

BUDHA DAL PUBLIC SCHOOL PATIALA
First Term Examination (18 September 2024)

Class XII
Subject – Physical Education (Set-A)

Time: 3hrs.

M.M. 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 19-23 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. There is internal choice available.
- 4) Sections C consist of Question 24-28 carrying 3 marks each and are short answer types and should not exceed 100-150 words. There is internal choice available
- 5) Sections D consist of Question 29-31 carrying 4 marks each and are case studies.
- 6) Section E consists of Question 32-34 carrying 5 marks each and should not exceed 200-300 words. There is internal choice available.

Section – A

- Q1. There are _____ basic functions of Management. (1)
a) Four b) Five c) Six d) Eight
- Q2. Planning in sports leads to: (1)
a) Increase in expenditure b) Better coordination
c) Increase in mistakes d) Increase in last minute pressures
- Q3. League – cum – Knock out is part of which tournament? (1)
a) Knock out b) Round Robin c) Combination d) Consolation
- Q4. What is the formula to determine number of match in league fixture for even number of teams?(1)
a) $N+1/2$ b) $N - 1/2$ c) $N(N - 1) / 2$ d) $N(N + 1) / 2$
- Q5. Deformity of the legs is known as (1)
a) Scoliosis b) Lordosis c) Knock Knees d) Kyphosis
- Q6. A healthy, normal menstrual period is called (1)
a) Menorrhagia b) Menarche c) Eumenorrhea d) Amenorrhea
- Q7. This condition of female athlete triad can ruin a female athlete's career because it may lead to stress fractures and other injuries. (1)
a) Eating disorder b) Amenorrhea c) Osteoporosis d) Menstrual Dysfunction
- Q8. Weakening of bones due to loss of Bone density and improper bone formation is : (1)
a) Amenorrhea b) Anorexia Nervosa c) Osteoporosis d) Lordosis
- Q9. It resembles a dead body : (1)
a) Pawanmuktasana b) Matsyasana c) Shavasana d) Sarvangasana
- Q10. 'Yoga' has been derived from Sanskrit word : (1)
a) YUJ b) YUP c) YOG d) YOJ
- Q11. Hypertension is a condition of : (1)
a) Problem in lungs b) low blood pressure c) pain in spine d) high blood pressure in blood vessels

- Q12. Which asana does not have a back bend? (1)
 a) Tadasana b) Chakrasana c) Bhujangasana d) Ushtrasana
- Q13. Which of the following is not a physical disability? (1)
 a) Injury to spinal cord b) injury to neck c) loss of limb d) attention deficit disorder
- Q14. Match the following : (1)
- | | |
|--|--|
| A) Special Olympics Bharat | i) International Paralympics Committee |
| B) Organises the Summer and Winter Paralympics | ii) 1960 |
| C) First Paralympics games | iii) 1976 |
| D) First Winter games in Paralympics History | iv) 2001 |
- Options:
- a) A – iii, B – ii, C – i, D – iv b) A – iv, B – i, C – ii, D – iii
 c) A – i, B – iii, C – iv, D – ii d) A – ii, B – iv, C – iii, D – i
- Q15. How many games are included in Special Olympics Bharat? (1)
 a) 15 b) 24 c) 20 d) 18
- Q16. Deficiency of Vitamin D causes : (1)
 a) Beri – Beri b) Scurvy c) Rickets d) Night blindness
- Q17. Which of the following is not a Macro nutrient? (1)
 a) Fats b) Carbohydrates c) Proteins d) Minerals
- Q18. A balanced diet has proteins, fats and carbohydrates, in a ratio of: (1)
 a) 1 : 2 : 4, b) 2 : 1 : 3 c) 1 : 2 : 3 d) 1 : 1 : 4

Section – B

- Q19. What do you mean by planning?
 Q20. What do you mean by bow legs?
 Q21. Name any one Asana to cure obesity.
 Q22. What do you mean by disability?
 Q23. Define balance diet.

OR

- Q24. Define nutrition.

Section – C

- Q25. Discuss the various types of tournaments.
 Q26. Write a note on Menstrual cycle.
 Q27. What is the procedure of Bhujangasana?
 Q28. What are the aim of special Olympics?
 Q29. What are the functions of carbohydrates in human body?

OR

- Q30. Discuss about the management of food intolerance.

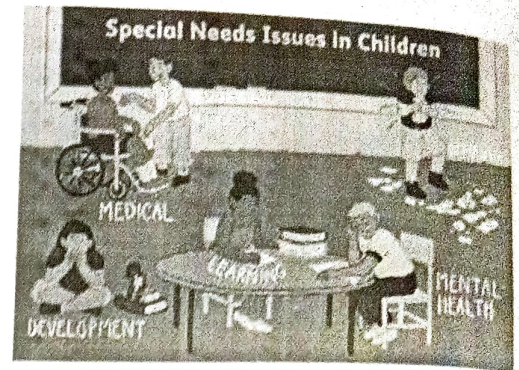
Section – D

- 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:

- Development of Gross Motor and Fine Motor Skills are benefits which are part of
- Graded activities as strategy for effective inclusive physical education program includes
- for activities should be disturbance free (noise, heat, cold, texture of floor, audience etc.)
- The activities that include running, jumping, hopping, galloping, rolling, leaping and dodging, horizontal jump, slide



Q32. Reena is suffering from hypertension. She went to a doctor and the doctor advised her to take some medicines. She also asked Reena to do Sitali Pranayama.

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

- Sitali pranayama helps to Body temperature.
- During Sitali pranayama, the tongue is rolled to shape it as a
- Sitali pranayama is done in posture.
- It is beneficial for persons suffering from

OR

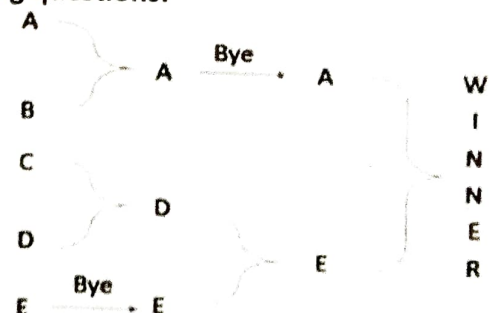
Those suffering from severe cold, cough, or tonsillitis should practise Sitali pranayama.



Q33. Competing in physical activities has been the natural tendency of humans. The competitions of tournaments are held according to the set rules and regulations. The success of the tournament depends upon suitable fixture. Observe the below given fixture and answer the questions:

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

- The method followed in drawing the fixture is
- Number of matches played can be calculated by the formula
- In this type of tournament, a team once defeated gets
- A privilege given to a team to play in a higher round is called



Section – E

Q34. Draw a knockout fixture for 23 teams.

Q35. What do you mean by yoga? Outline the importance of yoga.

Q36. What are the advantages of physical activities for children with special needs?

OR

Q37. Explain the nutritive and non-nutritive components of diet.