple choice questions.
- (iv) Questions 21-30 carry 3 marks each and should not exceed 80-100 words.
- (v) Questions 30-34 carry 5 marks each and should not exceed 150-200 words.

SECTION-A

1. If the physical Efficiency Index (PEI) of an athlete is calculated to be 60, the athlete's physical condition is termed as..... (1)
 - a) Excellent
 - b) Good
 - c) Low average
 - d) High Average
2. League-Cum-Knock out is part of which tournament (1)
 - a) Knock out
 - b) Round robin
 - c) Combination
 - d) Consolation
3. In circuit training, the exercise of 'Jumping Jacks' exercise which of the following muscles group? (1)
 - a) Muscles of the entire body
 - b) Abdomen muscle
 - c) Muscles of the leg
 - d) Muscles of the arm and shoulders
4. Frequent or excessive washing of hands is a symptom of the disorder known as..... (1)
 - a) OCD
 - b) ODD
 - c) SPD
 - d) ASD
5. A person having both traits of introvert and extrovert is known as? (1)
 - a) Mesomorph
 - b) Extroversion
 - c) Ambiverts
 - d) Endomorph
6. Which amongst these is a sitting asana? (1)
 - a) Ardh-Matsyendrasana
 - b) Padahasthasana
 - c) Ardh Chakrasana
 - d) Trikonasana
7. Which of the following is not a cognitive disability? (1)
 - a) Dyslexia
 - b) Hyperactivity
 - c) Memory disorder
 - d) Sensory impairment

OR

Avoiding eye contact and preferring to stay alone are common to which disorder?

- a) SPD
- b) ADHD
- c) ASD
- d) ODD

8. Fine motor development is involved in: (1)
 a) Sitting c) Standing
 b) Walking d) Catching a ball
9. Newton's First law of motion known as _____. (1)
 a) Law of Inertia c) Law of reaction
 b) Law of acceleration d) Gravitational pull
10. Which of the following is a Micro nutrient? (1)
 a) Carbohydrates c) Water
 b) Fats d) Vitamins
11. What is the formula to determine number of matches in League fixture for even number of teams? (1)
 a) $N+1/2$ c) $N(N-1)/2$
 b) $N-1/2$ d) $N(N+1)/2$
12. What is the height of the box used by boys in Harvard step test? (1)
 a) 16inch b) 18inch c) 20inch d) 22inch
- OR**
- AAHPER General Fitness test consists of:
 a) Pull Ups Boys
 b) Sit-Ups (Flexed Leg), Boys and Girls
 c) Shuttle Run (Boys and Girls)
 d) All of these
13. The amount of oxygen which can be absorbed and consumed by the working muscles from Blood is called _____. (1)
 a) Oxygen intake b) oxygen transport c) oxygen uptake d) energy reserve
- OR**
- Which one of these is a long term effect of exercise on cardiovascular system?
 a) ↑ Heart rate b) ↑ Body temperature c) ↑ Cardiac output d) ↑ BP
14. Acceleration runs are used to improve _____. (1)
 a) Strength c) Speed
 b) Endurance d) Flexibility
15. Overstretching of ligament cause: (1)
 a) Strain c) Contusion
 b) Sprain d) Bruises
16. When the angle between the two bones decreases it is termed as _____. (1)
 a) Flexion c) Abduction
 b) Extension d) Adduction
17. Which of the following is not a spinal curvature deformity? (1)
 a) Kyphosis c) Lordosis
 b) Scoliosis d) Flatfoot

OR

Gomukhasana and Padmasana are performed to rectify which postural deformity?

- a) Flatfoot c) Knock-knees
 b) Scoliosis d) Bow legs

