

KENDRIYA VIDYALAYA SANGATHAN CHENNAI REGION

SECOND PRE BOARD – 2025-26

CLASS : XII PHYSICAL ACTIVITY TRAINER SUBCODE: 845

QP CODE: 845/PB2/111

Max. Marks: 50

Max. Time: 2 Hours

General Instructions:

1. Please read the instructions carefully.
2. This Question Paper consists of 21 questions in two sections: Section A & Section B.
3. Section A has Objective type questions whereas Section B contains Subjective type questions.
4. Out of the given (5 + 16 = 21) questions, a candidate has to answer (5 + 10 = 15) questions in the allotted (maximum) time of 2 hours.
5. All questions of a particular section must be attempted in the correct order.
6. SECTION A - OBJECTIVE TYPE QUESTIONS (24 MARKS):
 - i. This section has 05 questions. Employment Skill - 1
 - ii. Marks allotted are mentioned against each question/part.
 - iii. There is no negative marking.
 - iv. Do as per the instructions given.
7. SECTION B - SUBJECTIVE TYPE QUESTIONS (26 MARKS):
 - i. This section has 16 questions.
 - ii. A candidate has to do 10 questions.
 - iii. Do as per the instructions given.
 - iv. Marks allotted are mentioned against each question/part.

Section A Objective Type Questions

Q.1	Answer Any 4 Out of The Given 6 Questions on Employability Skills (1x4 = 4)	
i	Ritu wants to write a project report and include a table, page numbers, and images. Which software should she use? A. MS Paint B. Windows Media Player C. MS Word D. Calculator	1
ii.	In a spread sheet application, the intersection of row and column is called a. cell b. page c. field d. slide	1

iii.	Students participate in a campaign called “Say No to Plastic” and encourage others to use biodegradable materials. Which green concept is being promoted? A. Industrial pollution B. Habitat destruction C. Increased plastic use D. Environmental conservation	1
iv.	The ability to identify opportunities in the market is called: a) Decision-making b) Creativity c) Opportunity recognition d) Leadership	1
V.	Which of the following is NOT a component of time management? a) Prioritizing tasks b) Planning activities c) Avoiding deadlines d) Scheduling work	1
Vi.	Proficiency in Language Helps the Sports Person To A. Excel In Career B. Work with International Teams C. Pursue Opportunities D. All the Above	1

Q.2	Answer Any 5 Out of The Given 6 Questions (1x5=5)	
i.	What Is the Main Purpose of Assessing the Students in Physical Education? A. To Punish Students for Performance. B. To Measure and Improve Performance and Fitness Level. C. To Compare Students with Others. D. To Increase Competition Among Students.	1
ii.	The Immediate Care Given to An Injured Person Before the Medical Help Arrives Is Called _____ A. Therapy B. First Aid C. Treatment D. Rehabilitation	1
iii.	Why Should Nails Be Kept Short for Players? A. To Look Neat. B. To Save Time. C. To Grip the Ball Better. D. To Prevent Injury and Infection.	1
iv.	Which of The Following Is A Formative Assessment Method? A. Annual Sports Meet. B. Term-End Examination. C. Fitness Certificate Test D. Daily Observation.	1
V	Which of The Following Is Not Component of Emergency Management?	1

	A. Preparedness B. Response C. Panic D. Recovery	
Vi.	The First Step to Ensure Hygiene in The Play Area Before an Activity Is A. Starting Warm-Up Exercise. B. Skipping Attendance. C. Checking the Playground Surface for Hazards. D. Playing Without Shoes.	1

Q.3	Answer Any 5 Out of The Given 6 Questions (1x5=5)	
I.	Skill Test in Physical Education Are Used to Measure _____ A. Technique and Performance Ability. B. Knowledge About Sports Rules C. Interest in Sports. D. Body Composition.	1
ii.	The 'Golden Hour' In the Emergency Management Refers To: A. The First Hour After an Injury. B. The Best Time to Start Exercise. C. The Time for Warm-Up. D. The Duration of The Activity.	1
iii.	What Should Be Done After Every Play Session? A. Leave the Equipment as It Is. B. Clean and Store the Equipment Properly. C. Ignore Spills on The Floor.	1
iv.	Which Test Is the Most Suitable for Measuring Cardiovascular Endurance? A. Sit and Reach Test. B. 50-Meter Sprint. C. Standing Broad Jump. D. Beep test	1
V.	What Is the Main Cause of Heat Stroke During Physical Activity? A. Lack of Sleep. B. Eating Too Much. C. Excessive Sweating and Dehydration. D. Low Temperature.	1
Vi.	What Is the Most Effective Way to Maintain A Clean Play Area? A. Weekly Cleaning. B. Cleaning Only After Matches. C. Daily Cleaning D. Cleaning Only When Dirty.	1

Q.4	Answer Any 5 Out of The Given 6 Questions (1x5=5)	
I	Which Components of Fitness Is Measured by Shuttle Run Test A. Agility B. Flexibility C. Endurance D. Power.	1
ii.	In Case of Burn, What Should Be Avoided?	1

	A. Cooling with Water. B. Removing Tight Clothing. C. Applying Ice Directly. D. Covering With Clean Cloth.	
iii.	What Is the Best Way to Prevent the Speared of The Infections in The Play Area? A. Sharing Towels. B. Using Unwashed Mats. C. Sanitizing Equipment Regularly. D. Ignoring Minor Injuries.	1
iv.	The Term Evaluation in Physical Education Refer To: A. Only Measuring Performance. B. Judging Performance Based on Set Criteria. C. Ignoring Physical Differences. D. Giving Grades Randomly.	1
V.	What Should Be Done First When Someone Becomes Unconscious During Activity? A. Give Water. B. Move the Person. C. Apply Bandage. D. Check Airway, Breathing And Circulation (ABC)	1
Vi.	Regular Inspection of The Play Area Equipment Ensure: A. Safety and Hygiene Maintenance. B. Clean and Store the Equipment Properly. C. Proper Equipment. D. None of The Above	1

Q.5	Answer Any 5 Out of The Given 6 Questions (1x5=5)	
I.	Which of The Following Is Not an Objective of Assessment in Students? A. To Identify Strength and Weakness. B. To Classify Students by Gender. C. To Motivate Students. D. To Plan Training Programmers.	1
ii.	What Is the Main Purpose of The Emergency Action Plan? A. To Improve Performance. B. To Improve Participation. C. To Ensure Quick and Organized Response. D. To Avoid Sports Injuries.	1
iii.	Which of These Are A Biological Hazard In Play Area? A. Broken Glass. B. Bacteria on Unclean Mats. C. Uneven Surface. D. Sharp Equipment Edges.	1
iv.	The BMI Test Is to Assess _____ A. Speed B. Balance C. Muscular Strength D. Body Composition	1
V.	What Is the First Step in Emergency Management During Physical Activity? A. Call the Doctor. B. Panic and Stop Activity.	1

	C. Assess the Situation. D. Move the Injured Person Immediately.	
Vi.	Which of These Practices Promotes Hygiene During Games? A. Ignoring Minor Wounds. B. Playing Bare Foot on Rough Ground. C. Eating While Playing. D. Using personal towels and water bottles	1

Section B: Subjective Type Questions

Answer Any 3 Out of The Given 5 Questions on Employability Skills (2x3=6 Marks).

Q.6	Explain Sorting Data in Spreadsheets.	2
Q.7	How does waste management contribute to sustainability?	2
Q.8	What Communication Skills Are Vital for A Reception Committee Member?	2
Q.9	List any four entrepreneurial competencies and explain each in one sentence.	2
Q.10	What is meant by 'positive attitude'? Write any TWO ways to develop a positive attitude.	2

Answer Any 4 Out of The Given 6 Question In 20-30 Words Each (2x4=8 Marks)

Q.11	Name Any Two Emergency Safety Equipment Items That Must Be Available on Sports Field.	2
Q.12	What is the depth of compression in CPR in infants? Why this depth to be followed in infants?	2
Q.13	Explain DRABC In Detail.	2
Q.14	What is personal hygiene? Write its importance in play area.	2
Q.15	Define Bench Mark and Its Importance.	2
Q.16	What Are the Three Types of Evaluations? Explain Each in A Sentence.	2

Answer Any 3 Out of The Given 5 Questions In 50-80 Words Each (4x3=12 Marks)

Q.17	Describe the Characteristics of An Effective Assessment System. How Does It Help in Improving Student Learning?	4
Q.18	Explain Hygiene Tips for The Person Who Supply Food and Drinks During the Play.	4
Q.19	What Do You Mean by Inspection of play area? Write the two types of inspection	4
Q.20	Explain About Basic Sport Injuries ,give one example each , and write its first aid	4
Q.21	What are the 4 types of assessment in physical education and explain in one or 2 sentences.	4