



INDIAN SCHOOL AL WADI AL KABIR

CLASS XII UNIT TEST – 1

Max Marks:30

SUBJECT-PHYSICAL EDUCATION (048)

General instructions:

1. Section A consists of multiple-choice questions carries 1 mark each. All questions are compulsory.
2. Section B consists of 3 questions amongst which 2 questions have to be attempted each question carries 4 marks and should have 60-80 words.
3. Section C consists of 3 questions amongst which 2 questions have to be attempted each question carries 5 marks and should have 100-120 words

(SECTION A)

- Q 1. The basic function of management is:
- a. controlling
 - b. budgeting
 - c. planning
 - d. organizing
- Q 2. In _____, there is wide gap between the knees.
- a. Kyphosis
 - b. Lordosis
 - c. Scoliosis
 - d. Round shoulder
- Q 3. Which of the following is the first step in a sports.
- a. Planning
 - b. Staffing
 - c. Budgeting
 - d. Directing
- Q 4. After losing a match, a team will be eliminated from the _____ \
- a. Round Robin tournament
 - b. League tournament
 - c. Knockout tournament
 - d. None of above
- Q 5. Common postural deformities of spine are
- a. Kyphosis
 - b. Scoliosis
 - c. Lordosis
 - d. All of these
- Q 6. If Number of team is 25 so teams in lower half will be
- a. 14
 - b. 12
 - c. 11
 - d. 13

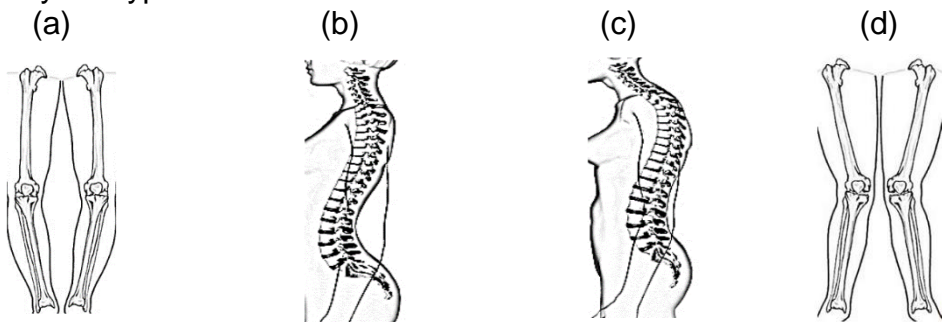
- Q 7. Horse riding and oil messaging of knees towards outer side are required to cure _____ .
- Flat feet
 - Club feet
 - Scoliosis
 - Kyphosis
- Q 8. In _____ Tournament, every team plays with every other team twice.
- League
 - Single league
 - Double league
 - None of these
- Q 9. What is female Athlete triad?
- Osteoporosis
 - Amenorrhea
 - Eating disorders
 - All of these
- Q 10. In knockout tournament, if 9 teams are participating then number of byes in upper half__ .
- 5
 - 4
 - 3
 - 2
- Q 11. Dhanurasana and Bhujangasana is best corrective measure for _____ .
- Kyphosis
 - Lordosis
 - Scoliosis
 - None of these
- Q 12. Formula for calculating number of matches in single league fixture is
- $n-1$
 - $n(n-1) / 2$
 - $n/2$
 - $n(n-1)$

(SECTION B)

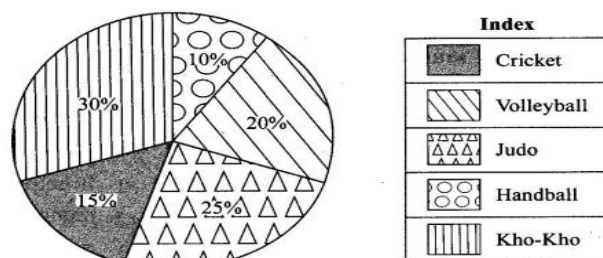
Q 13. Write a short note on Menarche & Osteoporosis.

Q 14. Picture Based (Identification) Question.

Identify the type of deformities and write their names.



Q 15. The data of students participating in games of a school is given below:



- A) If total number of students participating in cricket are 30, how many students are participating in Kho-Kho?
a) 60 b) 50 c) 40 d) 45
- B) In which game the participation is maximum?
a) Cricket b) Kho-Kho c) Judo d) Handball
- C) What is the percentage of students participating Judo and Handball?
a) 40% b) 30% c) 100% d) 35%
- D) In which game the participation is minimum?
a) Volleyball b) Kho-Kho c) Judo d) Handball

(SECTION C)

- Q 16. Write a short note on the term “Knockout”. Make a knockout fixture for 16 teams.
- Q 17. Explain the meaning of various postural deformities.
- Q 18. What is league tournament? Draw a league fixture of 7 teams with all the steps involved.

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