

Solution
PREBOARD EXAM- 2 2025-26
Class 12 - Physical Education
Section A

1.
(b) Matsayasana
Explanation:
Matsayasana
2.
(c) Technical
Explanation:
Administrative committee looks after general conduct of the tournament. Security committee looks after safety of the players, spectators, coach, umpires and other officials related to the tournament. Health committee looks after fitness of players as well as first-aid and injury management of players and officials.
3.
(c) Whole grain food
Explanation:
Whole grain food is a very rich source of carbohydrates.
4. **(a) Bye**
Explanation:
Bye is a privilege that allows a team to get an entry in 2nd round without playing in 1st round.
5. **(a) Both A and R are true and R is the correct explanation of A.**
Explanation:
Frequent menstruation is known as Polymenorrhea. Abnormal menstrual cycles or menstrual order are: overweight, stress, dietary disorder.
6. **(a) Trait**
Explanation:
According to trait theories, introversion and extroversion are part of a continuous dimension with many people in the middle.
7.
(c) Knock Knees
Explanation:
Knock Knees
8.
(d) Marketing
Explanation:
The Committee responsible for liaison with Print media is the marketing Committee.
9.
(c) (i) - (4), (ii) - (3), (iii) - (2), (iv) - (1)
Explanation:
(i) - (4), (ii) - (3), (iii) - (2), (iv) - (1)
10.
(b) Both A and R are true but R is not the correct explanation of A.
Explanation:

Like Boxing we need to be more aggressive and in cricket we were using verbal aggression like sledging.

11. **(b) Seeding**
Explanation:
Seeding is the special privilege for those teams who are best in their previous year tournaments.
12. **(a) hunger**
Explanation:
Hunger is a biological need of a person. It exists in all humans.
13. **(a) Micronutrient**
Explanation:
Vitamins and minerals are required in small amounts and are called micronutrients.
14. **(c) Calcium**
Explanation:
Micro-minerals are required by our body in very small quantities as compared to some other minerals called macro-minerals.
15. **(c) 18**
Explanation:
18
16. **(a) Knock-out**
Explanation:
Knock-out
17. **(d) Co-ordination**
Explanation:
Co-ordination
18. **(a) Vitamin B & C**
Explanation:
Vitamin B & C

Section B

19. SAI Khelo India Fitness Test for age group 5-8 years or class 1-3 includes three components to assess the physical fitness of children. BMI, Flamingo Balance Test, Plate Tapping Test are its three components.
20. Four ways to enhance women participation.
1. Do not treat them as low profile. Popularity of sports in community is bound to promote women programmes of sports.
 2. Provide the encouragement at primary level.
 3. Provide good infrastructure and facilities.
 4. Make them feel safe and secure by giving incentives.
21. The corrective exercises for scoliosis are:
- i. To swimming by breast stroke technique.
 - ii. Hanging from horizontal bar.
 - iii. Holding the horizontal bar with your hands and swing your body to left and right side.
 - iv. Bending exercise should be performed in opposite side of C shaped curve.
22. At the early position of workout, the athlete feels uncomfortable or feels fatigued but suddenly the athlete feels a sense of freedom as the distress or feeling of uncomfortableness is gone. This phase is called second wind.
23. Disordered eating refers to unhealthy weight control methods, restricted food intake, self-induced vomiting, consumption of appetite suppressants and diet pills and use of laxatives.

24. Diabetes is such a disorder that it causes sugar to build up in our blood stream instead of being used by the cells in the body. The asana which are beneficial for preventing diabetes are bhujangasana, paschimottanasana, pawanmuktasana, ardha matsyendrasana.

Section C

25. Aerobic capacity:-

- i. oxygen intake
- ii. Oxygen transport
- iii. Oxygen uptake
- iv. Energy reserves,
- v. Lactic acid tolerance,
- vi. Movement economy,
- vii. Muscle composition

26. Steps to form Committees for Tournaments: Sports events are organised at various levels which include distt., state, national or international levels. Such tournaments require careful planning in order to be successful. Committees are formed at various levels.

A letter is sent to all concerned for participation. Various steps are:

- Meetings are conducted at regular interval.
- Experts in various areas are identified.
- Pre-meet work organising committee is set up for the purchase of equipments, layout of courts, etc.
- Welcome/Reception committee and a Technical committee to officiate during the sports meet is also formed.

27. The Staircase method: In this method, teams have matches just similar to a staircase, e.g., of 6 teams participating.

$$\text{Matches} = \frac{n(n-1)}{2} = \frac{6(6-1)}{2} = 15$$

1-2					
1-3	2-3				
1-4	2-4	3-4			
1-5	2-5	3-5	4-5		
1-6	2-6	3-6	4-6	5-6	

But there are certain drawbacks in this method:

- i. It does not indicate the number of rounds to be played.
- ii. It is not so easy to fixture concerned round as in case of cyclic and tabular method.

28. Types of Coordinative Abilities:

- i. **Orientation ability:** It is an ability to realise the position of the body or its parts in space and time.
- ii. **Coupling ability:** Coupling ability is the ability to combine the movements of different body parts for performing perfect sports movements.
- iii. **Reaction ability:** It is the ability to react quickly and effectively to a signal.

29. A sprain is an injury to the ligaments around a joint. Ligaments are strong, flexible fibers that hold bones together. When a ligament is stretched too far or is torn, the joint will become painful and it will swell. Sprains are very common in sports.

Ankle sprain: This type of sprain typically happens when the foot turns inward as you run, turn or land on the ankle after a jump.

Knee sprain: Typically, this occurs after a blow to the knee or a fall. Sudden twisting of the knee may result in a sprain.

Wrist sprain: This sprain often happens when you fall and land on an outstretched hand.

Strain : A strain is defined as an injury to a tendon (tissues that connect your muscles and bones) or muscle. Strains can range from mild to extreme; and may mean your tendon or muscle has a partial or complete tear. Strain is also common in sports.

Common muscle strains include pulled hamstrings, pulled groin muscles and strained quads.

30. i. **Physical benefits:** Scientific studies into disability groups have demonstrated that participation in physical activity and sport leads to improved levels of well-being and physical health. Children with intellectual disabilities may have additional physical disabilities resulting in below age-level performance in typical motor skills.
- ii. **Mode of Recreation and Fun:** CWSN frequently miss out on social activities, recreation and fun. Participation in extracurricular and sports activities can help them overcome this obstacle, providing them with the ability to engage in social interactions, make friends and initiate social skills.
- iii. **Improved Emotional Health:** Including physical activity in a healthy lifestyle is proven to decrease rates of depression. CWSN often tend to have more emotional problems like depression.

Section D

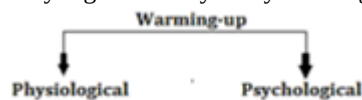
31. 1. b) Normal weight
2. d) Obese (Class I)

3. c) BMI < 18.5
 4. b) Micro
32. 1. c) To apply physics principles
2. b) Physics and Anatomy
 3. b) Dry surface
 4. a) Frictional force
33. 1. a) Rockport Test
2. b) Lower body strength
 3. c) 8 pounds
 4. c) 35-40 years

Section E

34. Back pain is a widespread problem. People around the world are suffering from various problems due to changing habits and changing lifestyle. Back pain is one of them. About 95% of the people who sit in one place and 60% of the rest of the people are upset with backache. And a number of women are more in them.
- The main reasons for this in long sittings, the habit of modern equipment, being more fashionable, lack of knowledge of the right way of exercising, weight lifting, wrong way of sleeping, due to an accident and mental stress backache problem can arise. A person suffering from this problem can not do any work correctly. This is not a very serious problem but it is a very painful problem.
- Back pain can be prevented by doing yoga. If someone is suffering from back pain, even after doing yoga, there will be enough relief in back pain.
- Tadasana, vakrasana, bhujangasana, shalabhasana & ardhmatsyendrasana can be done in back pain.
- i. **Vakrasana:** This asana is best for Backbone. It helps in making the spinal cord flexible and healthy.
 - ii. **Tadasana:** This posture is very beneficial for back pain. If it is practised in the right way, then back pain can be relieved completely in it, you drag yourself towards the top and feel the strain where there is pain.
 - iii. **Shalabhasana:** Shalabhasana strengthens the waist and back. It enhances the flexibility of the back. Thereby reducing the back pain.
 - iv. **Bhujangasana:** Bhujangasana is also called cobra pose. Because in this, the next part of the body is raised like a cobra. Doing this asana gives relief in back pain. If it is practised continuously then back pain can be relieved completely.
 - v. **Ardh Matsyendrasana:** This Asana named after yogi matsyendra Nath. It helps in strengthening the backbone muscles and make them flexible. This posture is very beneficial for back pain.
35. i. The role of a school counselor is to help all students, including those with special needs, to achieve their full potential. Introducing an appropriate individualized education programme (IEP) an early age can make all the difference, not only in these children's academic learning but in their emotional health and social adjustment and ultimately in their ability to become productive, contributing member of society.
- ii. Counseling sessions with special education students.
 - iii. Encouraging family involvement in IEP.
 - iv. Consulting with and working with other school staff to better understand the child's special needs.
 - v. Collaborating with other school and community professionals like, teachers, school, psychologist, physical therapist and occupational therapist etc.
 - vi. Identifying other students who should be assessed to determine the eligibility for special education.
36. Physiological and Psychological benefits of warming-up are:
- i. It raises the whole body temperature, which improves physical work efficiency.
 - ii. It increases the stroke volume as per demand of muscles to be used in the activity.
 - iii. It also increases lung ventilation, which supplies more oxygen.
 - iv. It enables to reduce the chances of feeling of stretch in the sides.
 - v. It improves reaction time.
 - vi. It improves muscle coordination.
 - vii. It improves range of motion in the joints.
 - viii. It Improves the concentration required for the main task.
 - ix. General and specific warm-up results in better skill performance.
 - x. Rate of contraction of muscle becomes faster. Thus the chances of injury or wear and tear are minimised.

xi. Player get mentally ready for the game/sport to be played.



In the physiological warm-up athlete does general and specific warm-up and prepares his muscles for the game whereas, In psychological warm-up athlete prepares himself mentally ready for the upcoming schedule. This allows him to concentrate better.

37. The five personality traits are also known as the Five-Factor Model of Personality and are sometimes referred to as OCEAN.

OPENNESS TO EXPERIENCE: Openness refers to the dimension of personality which ranges from being imaginative, humorous, intellectual, creative, curious, having broad interests, and open to ideas at one end to being closed to experience, suspicious, and rigid at the other. In sports, athletes or individuals scoring high on Openness are characterized by the reflection of demonstrating new ideas and skill execution initiatives along with a wide variety of ideas.

EXTRAVERSION: Extraversion refers to the dimension of personality which ranges from having enthusiasm, energy, positive emotions, talkativeness, and assertiveness at one end to being reserved, sober, and cautious at the other. An individual who scored high on extraversion is characterized by high sociability, is outgoing, and has a tendency to seek stimulation in the company of others.

CONSCIENTIOUSNESS: Conscientiousness refers to being well-organized, careful, responsible, hardworking, and dependable individuals at one end to being relaxed and easygoing, spontaneous, disorganized, and careless. Numerous studies have found a positive correlation between conscientiousness and cognition, individuals high on conscientiousness have been found to perform better in academics as well as in the sports arena wherever planning, organizing skills, and decision-making abilities are essential to the task.

AGREEABLENESS: Agreeableness refers to the compassionate behaviour of an individual. Dimensions of agreeableness ranges from being good-natured, cooperative, and trusting at one end to being suspicious, irritable, and uncooperative at the other.

NEUROTICISM: Neuroticism focuses on the emotional stability of an individual. This trait refers to dimensions of personality that range from being poised, calm, and composed at one end to nervous, anxious, and excitable at the other.