



Indian School Al Wadi Al Kabir

Assessment 1

PHYSICAL EDUCATION (Code: 048)

Class : XII
Date : 29/09/2022

Time: 3 Hours
Max. Marks : 70

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 The Committee responsible for liaison with Print media is:

- | | |
|---------------|---------------|
| (a) Technical | (b) Logistics |
| (c) Marketing | (d) Finance |

OR

Seeding is decided on the basis of:

- | | |
|--------------------------|------------------------|
| (a) Previous performance | (b) Future performance |
| (c) Current performance | (d) Bad performance |

Q.2 The sideways curvature of spine is called:

- | | |
|--------------|--------------------|
| (a) Kyphosis | (b) Scoliosis |
| (c) Lordosis | (d) Round shoulder |

Q.3 Bhujangasana is also known as:

- | | |
|-------------------|--------------------------|
| (a) Dog posture | (b) Child posture |
| (c) Cobra posture | (d) Reverse Boat posture |

OR

Hypertension is a condition of:

- | | |
|----------------------|------------------------------------------|
| (a) problem in lungs | (b) low blood pressure |
| (c) pain in spine | (d) high blood pressure in blood vessels |

Q.4 The Oath of Special Olympic is:

- (a) Let me run
- (b) Let me play but if I cannot win, let me be brave in the attempt
- (c) Let me win but if I cannot win, let me be brave in the attempt
- (d) None of the above

Q.5 Fats and oils come under:

- (a) protective or regulatory foods
- (b) energy giving foods
- (c) bodybuilder group
- (d) routine foods

Q.6 Micronutrients include:

- (a) Vitamins
- (b) Minerals
- (c) Both (a) and (b)
- (d) Carbohydrates

Q.7 Tabular method is used for fixtures in:

- (a) Knock-out tournament
- (b) League tournament
- (c) Challenge tournament
- (d) None of these

OR

Choose odd one from the check list of organizing a sports event:

- (a) Accommodation
- (b) Place of event
- (c) Art integration
- (d) Sponsorship

Q.8 Who quoted "Sthira Sukham Aasanam"?

- (a) Patanjali
- (b) Gheranda
- (c) Shivananda
- (d) Svatmarama

Q.9 Who started Special Olympics International?

- (a) Sir Ludwig Guttmann
- (b) Eunice Kennedy Shriver
- (c) John F Kennedy
- (d) M. Mahadeva

Q.10 Which disease is caused by the deficiency of vitamin B₃?

- (a) Beri-beri
- (b) Pellagra
- (c) Rickets
- (d) Night blindness

Q.11 Given below are two statements, one labelled as Assertion (A) and the other as Reason (R).

Assertion (A): Planning is the foremost function in sports.

Reason (R): Planning gives a view of future course of action.

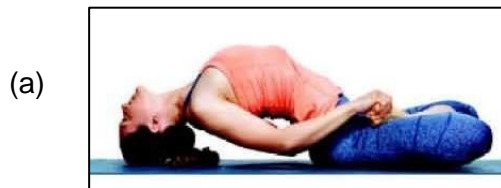
In the context of above two statements, which one of the following is correct?

- (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.

Q.12 Match List- I with List - II and select the correct answer from the code given below:

LIST - I		LIST - II		
	Vitamin		Disease	
(i)	Vitamin A	1.	Pyorrhoea	
(ii)	Vitamin B	2.	Rickets	
(iii)	Vitamin C	3.	Beriberi	
(iv)	Vitamin D	4.	Night Blindness	
Code				
	(i)	(ii)	(iii)	(iv)
a	2	4	3	1
b	1	2	4	3
c	4	3	1	2
d	3	1	2	4

Q.13 Identify the below given asanas and write their names:



Q.14 Differentiate between Paralympic and Special Olympic games?

Q.15 Briefly discuss about flat foot.

OR

What is Eating Disorders?

Q.16 Enlist the macro and micro nutrients.

OR

What is female athlete triad?

Q.17 Given below is the pie chart of percentage of patients visiting a hospital who were suffering from different types of postural deformities:

Based on above data answer the following questions:



1. From which postural deformity is the least number of patients suffering from?

- (a)  (b)  (c)  (d) 

2. The sideways curvature of spine is called:

- (a) Kyphosis (b) Scoliosis
(c) Lordosis (d) Round shoulder

3. From which deformity is the maximum number of patients suffering from?

- (a)  (B)  (C)  (D) 

Q.18 Raman is a student of class VIII and is suffering from Obesity. During a recent medical check-up at school, he was advised to practice yoga and participate in sports activities for curing it. He consulted the yoga instructor at the school for further guidance.

Based on this case answer the following questions:

(1) One of the possible causes for obesity could be?

- (a) Heredity (b) Excessive eating

- (c) Fast metabolism (d) Both (a) and (b)
- (2) The BMI index for an Obese person is:
(a) <18.5 (b) 18.5-24.9 (c) >30 (d) >25
- (3) Due to the Obesity; Raman is also suffering from knock knees for which he is advised to:
(a) Walk on inner edge of foot (b) Walk on outer edge of foot
(c) Walk on heels (d) Walk on toes

Q.19 Briefly discuss about Deaflympics?

Q.20 Discuss any three factors which may lead to osteoporosis in female athlete.

OR

Explain 'Flat foot' and Knock Knees and also suggest corrective measures for both postural deformities.

Q.21 What are lifestyle diseases? how can we prevent them?

Q.22 What are the causes of Asthma?

Q.23 Define Staffing. How important it is?

Q.24 Explain balanced diet along with its essential elements.

Q.25 Discuss the method of fixing byes in Knock-out Tournament.

Q.26 What are the causes of Diabetes?

Q.27 Explain any two methods of drawing fixture for single league tournament. Make a cyclic fixture of 9 teams.

Q.28 Suggest any five physical exercises as corrective measures for kyphosis and lordosis.

Q.29 What are the general contraindication and procedure of performing Bhujangasana?

OR

Explain the nutritive and non-nutritive components of diet.

Q.30 Define the terms fixture, Bye and Seeding. Make a knock-out fixture for 11 teams.

OR

Write about the various committees and their responsibilities.

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