

DREAMERS EDU HUB
PRE-BOARD EXAMINATION PAPER 2025-26

CLASS 12th

PHY.EDU

15.12.2025

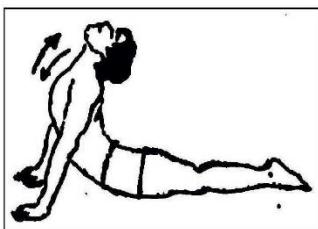
GENERAL INSTRUCTIONS

- (i) The question paper consists of 4 sections and 34 questions.
- (ii) Section- A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
- (iii) Section-B consists of question 19-24 carrying 2 marks each and are Very Short Answer Types and should not exceed 60-90 words. Attempt any 5.
- (iv) Section-C consists of question 25-30 carrying 3 marks each and are Short Answer Types and should not exceed 100-150 words. Attempt any 5.
- (v) Section-D consists of question 31-34 carrying 5 marks each and are Long Answer types and should not exceed 200-300 words. Attempt any 3.

SECTION - A

(All Questions are compulsory)

1. Identify the Asana :



(a) Bhujangasana (b) Halasana (c) Vajrasana (d) Dhanurasana

2. Traits like sadness, mood swings and emotional instability are related with ____.

(a) Extroversion (b) Agreeableness (c) Conscientiousness (d) Neuroticism

3. Which of the following is NOT the factor affecting projectile trajectory ?

(a) Gravity (b) Angle of Release (c) Buoyant Force (d) Air Resistance

4. Which of the following factors, does NOT determine flexibility?

(a) Joint Structure (b) Previous Injury (c) Efficiency of Lungs (d) Age and Gender

5. Fartlek Training is used to develop ____.

(a) Endurance (b) Strength (c) Flexibility (d) Speed

6. Which type of coordinative ability is required in games like judo and wrestling ?

(a) Orientation ability (b) Coupling ability (c) Adaptation ability (d) Differentiation ability

7. The ability to tolerate higher concentration of ____ can help in improving endurance performance.

(a) Lactic acid (b) Hydrochloric acid (c) Acetic acid (d) Sulphuric acid

8. Centre of Gravity is the average location of an object's ____

(a) Weight (b) Force (c) Resistance (d) Velocity

9. Given below are the two statements labelled Assertion (A) and Reason (R).

Assertion (A) : Aggression is part of human behaviour and is necessary for an individual to live and struggle for higher achievements.

Reason (R) : Aggression is inevitable and inseparable in sport activities. In the context of the 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.

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10. Role of water in human body is to ____
 (a) regulate body temperature (b) give energy (c) repair cell (d) protect from disease

11. Which of the following are water soluble vitamins?
 (a) Vitamin D & K (b) Vitamin B & C (c) Vitamin A & E (d) Vitamin A & C

12. Which of the following asana is NOT used to cure Asthma?
 (a) Tadasana (b) Dhanurasana (c) Parvatasana (d) Bhujangasana

13. How many total matches will be played in a knock-out fixture of 19 teams?
 (a) 18 (b) 17 (c) 20 (d) 16

14. Knock-out tournament is also known as ____.
 (a) Elimination tournament (b) Round-robin tournament (c) League tournament (d) Challenge tournament

15. First Deaflympic Games was organized in the year ____.
 (a) 1896 (b) 1960 (c) 1924 (d) 1951

16. Match the following:

List – I

I. Knock Knee /I. Genu Valgum

II. Kyphosis

III. Lordosis

IV. Bow legs

List-II

1. Increase exaggeration of backward curve
2. Wide gap between the knees when standing with feet together
3. Knees touch each other in normal standing position.
4. Inward curvature of the spine

Choose the correct option from the following:

	I	II	III	IV
(a)	3	1	4	2
(b)	1	3	4	2
(c)	4	2	1	3
(d)	2	3	4	1

17. Match the following:

List – I

I. Plate Tapping Test

II. Push-up

III. Partial Curl up

IV. Modified push up

List - II

1. Upper body strength endurance of boys
2. Speed and coordination of limb movement
3. Upper body strength endurance of girls
4. Abdominal strength

Choose the correct option from the following:

	I	II	III	IV
(a)	2	1	4	3
(b)	2	3	1	4
(c)	1	3	2	4
(d)	2	3	4	1

18. Menarche is related to :

(a) Ending of menstrual period in women
 (c) Time of pregnancy

(b) Beginning of menstrual period in women
 (d) Spinal deformity

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SECTION - B
(Attempt any 5 questions)

19. Briefly explain any two factors determining endurance.
20. What do you understand by "Goal Setting"?
21. Define Flexibility and list down its types.
22. Elucidate any four types of fractures.
23. What is BMI ? Calculate BMI of a child whose weight is 72 kg and height 1.68 mt .
24. Differentiate between Macro and Micro Nutrients.

SECTION - C
(Attempt any 5 questions)

25. "Participation in physical activities is advantageous for children with special need." Briefly explain any six advantages. .
26. Write the functions of Vitamin D and Vitamin K and mention their sources. .
27. Briefly explain the functions of Directing and Controlling to organize sports event.
28. How can we enhance the sports performance with the help of self-talk and self-esteem ? Explain.
29. Elucidate any six effects of exercise on muscular system.
30. What do you understand by Round shoulders deformity ? Suggest any four corrective measures for round shoulders.

SECTION - D
(Attempt any 3 questions)

31. List down any four asanas used for prevention of Hypertension. Explain the procedure and contraindication of any one of them with help of a stick diagram.
32. What is the purpose of Riklli and Jones fitness test ? Explain the procedure of its any two test items in detail.
33. Define strength and explain any two methods to develop it.
34. What is Friction ? Write the advantages and disadvantages of friction by giving suitable examples from sports.