

**PHYSICAL EDUCATION
QUESTION PAPER PRE-BOARD 1
2024-25
SUBJECT CODE – 048**

Time Allowed: 3hrs Max.

Maximum Marks:70

GENERAL INSTRUCTIONS:

1. The question paper consists of 5 sections and 37 Questions.
2. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
3. Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any Five (5).
4. Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any Five (5).
5. Sections D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
6. Section E consists of Question 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any Three (3).

SECTION A

Q1. IDENTIFY THE ASANA



- A) Tadasana
- B) Bhujangasana
- C) Matsyasana
- D) Makrasana

Question for Blind Students

Q1. Katichakrasana is a

- A) Standing Asana
- B) Sitting Asana
- C) Lying Asana
- D) Balancing Asana

Q2. Acceleration run and pace run can be two methods for improving

- A) Flexibility
- B) Speed

- C) Endurance
- D) Strength

Q3. Given below are two statements, one of which is labeled as Assertion (A) and the other is labeled as Reason (R)

Assertion (A): “Sugar and Jaggery” come under the Energy giving Foods.

Reason (R): Energy Giving Foods rich in carbohydrates and fat.

Which one of the following statement 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

Q4. Making of Fixture comes under which committee

- A) Logistics
- B) Marketing
- C) Technical
- D) Finance

Q5. Sit and Reach Test is to test

- A) Speed
- B) Flexibility
- C) Endurance
- D) Power

Q6. What is the full form of IPC

- A) International Parade Committee
- B) International Paralympic Council
- C) International Paralympic Committee
- D) India Paralympic Committee

7. Lordosis is a problem of the

- A) Upper Back
- B) Middle Back
- C) Shoulders
- D) Lower Back

8. A sprain is an injury to

- A) Muscle
- B) Tendon

C) Ligament

D) Bone

9. The three basic components of a lever are

A) Mass, Weight & Velocity

B) Force, Fulcrum & Load

C) Fulcrum, Resistance & Effort

D) Both B & C

10. Match List - I with List - II and select the correct answer from the code given below:

Q11. Given below are two statements, one of which is labeled as Assertion (A) and the other is labeled as Reason (R)

LIST - I		LIST - II	
1	OPENNESS	i	Good-natured, friendly
2	CONSCIENTIOUSNESS	ii	Curious, Imaginative
3	EXTRAVERSION	iii	Well-organized, Careful
4	AGGREEABLENESS	iv	Active, optimistic

Assertion (A): Slow stretching, slow stretch and hold, static stretch and dynamic stretching are the various methods that can help to improve flexibility.

Reason (R): Flexibility is the ability to execute a movement with greater amplitude or range.

Which one of the following statement is correct?

CODE				
	I	ii	iii	iv
A)	4	1	2	3
B)	4	2	3	1
C)	1	2	3	4
D)	3	4	2	1

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

Q12. National Sports Day is celebrated on

A) 9th August

B) 19th August

C) 29th August

D) 31st August

Q13. Which of the following is a fat soluble vitamin?

A) Vitamin B

B) Vitamin C

C) Vitamin A

D) None of the Above

Q14. Which of the asana is for relaxation?

A) Makarasana

B) Bhadrasana

C) Ardh-Chakrasana

D) All of the above

Q15. It refers to the magnitude of the effort required to perform an activity or exercise-

A) Volume

B) Intensity

C) Frequency

D) Type of Activity

Q16. Motivation through reward or praise is known as

A) Intrinsic Motivation

B) Extrinsic Motivation

C) Pedagogical Motivation

D) Facilitation Motivation

Q17. Factors that bring air resistance into play?

A) Surface area

B) Speed

C) Mass

D) All of the above

Q18. Cardiovascular system is not mainly related to

A) Bone

B) Heart

C) Lungs

D) Blood Vessels

SECTION B

- Q19. List any four postural deformities?
- Q20. What is the Full Form and Formula of BMI?
- Q21. Mention different properties of Muscles.
- Q22. List the names of components of Talent Identification in sports.
- Q23. Define Self-Esteem.
- Q24. Write in detail the benefits of Paschimottanasana?

Q19. What is balance diet?

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SECTION C

- Q25. What is the difference between Intramural and Extramural Tournaments?
- Q26. Explain Eating Disorders?
- Q27. Differentiate between Special Olympics, Deaflympics and Paralympics?
- Q28. Write down the procedure and contraindications of Matyasana in detail.
- Q29. Discuss various factors affecting projectile motion.
- Q30. Explain the various reasons to exercise.

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SECTION D

- Q31. School management needs to recognize the essential place of physical activity in the education of children with special needs. In order to develop lifelong habits for fitness and to provide them with many opportunities of socialization, schools need to understand that physical education is not a secondary subject but it is just as important as other skills.



On the basis of above given picture answer the following questions:

- a) Development of Gross Motor and Fine Motor skills are benefits which are part of _____
- b) Graded activities as strategy for effective inclusive physical education program includes _____

Q19. What is balance diet?

- c) _____ for activities should be disturbance free (noise, heat, cold, texture of floor, audience etc.)
- d) The activities that include running, jumping, hopping, galloping, rolling, leaping and dodging, horizontal jump, slide _____

Question for Blind Students

Q31. Explain the need for Inclusive Education.

Q32. Shubham, a Kho-Kho player, sprained his ankle while making a quick turn during a match. He felt sudden pain and swelling around the ankle joint. The Coach immediately applied ice and wrapped the ankle with a bandage.



- What is a sprain?
- What is the full form of PRICE?
- What are the type of injuries?
- Mention any 2 injuries?

OR

- Which injury is the type of hematoma, which refers to any collection of blood outside of a vessel.

Question for Blind Students

Q32. What are the type of injuries in sports?

Q33. While organizing sports events for the Annual Sports Day, Arjun and Ravi being the captain and vice-captain of sports, formed various committees as shown below.



On the basis of above given picture answer the following questions:

- a) The members of this _____ committee are responsible for welcoming guests and spectators.
- b) The _____ Committee responsible for liaison with Print media.
- c) Purchase of sports equipment is a work of the _____ Committee.
- d) Publication of rules and regulations should be done _____.

OR

- d) To prepare a proper score sheet for record is _____ responsibility.

Question for Blind Students

Q33. Write about the objectives of Extramural tournaments.

Q19. What is balance diet?

SECTION E

Q34. Explain different types of nutrients and their sources. List the essential nutrients, their sources and functions.

Q19. What is balance diet?

Q35. Explain Rikli and Jones Senior Citizen Fitness Test. Mention its test items and explain one of the test items.

Q19. What is balance diet?

Q36. With the help of suitable examples, discuss the application of Newton's Laws of Motion in Sports.

Q19. What is balance diet?

Q37. Define Strength. Explain its types and any two methods to develop strength.

Q19. What is balance diet?