



**INDIAN SCHOOL SOHAR**  
**TERM I EXAMINATION (2023-24)**  
**PHYSICAL EDUCATION (048)**

**CLASS: XII**  
**DATE: 21/09/2023**

**MAX. MARKS: 70**  
**TIME: 3 HOURS**

**GENERAL INSTRUCTIONS:**

1. The question paper consists of 5 sections and 37 Questions.
2. Section A consists of questions 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
3. Section B consists of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
4. Section C consists of questions 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
5. Section D consists of questions 31-33 carrying 4 marks each and are case studies. There is an internal choice available.
6. Section E consists of questions 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.

**SECTION - A**

Q1. Identify the Asana:

(1)



- |                    |                 |
|--------------------|-----------------|
| (a) Pawanmuktasana | (b) Sukhasana   |
| (c) Chakrasana     | (d) Gomukhasana |

Q2. Who became the first female Paralympic medalist of India?

(1)

- |                       |                  |
|-----------------------|------------------|
| (a) Deepa Karmakar    | (b) Deepa Malik  |
| (c) Anju Bobby George | (d) Sakshi Malik |

Q3. The torch that is carried to and lit at the Special Olympic Games is called the \_\_\_\_\_.

(1)

- |                                    |                           |
|------------------------------------|---------------------------|
| (a) Joy and Happiness of the world | (b) Flame of Hope         |
| (c) Hope of the World              | (d) Eternal Flame of Hope |

Q4. Calculate the BMI of a girl and identify the category if her weight is 70 kg and height is 173cm.

(1)

- |                 |                   |
|-----------------|-------------------|
| (a) Underweight | (b) Normal weight |
| (c) Overweight  | (d) Obesity class |

Q5. World Disability Day is celebrated on:

(1)

- |                               |                              |
|-------------------------------|------------------------------|
| (a) 15 <sup>th</sup> August   | (b) 21 <sup>st</sup> June    |
| (c) 5 <sup>th</sup> September | (d) 3 <sup>rd</sup> December |

Q6. What is Special Seeding? (1)  
 (a) direct entry in the first round (b) play in quarter/semi-final  
 (c) get a bye (d) played from the first match

Q7. The founder of Special Olympics was \_\_\_\_\_. (1)  
 (a) Eunice Kennedy Shriver (b) John F. Kennedy  
 (c) Lyndon B. Johnson (d) Donald Trump

Q8. According to Professor John Fontanella, the ideal angles from the free-throw line will vary from \_\_\_\_\_ to \_\_\_\_\_ with shorter players in basketball. (1)  
 (a) 48.7 degrees to 52.2 degrees (b) 45.6 degrees and 50.2 degrees  
 (c) no specific degree (d) any degree

Q9. Given below are the two statements labeled Assertion(A) and Reason (R). (1)  
 Assertion (A) Katichakrasana is a waist-rotating standing yoga posture.  
 Reason (R) Katichakrasana is always done in a standing position with feet together.  
 In the context of two statements, which one of the following is correct?  
 In the context of the above two statements, which one of the following is correct?  
 (a) Both (A) and (R) are true and (R) is the correct explanation of (A).  
 (b) Both (A) and (R) are true and (R) is not the correct explanation of (A).  
 (c) (A) is true but (R) is false.  
 (d) (A) is false but (R) is true.

Q10. Which of the following is not a strategy to make physical activities accessible to children with special needs? (1)  
 (a) creating special classrooms (b) inclusive classrooms  
 (c) assistive technology (d) modified equipments

Q 11. Match List – I with List – II and select the correct answer from the code given below: (1)

LIST - I	LIST- II
1. Cyclic	A. Resolve dispute
2. Technical Committee	B. Arranging team
3. Fixture	C. To avoid meeting in 1st round
4. Seeding	D. League tournament

- (a) 1–C, 2–B, 3–A, 4–D (b) 1–B, 2–C, 3–A, 4–D  
 (c) 1–D, 2–A, 3–B, 4–C (d) 1–D, 2–C, 3–B, 4–A

Q12. Kyphosis is also known as \_\_\_\_\_. (1)  
 (a) Hallow Back (b) Hunch Back  
 (c) Curve Back (d) Round Shoulder

Q13. Anorexia nervosa is a (1)  
 (a) physical disorder illness (b) wrong perception  
 (c) normal diet related diseases (d) serious disease

- Q14. Newton's first Law of Motion is also known as (1)  
(a) Law of Reaction (b) Law of Inertia  
(c) Law of Momentum (d) Law of Effect
- Q15. Ice-skating is an example of (1)  
(a) Rolling Friction (b) Sliding Friction  
(c) Dynamic Friction (d) Rolling and Dynamic Friction
- Q16. In which Olympics the "Paralympic" word was used officially? (1)  
(a) Mexico Olympics, 1968 (b) Seoul Olympics, 1988  
(c) Athens Olympics, 2004 (d) Tokyo Olympics, 2022
- Q17. In which of the following functions of sports event management "recruitment process" take place?(1)  
(a) Planning (b) Staffing  
(c) Controlling (d) Directing
- Q18. Which one of the following asana is not performed in a standing position? (1)  
(a) Tadasana (b) Ardha Chakrasana  
(c) Sukhasana (d) Katichakrasana

#### SECTION-B

- Q19. List down any four asanas that are helpful in preventing and curing diabetes. (0.5\*4=2)
- Q20. What do you mean by Bulimia Nervosa? (2)
- Q21. Describe the opening ceremony of the Paralympic Games. (2)
- Q22. Explain the procedure and scoring of the Plate Tapping Test. (1+1=2)
- Q23. Write a short note on Health Run. (2)
- Q24. Differentiate between static friction and dynamic friction. (2)

#### SECTION – C

- Q25. Calculate the physical fitness Index using the short formula for a 14-year-old boy having completed the Harvard Step Test for duration of 3 minutes and a pulse -rate of 56 beats for 1 to 1.5 minutes. (3)
- Q26. Briefly discuss about Deaflympics. (3)
- Q27. Explain the procedure, benefits and contraindications of Halasana. (3)
- Q28. Elaborate on any three factors that affect projectile trajectory in sports. (3)
- Q29. Differentiate between intramural and extramural competitions in detail. (3)
- Q30. Write in brief the corrective measures of Lordosis and Scoliosis. (3)

**SECTION – D**

**Q31.** Mr. Rohan Das, aged 66 years worked as a teacher in a XYZ school. He had to walk and climb a lot as part of taking his classes. After retirement, he settled with his son spending time with his grandchildren. Nowadays he is experiencing difficulty in doing certain chores that involve physical movement. (1X4=4)



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

(i). Which of the following tests would you recommend to check Mr. Rohan Das's fitness?

- (a) Harvard step test (b) Rikli & Jones test  
(c) SAI Khelo India Fitness test (d) Rock port test

(ii). How many series of tests are there in the prescribed fitness test for Mr. Rohan Das?

- (a) 8 (b) 6 (c) 5 (d) 4

(iii). What is the test duration for the chair stand test?

- (a) 30 seconds (b) 40 seconds (c) 1 min (d) Number of repetitions

(iv). Pick the odd man out

- (a) Arm curl test (b) Chair stand test (c) 6 min walk test (d) Partial curl up

**OR**

(iv). The chair stand test is used to measure the

- (a) lower body strength (b) upper body test (c) aerobic fitness (d) anaerobic fitness test

**Q32.** During her gymnastics practice, Rinsy was finding it difficult to maintain her balance on the balancing beam. Her coach tried to explain to her about basic principles of equilibrium.

According to the principles of equilibrium Centre of gravity plays a very important role. (1X4=4)



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

- (a) \_\_\_\_\_ the Centre of Gravity higher the stability.  
(b) Centre of Gravity shifts with each change in \_\_\_\_\_.  
(c) There are two types of equilibrium namely \_\_\_\_\_ and \_\_\_\_\_.  
(d) The sum of all the vertical and horizontal forces acting on the body must be \_\_\_\_\_ .

Q33. Indian track and field athlete Neeraj Chopra who competed in the Javelin throw, won a gold medal at the Olympics. He is the first track and field athlete to win a gold medal for India at the Olympics. With the help of biomechanics, he improved his technique and consistently won medals for India at the International level. (1X4=4)



(i). The optimum release angle of the javelin throw is between

- (a) 34 - 36 ° (b) 38 - 43 °  
(c) 50 - 60 ° (d) 60- 70 °

(ii). The javelin throw is an example of which law of motion?

- (a) Newton's first law of motion (b) Newton's second law of motion  
(c) Newton's third law of motion (d) First and third law of motion

(iii). As per Newton's third law of motion to every action, there is always an \_\_\_\_\_ and opposite reaction.

- (a) unequal (b) equal  
(c) multiple times (d) double

(iv). The study of the human body and the various forces acting on it is

- (a) Biology (b) Biomechanics  
(c) Physiology (d) Anatomy

**OR**

(iv). Neeraj Chopra won the gold medal for India at \_\_\_\_\_ Olympic games.

### SECTION – E

Q34. Discuss the asanas helpful for a person suffering from asthma. Write down the procedure and contraindications of Bhujangasana in detail with the help of a stick diagram. (2+1+1+1=5)

Q35. Make a table of test items listed under fitness test by SAI (Age group 9-18 years). Elaborate any two tests for the assessment of students of 9-18 years given by the SAI Khelo India Fitness Test in school. (1+4=5)

Q36. Explain 'Flat Foot' and 'Bow Leg' and also suggest corrective measures for both postural deformities. (5)

Q37. What are Knockout tournaments? Draw a knockout fixture for 19 teams, mentioning all the steps involved. (1+4=5)