



INDIAN SCHOOL SOHAR
TERM 1 EXAMINATION (2022-2023)
PHYSICAL EDUCATION (048)

CLASS: XII**MAX. MARKS: 70****DATE: 28/09/2022****TIME: 3 HOURS****GENERAL INSTRUCTIONS:**

1. The question paper consists of 30 questions and all are compulsory.
2. Questions 1-12 carry 01 mark each and are Multiple Choice questions.
3. Questions 13-16 carry 02 marks each and shall not exceed 40 - 60 words.
4. Questions 17-26 carry 03 marks each and shall not exceed 80 - 100 words.
5. Questions 27-30 carry 05 marks each and shall not exceed 150 – 200 words.

- Q 1. First step in sports management is:
- | | | |
|---------------|-------------------|---|
| (a) planning | (b) organizing | 1 |
| (c) execution | (d) co-ordination | |
- Q 2. The formula for calculation of the number of matches of Knock-out system—
- | | | |
|---------|---------|---|
| (a) N+1 | (b) N-1 | 1 |
| (c) N×2 | (d) N/2 | |
- OR**
- Responsibility for distribution of certificate should be the role of
- | | | |
|-------------------------|-------------------------|--|
| (a) logistics Committee | (b) marketing Committee | |
| (c) finance Committee | (d) technical Committee | |
- Q 3. Water- soluble vitamins include
- | | | |
|---------------|---------------|---|
| (a) vitamin D | (b) vitamin A | 1 |
| (c) vitamin K | (d) vitamin C | |
- Q 4.asana can be performed after having meals.
- | | | |
|------------------|--------------|---|
| (a) bhujangasana | (b) halasana | 1 |
| (c) vajrasana | (d) tadasana | |
- Q 5. Asana is helpful in increasing height
- | | | |
|-----------------|--------------|---|
| a) sukhasana | b) tadasana | 1 |
| c) bhujangasana | d) vajrasana | |
- OR**
- A Healthy BMI is between
- | | | |
|------------------|------------------|--|
| (a) 18.5 to 24.9 | (b) 18.6 to 25 | |
| (c) 18.5 to 22 | (d) 29.4 to 34.9 | |
- Q 6. Osteoporosis related to
- | | | |
|-------------------|--------------------|---|
| (a) blood Problem | (b) kidney Problem | 1 |
| (c) skin Problem | (d) bone Problem | |
- Q 7. The normal blood pressure of an adult
- | | | |
|------------------|------------------|---|
| (a) 110/70 mm Hg | (b) 140/90 mm Hg | 1 |
| (c) 120/80 mm Hg | (d) 140/95 mm Hg | |
- Q 8. The nutrient is needed for a healthy immune system.
- | | | |
|---------------|---------------|---|
| (a) calcium | (b) iodine | 1 |
| (c) vitamin K | (d) vitamin C | |

- Q 9. 'Spirit in motion' is the motto of 1
 (a) paralympic games (b) special Olympic Bharat
 (c) commonwealth games (d) deaflympics games
- Q 10. The other name of vitamin B3. 1
 (a) riboflavin (b) biotin
 (c) niacin (d) thiamin
- Q 11. The headquarter of the Paralympic is at 1
 (a) paris (b) germany
 (c) new York (d) denmark

OR

What is anorexia nervosa?

- (a) mental diseases (b) eating disorder
 (c) physical diseases (d) mensuration disorder
- Q 12. **Assertion** (A) Micronutrients constitute the majority of an individual's diet. 1
Reason (R) Minerals and vitamins are included in micro-nutrients.
 (a) Both (A) and (R) are true and (R) is the correct explanation of (A)
 (b) Both (A) and (R) are true, but (R) is not the correct explanation of (A)
 (c) (A) is true, but (R) is false
 (d) (A) is false, but (R) is true
- Q 13. Write any four common postural deformities. ($\frac{1}{2} \times 4 = 2$)
 Q 14. Enlist four lifestyle diseases. 2

OR

Explain postural deformity 'Round Shoulders'.

- Q 15. Name any four International women players of India. ($\frac{1}{2} \times 4 = 2$)
 Q 16. Write any four asana's as a preventive measure for lifestyle disease 'Obesity'. ($\frac{1}{2} \times 4 = 2$)

OR

Match the column:

- | | |
|--------------|-----------------|
| 1. vitamin C | a. spinach |
| 2. vitamin D | b. seafood |
| 3. vitamin A | c. citrus fruit |
| 4. vitamin B | d. red meat |

- Q 17. Write the names of various committees to conduct a tournament. Explain any two. 3

OR

What do you mean by knock-out tournament? Explain the advantages and disadvantages.

- Q 18. Write a short note on 'Special Olympics'. 3
 Q 19. What are carbohydrates? Discuss in brief. 3

OR

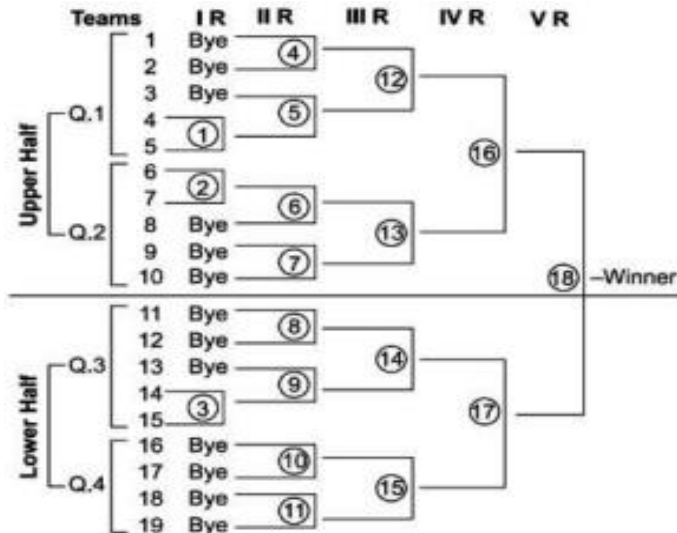
Why proteins are important for the human body? Explain in brief.

- Q 20. A 30-year-old hotel manager, weighing 105 kg is suffering from hypertension, extreme prone to stroke and chronic kidney diseases. Based on the above passage, answer the following questions: (1x3=3)
- The asanas should be practiced.....
 (a) vakrasana (b) sukhasana
 (c) ardh chakrasana (d) ardh matsyendrasana
 - Possibly be a cause of hypertension.....
 (a) obesity (b) age (c) profession (d) excess exercise
 - What is hypertension?

Q 21. Write down the procedure and benefits of mandukasana in the context of diabetes. (1.5+1.5= 3)

Q 22. Explain the advantages of physical activities for children with special needs. 3

Q.23.



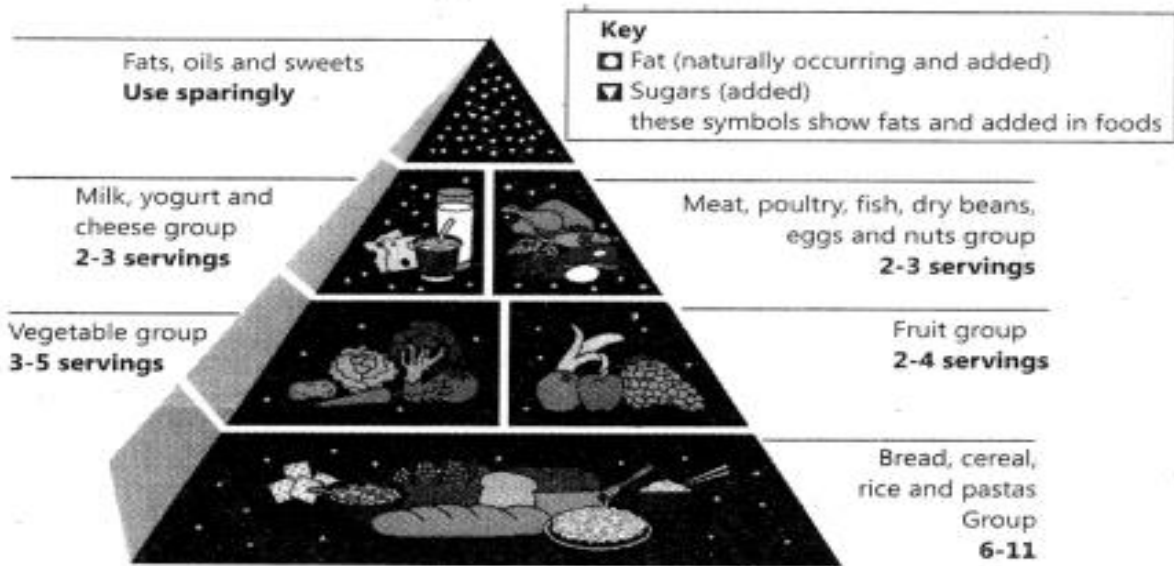
(1x3=3)

On the basis of above given fixture, answer the following questions:

- a) total no of matches in 2nd round are.....
- b) the formula of calculating of total no. of matches.....
- c) the 4th round of in this case can also be called as

Q 24. Enlist the organizations promoting disability sports. Explain any one of them. 3

Q 25. Write any three suggestions to promote women participation in sports. 3



OR

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

Food is the basic requirement of every individual to fulfill energy needs and for the development of the body. A nutritious diet directly affects the health of an individual. contains various types of nutrients in it.

- 1. The bottom-most part of the pyramid is occupied by indicating large quantities of intake.
 - (a) carbohydrates
 - (b) vitamins
 - (c) minerals
 - (d) fats

2. Major portion of an individual diet constitutes nutrients.....

- (a) macro (b) micro
- (c) water (d) roughage

3. Fat-soluble vitamins are

- (a) vitamin B and C (b) Vitamin B3 and D
- (c) vitamin B12 and D (d) Vitamin A, D, E and K

- Q 26. What do you mean by Knock - Knees? Explain the corrective measures. 3
- Q 27. Elaborate on nutritive and non- nutritive components of the diet. 5
- Q 28. Explain all the strategies to make physical activities assessable for children with special needs. 5
- Q 29. Write a short note on the lifestyle disease 'Asthma'. Explain any three asanas as a preventive measure. 5

OR

Draw a knock-out fixture of 18 teams with all the calculations.

- Q 30. What are female athlete triads? Explain all the triads. 5
