



COMMON PRE-BOARD EXAMINATION  
PHYSICAL EDUCATION-Code No. 048



Class-XII-(2025-26)

MARKING SCHEME

Time allowed: 3 Hrs.

Maximum Marks: 70

SECTION A		
Q. No.	ANSWER	Marks
Q 1.	b) Pavanmuktasana	1
Q 2.	b) Children and adults with intellectual disabilities	1
Q 3.	c) Menarche	1
Q 4.	a) (a) - (iii), (b) - (iv), (c) - (ii), (d) - (i)	1
Q 5.	c) 15 x 2 feet	1
Q 6.	b) Joint structure	1
Q 7.	d) both a and c	1
Q 8.	a) Lactic acid	1
Q 9.	a) Law of Inertia	1
Q 10.	c) Ice skating	1
Q 11.	b) Achieving goal	1
Q 12.	b) Oligomenorrhea	1
Q 13.	a) Internal thoughts	1
Q 14.	b) Interval Training	1
Q 15.	d) Both (A) and (R) are true, but (R) is not the correct explanation of (A).	1
Q 16.	a) Orientation Ability	1
Q 17.	c) Muscular hypertrophy	1
Q 18.	b) Dislocation	1
SECTION B		
Q 19.	Protein is essential component of diet because protein is known as building block of life and it increase the strength of muscle Fibers, repair and maintenance of body tissue and also connected with immune mechanism of the body.	2
Q 20.	Differentiate between the two types of spinal deformity. <b>Kyphosis</b> Outward curvature of the thoracic spine (hunchback appearance) Head and shoulders lean forward Common in older adults or due to poor posture Can cause breathing issues and back pain in severe cases <b>Lordosis</b> Excessive inward curvature of the lumbar spine (swayback) Abdomen and buttocks protrude outward Often caused by weak abdominal muscles or obesity May lead to lower back discomfort and postural imbalance <b>Scoliosis</b>	2

	Lateral (sideways) curvature of the spine in ‘S’ or ‘C’ shape Uneven shoulders or hips may be visible Can be congenital or develop during adolescence Severe cases may affect lung and heart function <b>(any two)</b>											
Q 21.	Enlist any four types of fracture. 1. Simple Fracture 2. Compound Fracture 3. Comminuted Fracture 4. Greenstick Fracture 5. Transverse Fracture 6. Oblique Fracture 7. Impacted Fracture (any four)	1/2X4=2										
Q 22.	Goal setting is one of the best motivational strategies. It improves performance by directing attention, increasing effort and persistence. These goals can be short-term or long-term and are designed to help athletes focus their efforts, stay motivated, track progress, and ultimately improve their performance.	2										
Q 23.	It is the ability which helps to do the movements with greater amplitude or with a great range of motion or we can say that flexibility refers to the range of movement in a joint or series of joints, and length in muscles that cross the joints to induce a bending movement or motion. Type of Flexibility a) Active & Passive	1+1										
Q 24.	Sports psychology is a field that studies how psychological factors influence athletic performance and participation in sports, exercise, and physical activity. It examines the mental aspects of sports, including motivation, anxiety, stress, and the impact of sports on well-being. Key Areas of Focus: Performance Enhancement Mental Health and Well-being Team Dynamics Coaching and Training Social and Developmental Aspects (any four)	2										
<b>SECTION C</b>												
Q 25.	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Nutritive Component</th> <th style="width: 50%;">Non- Nutritive Component</th> </tr> </thead> <tbody> <tr> <td>Nutritive components of food are those elements that provide a considerable quantity of energy to the system, such as protein, carbohydrates, and fats, all of which are essential to the body.</td> <td>Non-nutritive components of the diet are those components that do not have any nutritional value but are nonetheless necessary for the body in tiny quantities.</td> </tr> <tr> <td>Provide Energy</td> <td>Provide flavour and texture</td> </tr> <tr> <td>Support growth and repair</td> <td>Acts as food addictive</td> </tr> <tr> <td>Regulate metabolism</td> <td>Provide antioxidant</td> </tr> </tbody> </table>	Nutritive Component	Non- Nutritive Component	Nutritive components of food are those elements that provide a considerable quantity of energy to the system, such as protein, carbohydrates, and fats, all of which are essential to the body.	Non-nutritive components of the diet are those components that do not have any nutritional value but are nonetheless necessary for the body in tiny quantities.	Provide Energy	Provide flavour and texture	Support growth and repair	Acts as food addictive	Regulate metabolism	Provide antioxidant	3
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Q 26.	Discuss the exercise guidelines for different age groups. <b>Children (Under 5 years):</b>	1+1+1=3										

	<ul style="list-style-type: none"> <li>• At least 180 minutes/day of physical activity.</li> <li>• Tummy time (30 mins) for infants who aren't mobile.</li> <li>• Avoid being restrained for over 1 hour at a time.</li> <li>• Limit or avoid screen time, depending on age.</li> </ul> <p><b>Adolescents (5–17 years)</b></p> <ul style="list-style-type: none"> <li>• Minimum 60 minutes/day of moderate to vigorous activity.</li> <li>• Include muscle and bone-strengthening exercises 3 days/week.</li> <li>• Prefer aerobic activities like running, swimming, cycling.</li> <li>• Limit screen time and reduce sedentary behaviour.</li> </ul> <p><b>Senior Citizens (65+ years):</b></p> <ul style="list-style-type: none"> <li>• 150–300 minutes/week of moderate aerobic activity.</li> <li>• Do balance and strength exercises 2–3 days/week.</li> <li>• Be physically active daily; avoid long sitting hours.</li> <li>• Adapt intensity as per health conditions and ability.</li> </ul>	
Q 27.	<p>With the help of suitable sports example explain the application of Newton's third law in sports.</p> <p>Newton's third law states that for every action, there is an equal and opposite reaction.</p> <p><b>In swimming</b>, Newton's third law is evident in the propulsion generated by a swimmer's arm strokes against the water. When a swimmer pulls their arm through the water with force (action), the water exerts an equal and opposite force backward on the swimmer's hand (reaction). This reaction force propels the swimmer forward through the water.</p> <p><b>(mention any sports example also)</b></p>	
Q 28.	<p>League tournament is a better way to judge the best team of the tournament. Comment.</p> <ul style="list-style-type: none"> <li>• Equal opportunities to all the teams</li> <li>• League matches minimize impact of luck or unexpected outcomes</li> <li>• Judged on basis of multiple matches</li> <li>• Ranking on basis of points earned</li> <li>• Less pressure on teams with compassion to knockout tournament</li> <li>• Scope of improvement</li> </ul>	
Q 29.	<p>Describe personality. Explain dimensions of personality.</p> <p>Personality is the combination of physical, mental, psychological, and emotional traits that make an individual unique.</p> <ol style="list-style-type: none"> <li>1. Physical Dimension <ul style="list-style-type: none"> <li>• Height and weight</li> <li>• Body structure and posture</li> <li>• Facial appearance and complexion</li> </ul> </li> <li>2. Mental Dimension <ul style="list-style-type: none"> <li>• Intellect and reasoning ability</li> <li>• Decision-making power</li> <li>• Memory and concentration</li> </ul> </li> <li>3. Psychological Dimension <ul style="list-style-type: none"> <li>• Self-confidence and motivation</li> <li>• Willpower and attitude</li> <li>• Emotions and mood stability</li> </ul> </li> </ol>	

Q 30.	<p>Discuss the importance of pre, during and post competition diet in detail.</p> <p><b>Pre-Competition Diet</b></p> <ul style="list-style-type: none"> <li>• Provides energy, prevents early fatigue, and ensures smooth digestion before performance.</li> <li>• Consume high-carbohydrate foods like rice, pasta, or bread for sustained energy.</li> <li>• Prefer easily digestible, low-fat, and non-fried meals taken 3–4 hours before the event.</li> </ul> <p><b>During Competition Diet</b></p> <ul style="list-style-type: none"> <li>• Maintains hydration, energy, and electrolyte balance to avoid fatigue and muscle cramps.</li> <li>• Sip on glucose-rich drinks or electrolyte solutions to maintain blood sugar and sodium levels.</li> <li>• Include small portions of quick energy foods like banana or energy gels if needed.</li> </ul> <p><b>Post-Competition Diet</b></p> <ul style="list-style-type: none"> <li>• Supports recovery by replenishing lost fluids and restoring glycogen levels in muscles.</li> <li>• Eat carbohydrate-rich foods such as fruits, sandwiches, or energy bars immediately after.</li> <li>• Rehydrate with fluids like water, juice, or sports drinks to replace lost electrolytes.</li> </ul>	
<b>SECTION D</b>		
Q 31.	<p>I. c) To take care of their stay  II. d) To arrange opening ceremony  III. b) To provide them meals  IV. d) All of the above</p>	1X4=4
Q 32.	<p>I. b) Knock out method  II. d) N-1  III. c) The knockout tournament takes less time and is economical  IV. a) Bye</p>	1X4=4
Q 33.	<p>I. c) Deaflympics  II. d) Iris  III. b) 1924  IV. b) Red, Blue, Green, Yellow</p>	1X4=4
<b>SECTION E</b>		
Q 34.	<p>A training method where different exercises are performed in a sequence (stations) with minimal rest. Each station targets a specific fitness component or muscle group. Helps improve overall fitness efficiently in limited time.</p> <p>Sample Stations (Exercises):</p> <ol style="list-style-type: none"> <li>1. Push-ups</li> <li>2. Squats</li> <li>3. Skipping</li> <li>4. Sit-ups</li> <li>5. Shuttle runs</li> <li>6. Plank hold</li> </ol> <p><b>(Or any other suitable)</b></p> <p>Components to be Developed in New Trainees:</p>	1+4=5

	<p>Strength Endurance Flexibility Speed Agility Coordination</p> <p><b>(Explanation of each point along with a circuit)</b></p>	
Q 35.	<p>Make a table of test items listed under fitness test by SAI (Age group 9-18 yrs) Explain the Procedure and Scoring of 50 MTS Run and Partial Curl Up.</p> <p>AGE GROUP: 9-18+ YEARS   CLASS 4 to 12 For</p> <ol style="list-style-type: none"> <li>1. Body Composition (BMI)</li> <li>2. Strength <ol style="list-style-type: none"> <li>a. Abdominal (Partial Curl-up)</li> <li>b. Muscular Endurance (Push Ups for Boys, Modified Push Ups for Girls)</li> </ol> </li> <li>3. Flexibility (Sit and Reach Test)</li> <li>4. Cardiovascular Endurance (600 Meter Run/Walk)</li> <li>5. Speed (50 mt. Dash)</li> </ol> <p><b>50 MTR DASH (STANDING START)</b></p> <p>Procedure: A thorough warm up should be given, including some practice starts and accelerations. Start from a stationary position, with one foot in front of the other. The front foot must be on or behind the starting line. This starting position should be static (dead start). The tester should provide hints for maximizing speed (such as keeping low, driving hard with the arms and legs) and encouraged to continue running hard through the finish line.</p> <p>Scoring: Time taken for completion</p> <p><b>ABDOMINAL (PARTIAL CURL-UP)</b></p> <p>Procedure: The subject lies on a cushioned, flat, clean surface with knees flexed, usually at 90 degrees, with hands straight on the sides (palms facing downwards) closer to the ground, parallel to the body. The subject raises the trunk in a smooth motion, keeping the arms in position, curling up the desired amount (at least 6 inches above/along the ground towards the parallel strip). The trunk is lowered back to the floor so that the shoulder blades or upper back touch the floor.</p> <p><b>Scoring:</b> Record the maximum number of Curl ups in a certain time period (30 seconds).</p>	1+2+2=5
Q 36.	<p>The four asana used for the prevention of hypertension are as follows:-</p> <ul style="list-style-type: none"> <li>• Tadasana,</li> <li>• Katichakransan,</li> <li>Uttanpadasana,</li> <li>• Ardha Halasana</li> </ul> <p>Procedure benefit and contraindication of Tadasana:</p> <p><b>Tadasana</b></p> <p>The word Tada in Sanskrit means 'palm tree'. This asana is called tadasana because in this asana the person stands straight like a aim tree stretching his whole body upwards.</p> <p><b>Procedure:</b></p>	

	<p>To perform Tadasana the following steps should be performed:</p> <ol style="list-style-type: none"> <li>1. Stand erect, feet together, hands by the side of the thighs. Keep the back straight and look in front.</li> <li>2. Stretch the arms upward; keep them straight and parallel to each other in vertical position, with the palms facing each other.</li> <li>3. Slowly, raise the heels as much as you can and stand on toes. Stretch body up as much as possible.</li> <li>4. Maintain the position for 5-10 seconds comfortably.</li> <li>5. To come back, bring the heels on the floor first. Slowly bring down the hands by side of the thighs and relax.</li> </ol> <p><b>Benefits:</b></p> <ol style="list-style-type: none"> <li>1. It gives stretch to whole body muscles.</li> <li>2. It helps in strengthening thighs, knees and ankles.</li> <li>3. By doing this asana regularly, children can increase their height.</li> <li>4. It helps to remove laziness and lethargy.</li> </ol> <p><b>Precautions</b></p> <ol style="list-style-type: none"> <li>1. The inner upper arms should touch the respective ears.</li> <li>2. Stretch the arms and fingers in full capacity.</li> <li>3. Keep the head, neck and the body in one straight line.</li> <li>4. Avoid bending forward or backward.</li> </ol> <p><b>Contraindications</b></p> <ol style="list-style-type: none"> <li>1. Those having complaints of vertigo should avoid practicing this asana.</li> </ol>	
Q 37.	<p><b>Big Five Theory of Personality Traits:</b> The "big five" are broad categories of personality traits.</p> <p>i. <b>Openness:</b></p> <ol style="list-style-type: none"> <li>a. This trait features characteristics such as imagination and insight.</li> <li>b. People who are high in this trait tend to be more adventurous and creative.</li> <li>c. People who are low in this trait are traditional and abstract thinkers.</li> </ol> <p>ii. <b>Conscientiousness:</b></p> <ol style="list-style-type: none"> <li>a. Standard features of this dimension include high levels of thoughtfulness, good impulse control, and goal-directed behaviours.</li> <li>b. Highly conscientious people tend to be organised and mindful of details.</li> </ol> <p>iii. <b>Extraversion:</b></p> <ol style="list-style-type: none"> <li>a. This is characterised by excitability, sociability, talkativeness and assertiveness.</li> <li>b. People who are high in extraversion are outgoing and tend to gain energy in social situations.</li> <li>c. People who are low in extraversion tend to be more reserved and have less energy to expend in social settings.</li> </ol> <p>iv. <b>Agreeableness:</b></p> <ol style="list-style-type: none"> <li>a. This personality dimension includes attributes such as trust, kindness, affection, etc.</li> <li>b. People who are high in agreeableness tend to be more cooperative.</li> </ol>	5

	<p>c. People who are low in this trait tend to be more competitive and manipulative.</p> <p>v. <b>Neuroticism:</b></p> <p>a. This trait is characterised by sadness, moodiness, and emotional instability.</p> <p>b. Individuals who are high in this trait tend to experience mood swings, anxiety, irritability, and sadness.</p> <p>c. Those low in this trait tend to be more stable and emotionally resilient.</p>	
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