# Class XII
# Post - Mid Term Exam
# Physical Education (048)
# Set B

**Time: 3hrs** **M:M 70 Marks**

GENERAL 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 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5

**4)** Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5

**5)** Sections D consist of Question 31-33 carrying 4 marks each and are case studies.

**6)** Section E consists of Question 34-37 carrying 5 marks each and are long answer types and should not exceed 200-300 words. Attempt any 3

## Section A

Q1. Which one of the following is not an objective of Planning in sports?

a. Management of a tournament
b. Finding out the causes of failure
c. Distributing work according to the ability
d. Achieving the target on time

Q2. Given below are the two statements labeled Assertion (A) and Reason (R). Read the statements and choose the appropriate option from the options given below:

Assertion: The knock out tournament is an elimination tournament

Reason: in knock out tournament, winner of each match advances in the tournament and the loser gets eliminated.

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, 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

Q3. Lordosis can be corrected through:

a) Backward bending exercises
b) Forward bending exercises
c) Pillow walking
d) Sideward bending exercises

Q4. Given below are the two statements labelled Assertion (A) and Reason (R).

Assertion: - Food eaten late night is more fattening

Reason: Studies revealed that large meals eaten late night did not make much change, i.e. to store more fat. It also revealed that people who skip meals during day, eat lot in evening and more likely to gain weight than those who eat regularly throughout the day.

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, 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

Q5. Identify the asana.

a) Halasana
b) Parvatasana
c) Bhujangasana
d) Dhanurasana

Q6. Pollution is the major cause of

a) Diabetes
b) Obesity
c) Asthma
d) Hypertension

Q7. ……. was the founder of special Olympic.

a) Sir Luding Guttmann
b) J.R. Sherman
c) Eunice Kennedy Shriver
d) J.F.Williams

Q8. Menarche is defined as the

a) Ending of menstrual period in women
b) Beginning of menstrual period in women
c) Time of pregnancy
d) Beginning of pregnancy

Q9. Pitfall of dieting is:

a) Skipping meal
b) Drinking lot of water
c) Reducing energy food
d) Taking food supplements

Q10.BMR Helps to measure:

a) Walking ability
b) Energy requirement
c) Cardio respiratory ability
d) Strength of the body

Q11. Soft tissue injuries may be classified as …….. and ……..

a) Mild, acute
b) Acute, overuse
c) Underuse, overuse
d) Hard, special

Q12. Match the following: -

| | |
|---|---|
| I. Skin injury | 1. Strain and sprain |
| II. Bone injury | 2. Abrasion |
| III. Muscle & ligament injury | 3. Localised inflammation recovers with rest |
| IV. Minor injury | 4. Fracture and dislocation |

a. I-2, II-4, III-1, IV-3
b. I-4, II-3, III-1, IV-2
c. I-1, II-3, III-2, IV-4
d. I-2, II-3, III-4, IV-1

Q13. Which of the following principle improves stability and balance?

a) CG within the base of support
b) Widening the base of support
c) Lowering the CG
d) All of these

Q14.According to Newtons second law of motion, the greater the movement of an object

a) Longer distance will it travel
b) Stronger will it resist the external forces
c) Speedier it will cover the given distance
d) More stable will it remain in its motion.

Q15. Introvert personality is characterised like:

a) Friendly, talkative and good social activities
b) Shy, talk less and self-centred
c) Leadership ability
d) Less strength and self-slim

Q16. Intrinsic motivation depends upon:

a) Teachers' guidance to improve
b) Fear of punishment
c) Reward and honour to do better
d) Self- realization to improve

Q17. The above image is an example of

a) Active flexibility
b) Coupling ability
c) Passive flexibility
d) Rhythmic ability

Q18. Basic coordinative ability can be developed through

a) Adaptive exercise
b) Rhythmic exercise
c) Balance exercise
d) Combination exercise

## Section B

Q19. Enlist different types of postural deformities.

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Q20. Define food intolerance.

Q21. List down the test component of Johnson and Methney Test.

Q22. What are the physiological changes take place due to ageing?

Q23. What is aggression in sports, and how can it be channelled positively to benefit an athlete's performance?

Q24. Suggest a training cycle which is best suitable for Olympic preparation. Give any 2 specific reasons for that.

## Section C

Q25. Specify the purpose of specific sports programme organised for community services.

Q26. What are the health problem face by a woman due to female athlete triad in its sports and athletic performance.

Q27. Briefly discuss the concept of inclusion in sports, its needs and implementation.

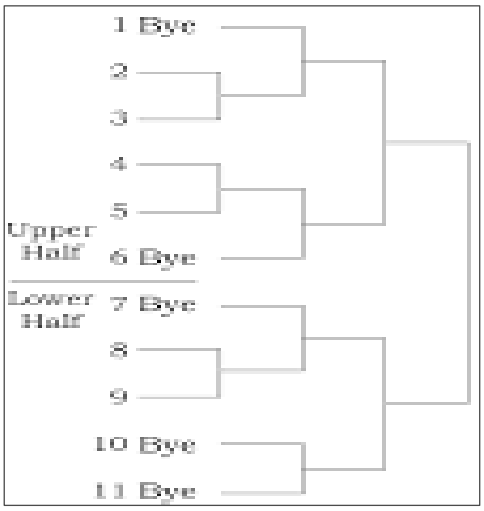
Q28. What are the key differences between nutritive and nonnutritive components of a diet, and how do they collectively impact an individual's overall health and wellbeing?

Q29. How we can improve the technique of a thrower by education him about projectile motion.

Q30. Elucide the Big five theory and its classification.

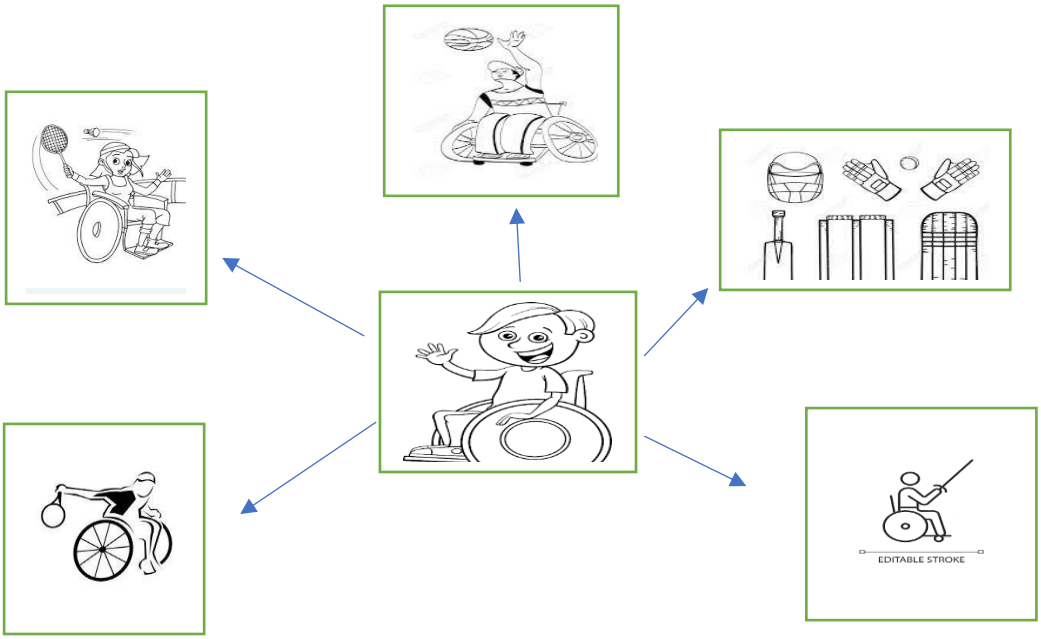
## Section D

Q31.




On the basis of above image answer the following question:
Q31a. How 5 byes are calculated
Q31b. Write down the formula to divide the teams in to halves
Q31c.What are advantages to conduct knockout tournament as compare to league tournament.

Q32.




Q32a. What do you understand by divisioning of sports for cwsn. 2

Q32b. List down various steps which help in selection of sports for cwsn. 2

Q33.

Image 1

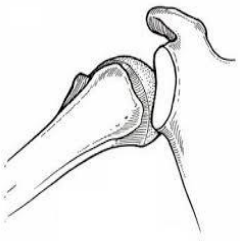


Image 2

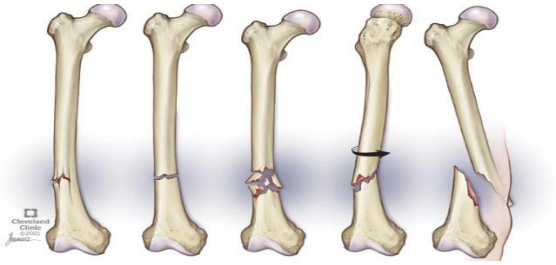


Image 3

Q33a. How you can classify different types of sports injuries. 1

Q33b. Identify the image 2. 1

Q33c. Name the different types of fractures. 2

## Section E

Q34. Name the asanas used as preventive measure for Asthma. Write in detail about any two of them.

Q35. Name the test used to check the lower body flexibility and upper body strength and explain the procedure of it.

Q36.Write in detail the role of endurance in sports and explain the various methods to develop it.

Q37. What are the advantages and disadvantages of friction in sports?