



Indian School Al Wadi Al Kabir

FIRST REHEARSAL EXAMINATION 2022-23

PHYSICAL EDUCATION (Code: 048)

Class : XII
Date : 11/12/2022

Time: 3 Hours
Max. Marks : 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 19-24 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. There is internal choice available.
- 6) Section E consists of Question 34-37 carrying 5 marks each and should not exceed 200-300 words. **Attempt any 3.**

(SECTION -A)

Q1. Identify the asana:



- a) Paschimottanasana
- b) Halasana
- c) Vajrasana
- d) Dhanurasana

Q2. A person who likes to learn new things, new concepts and new experiences are categorized as _____.

- a) Agreeableness
- b) Extroversion
- c) Conscientiousness
- d) Openness

Q3. Cartwheel in gymnastics is an example of _____

- a) Static Equilibrium
- b) Dynamic Equilibrium
- c) Active Equilibrium
- d) Passive Equilibrium

Q4. Slow twitch fibres are _____ in colour.

- a) White
- b) Red
- c) Transparent
- d) Brown

Q5. Jumping on the spot is an example of _____

- a) Iso-metric
- b) Iso-tonic
- c) Iso-kinetic
- d) Iso-kinesthetic

Q6. Take-off in Long jump is an example of _____ strength.

- a) Explosive strength
- b) Maximum strength
- c) Strength endurance
- d) Static strength

Q7. The amount of oxygen which can be absorbed and consumed by the working muscles from the blood is called _____

- a) Oxygen Uptake
- b) Oxygen Intake
- c) Oxygen Transport
- d) Vital capacity

Q8. In Law of Acceleration, acceleration of an object is inversely proportionate to its _____.

- a) Force
- b) Mass
- c) Speed
- d) Size

Q9. Given below are the two statements labeled Assertion (A) and Reason (R).

Assertion: Intrinsic motivation has long term benefits.

Reason: As factors behind it are naturally pursuing actions that provide fun, pleasure, fulfillment or challenge

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

Q10. Carbohydrates which are soluble in water and crystalline in structure.

- a) Simple
- b) Complex
- c) Compound
- d) Complicated

Q11. Which amongst these is not a micro mineral?

- a) Iodine
- b) Magnesium
- c) Iron
- d) Copper

Q12. Which asana is helpful in increasing height?

- a) Sukhasana
- b) Tadasana
- c) Bhujangasana
- d) Vajrasana

Q13. How many byes will be given if there are 17 teams?

- a) 1
- b) 8
- c) 15
- d) 12

Q14. How many matches will be played in the knockout tournaments first round if there are 15 teams?

- a) 8
- b) 7
- c) 5
- d) 6

Q15. Watching others play and enjoy which in turn motivates the Child with special need to participate is a part of which kind of strategy?

- a) Mental
- b) Physical
- c) Psychological
- d) Social

Q16. Match the following:

- | | |
|------------------|-------------------|
| I. Garudasana. | 1. Round shoulder |
| II. Gomukhasana. | 2. Lordosis |
| III. Chakrasana. | 3. Bow legs |
| IV. Naukasana. | 4. Knock knees |

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

Q17. Match the following:

- | | |
|---------------------------|---------------------------|
| I. Chair stand test. | 1. Lower Body strength |
| II. Arm curl test. | 2. Aerobic Endurance |
| III. Back scratch test. | 3. Upper body strength |
| IV. Six minute walk test. | 4. Upper body flexibility |

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

Q18. Weakening of bones due to loss of bone density and improper bone formation is known as_____

- a) Amenorrhea
- b) Anorexia Nervosa
- c) Osteoporosis
- d) Lordosis

(SECTION B)

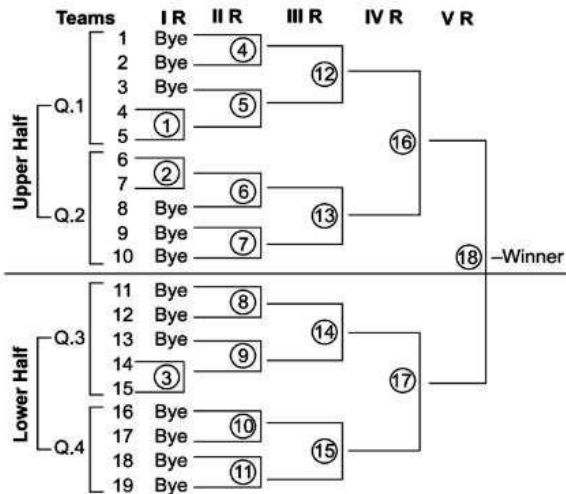
- Q19. List down any four effects of exercise on the muscular system. (0.5*4)
- Q20. List down any four benefits of self-talk by athletes in sports (0.5*4)
- Q21. List down any four advantages of fartlek training method. (0.5*4)
- Q22. Explain any two types of soft tissue injuries with help of examples. (1+1)
- Q23. Write down the objectives and administration of the flamingo test. (1+1)
- Q24. What should be the basic nutrient in a weightlifter's diet and why? (1+1)

(SECTION C)

- Q25. Write any six advantages of physical activities for children with special needs. (3)
- Q26. What are carbohydrates? Differentiate between its types. (1+2)
- Q27. Define bye. Explain the rules of giving bye with help of an example. (1+2)
- Q28. Explain any three personalities from Big five theory and their characteristics. (1+1+1)
- Q29. Explain any three physiological factors determining strength. (1+1+1)
- Q30. What is the meaning of female athletes Triad? Explain any two in brief. (1+ 2)

(SECTION D)

31.



On the basis of above given fixture answer the following questions: (4X1=4)

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

OR

The formula for calculating number of rounds is _____

Q32. Explain the procedure, benefits and contraindications of Dhanurasana. (4)

OR

What is equilibrium? Explain its types along with the factors increasing equilibrium. (1+3)

Q33. Explain the principles of sports training in detail.

(SECTION E)

Q34. List down any four asanas used for prevention of asthma. Explain the procedure for administration of any one of them with help of a stick diagram. (2+2+1)

Q35. Make a table of test items listed under fitness test by SAI (Age group 9-18 yrs) along with the objectives of conducting them. Explain the administration of any one of them. (4+1)

Q36. Define flexibility along with its types. Explain any two methods used to develop flexibility. (2+3)

Q37. Explain the circuit training method write down its advantages. (2+3)

-----X-----X-----X-----