

BUDHA DAL PUBLIC SCHOOL PATIALA
First Term Examination (1 September 2023)

Class XII
Subject – Physical Education (Set-A)

M.M. 70

Time: 3hrs.

GENEKAL INSTRUCTIONS:

- 1) The question paper consists of 5 sections and 34 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. A good plan should not be : (1)
a) Specific b) Logical c) Autocratic d) Flexible
- Q2. Which of them are the part of Sports Management (1)
a) Planning b) Directing and Controlling c) Organising d) All of the above
- Q3. What is the main work of Finance Committee before the tournament? (1)
a) Registration of Participants b) Publicity of the tournament
c) Prepare budget of the tournament d) Make transport arrangements
- Q4. How many byes will be given for 21 teams on the knock – out basis? (1)
a) 11 b) 16 c) 14 d) 17
- Q5. "Pes Planus" is also known as : (1)
a) Scoliosis b) Knock – knees c) Bow - legs d) None of these
- Q6. No arch in the foot is called : (1)
a) Arch b) Flexible c) Cause hindrance d) Flat foot
- Q7. Which of the following is not a condition of Female Athlete Traid? (1)
a) Eating disorder b) Amenorrhea c) Lordosis d) Osteoporosis
- Q8. Matsyasana pose refers to : (1)
a) Cow pose b) Cobra pose c) Fish pose d) Camel pose
- Q9. Which of the following is good for obesity? (1)
a) Suryabedhan Pranayama b) Shitli pranayama
c) Anuloma Viloma d) Kapalbhati

- Q10. Diabetes is caused by the deficiency of : (1)
 a) Glucose b) Sugar c) Insulin d) Harmones
- Q11. A disease associated with respiratory tracks is known as : (1)
 a) Diabetes b) Obesity c) Asthma d) Back pain
- Q12. The term used for CWSN? (1)
 a) Viklang b) Divyang c) Differently abled d) All of above
- Q13. What does exercise help control? (1)
 a) Cough b) Blood pressure c) Fever d) All of these
- Q14. Balanced diet depends on : (1)
 a) Age b) Profession c) Climate d) All of these
- Q15. Which of the following food stuff contains almost all ingredients of a balanced diet? (1)
 a) Meat b) Milk c) Fish d) Chicken
- Q16. Which of the following is a water – soluble vitamin? (1)
 a) Vitamin A b) Vitamin B c) Vitamin D d) Vitamin K
- Q17. Roughage is _____ food. (1)
 a) Macro nutrient b) Micro nutrient c) Non nutritive d) Nutritive
- Q18. Vitamin B, is also known as : (1)
 a) Thiamine b) Retinal c) Biotin d) None of these

Section – B

- Q19. Explain the procedure of giving bye in the fixteas. (2)
- Q20. Define hypertension. Explain the benefits of Shavasana. (2)
- Q21. Write any four advantages of Physical activities for CWSN. (2)
- Q22. What do you mean by macro and micro nutrients? (2)
- Q23. Design any two exercise programmes for using knock knees. (2)

OR

Define obesity. Write down the causes of obesity.

Section – C

- Q24. Explain the role of any three committees before the events for the smooth functioning tournament. (3)
- Q25. Explain flat foot and bow legs deformity. (3)
- Q26. What is osteoporosis? What are the causes of osteoporosis? (3)
- Q27. Explain procedure of any two asanas used to prevent diabetes. (3)
- Q28. Create a mind map including any six advantages of physical activities for children with special needs. (3)

OR

Discuss any two Nutritive components of diet.

Section - D

(4)

Q29.

- 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
- 1-7 2-7 3-7 4-7 5-7 6-7

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

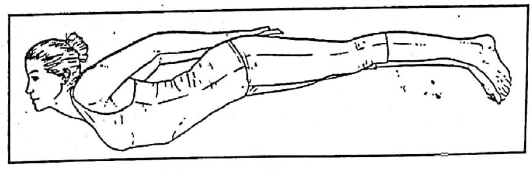
- a) Formula for calculating number of matches in the league tournament.
- b) In the given figure which method is it done?
- c) Above given fixture number of matches will be played _____.
- d) The number of rounds in case of odd numbers of teams in stair case method.

OR

Above given fixture the winner is decided by _____.

(4)

Q30. On the basis of the picture given below answer the following questions :

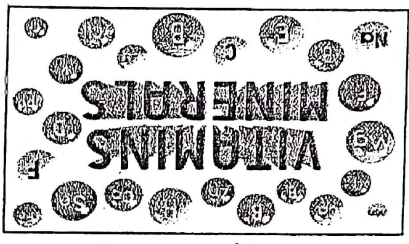


This asana helps to improve the _____ system.

OR

- a) Identify the Yoga pose.
- b) It should be avoided by people with _____.
- c) List down two benefits of the asana.
- d) It is a helpful asana to cure or manage _____.

Q31. Below given picture is the details of different types of vitamins required for our body. (4)



In relation to the picture, answer the following questions:

- a) The vitamins and minerals are collectively known as _____ food.
- b) Fat soluble vitamins are _____.
- c) Minerals are placed under _____ nutrient category on basis of required quantity.
- d) Low levels of _____ mineral will lead to Anaemia.

Section – E

- Q32. What do you mean by tournament? Draw a fixture of 14 teams on knock out basis. (5)
- Q33. Explain any five postural deformities in detail. (5)
- Q34. Explain any five nutritive components of diet and their role in our diet. (5)

OR

How are the physical activities beneficial for children with special needs? Explain in detail.

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GENERAL INSTRUCTIONS:

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Section - A

- Q1. Which is not the objective of Planning? (1)
- a) To reduce pressure
 - b) To have good control over activities
 - c) To minimize the chances of mistake
 - d) To improve the personal relation among the staff
- Q2. In which process of management objective, setting and deciding function are to be completed? (1)
- a) Staffing
 - b) Planning
 - c) Directing
 - d) Organising
- Q3. Which of the following is not committee of sports event? (1)
- a) Reception Committee
 - b) Technical Committee
 - c) Discipline Committee
 - d) Standing Committee
- Q4. How many rounds will be there in league matches (Staircase) if $n = 7$? (1)
- a) 5
 - b) 6
 - c) 7
 - d) 8
- Q5. Genu Varun deformity also known as _____ (1)
- a) Bow legs
 - b) Knock knee
 - c) Flat foot
 - d) Lardosis
- Q6. Walking barefoot on sand helps to correct which postural deformity. (1)
- a) Flat foot
 - b) club feet
 - c) knock knees
 - d) curved feet
- Q7. What is the cause of Osteoporosis in women? (1)
- a) High blood pressure
 - b) Menarche
 - c) Excessive exercise
 - d) Lack of calcium and vitamin D
- Q8. Ushtrasana pose refers to : (1)
- a) Camel pose
 - b) Cow pose
 - c) Fish pose
 - d) Cobra pose
- Q9. Obesity can be cured by : (1)
- a) Trskonasana
 - b) Shavasan
 - c) Padmasana
 - d) None of these

- Q10. Bhujangasana is also known as : (1)
- a) Dog posture b) Child posture c) Cobra posture d) Reverse boat posture
- Q11. Which asana is base asana for curing Asthma? (1)
- a) Saphasana b) Chakasana c) Matsyasana d) Parvatasana
- Q12. Special Olympic Bharat Tournaments are not only for players but are also for : (1)
- a) Trainers b) Physical education teacher c) School teacher d) Children below 12 years
- Q13. Physical Activities develops a sense of (1)
- a) Self - esteem b) self – improvement c) Self – confidence d) All of thee
- Q14. Balanced diet is importance for : (1)
- a) Immune system b) Disease prevention c) Meeting nutritional needs d) All of these
- Q15. Which of the following is a micronutrient? (1)
- a) Carbohydrate b) Fats c) Water d) Vitamins
- Q16. From out of the followings, name the vitamin which is water soluble : (1)
- a) Vitamin A b) Vitamin B c) Vitamin E d) Vitamin K
- Q17. Vitamin B complex consists of _____ (1)
- a) 8 vitamins b) 10 vitamins c) 3 vitamin d) 2 vitamins
- Q18. Which of the following is not a Vitamin B complex? (1)
- a) Vitamin B₁ b) Vitamin B₉ c) Vitamin B₆ d) Vitamin B₈

Section – B

- Q19. What do you mean by bye and list down the rules of giving Bye? (2)
- Q20. What are the steps of doing Tadasana? (2)
- Q21. Write any two advantages of Physical activities for CWSN. (2)
- Q22. Name the main component of food. (2)
- Q23. Write down corrective measures of any one Spine Postural deformity. (2)

OR

What is obesity. Name the three asanas for reducing fat.

Section – C

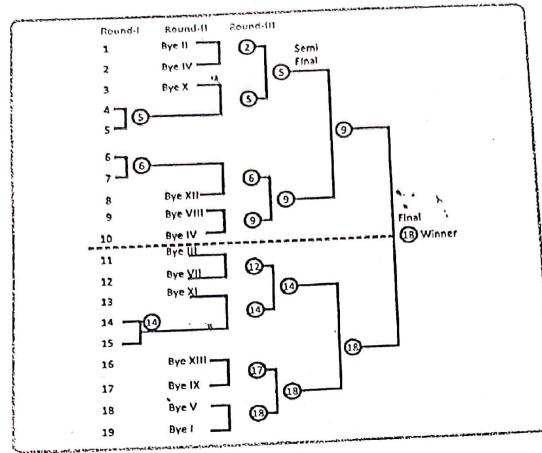
- Q24. What should be the role of technical committee while organizing the event? (3)
- Q25. Explain the round shoulder and Kyphosis deformity. (3)
- Q26. What do you mean by eating disorder and describe the Bulimia Nervosa? (3)
- Q27. Define Asthma. Write the procedure of chakrasana which helps in curing Asthma. (3)
- Q28. Write in brief physical benefits of physical activities for children special needs. (3)

OR

Discuss any two non-Nutritive components of diet.

Q29

Q29.



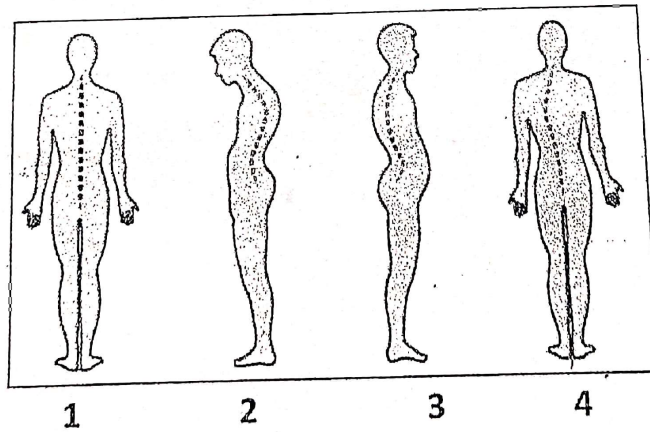
On the basis of above given picture answer the following questions:

- a) Total number of matches in 2nd round are _____.
- b) What is the formula for calculating the total number of matches?
- c) The fourth round in this case can also be called as _____.
- d) What is the formula for calculating the number of byes?

OR

How calculating number of byes are above said fixture?

Q30. On the basis of the picture given below answer the following questions :



- a) In which picture show healthy posture.
- b) Forward inclination of the shoulders girdle known as _____.
- c) Which on picture shown number Lordosis deformity.
- d) Above shown the picture these deformities related to _____ bone.

OR

Hunch back deformity is in which _____ picture.

Q31. On a scheduled health check up, Piyush a student of Class VII was diagnosed with Beri – Beri disease. His parents are very concerned about his health and asked the doctor more about this disease.

Based on the above case answer the following questions: (4)

- a) According to the doctor this disease is caused due to deficiency of _____.
- b) This vitamin is also known as _____.
- c) Enlist two sources of the above discussed vitamin.
- d) This vitamin is a _____ soluble vitamin.

Section – E

Q32. Draw a fixture of 7 teams on the basis of League Tournament using cycling method. (5)

Q33. What is hypertension? Draw stick diagrams of any two asanas recommended to control hypertension along with procedure. (5)

Q34. Explain 'flat foot and knock knees' and also suggest corrective measures for both postural deformities. (5)

OR

Explain any five nutrition components of diet and their role in daily life.