



INDIAN SCHOOL AL WADI AL KABIR

DEPARTMENT OF PHYSICAL EDUCATION
CLASS XII ASSESSMENT-I

PHYSICAL EDUCATION

Maximum Marks: 70

Time : 3.00 Hrs.

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.*

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

2. The sideways curvature of spine is called :

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

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

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

5. Fats and oils come under:

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

6. Micronutrients include :

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

7. Tabular method is used for fixtures in :

- (a) Knock-out tournament (b) Challenge tournament
(c) League 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

8. Who quoted "Sthira Sukham Aasanam"?
- (a) Patanjali (b) Gheranda (c) Shivananda (d) Svatmarama
9. Who started Special Olympics International ?
- (a) Eunice Kennedy Shriver (b) John F Kennedy
(c) Sir Ludwig Guttmann (d) M. Mahadeva
10. Which disease is caused by the deficiency of vitamin B₃?
- (a) Beri-beri (b) Pellagra (c) Rickets (d) Night blindness
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
12. Match List-I with List - II and select the correct answer from the code given below:

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

13. Match list I with list II.

List I	List II
1.Planning	(i) Assigning the duties and authorities to the staff
2.Organizing	(ii)Strategical outlines of the programme in advance
3.Staffing	(iii)Grouping human resources for the best output
4.Technical Committee	(iv)Considering the resources and making proper schedule

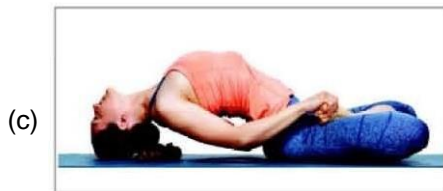
(a)1(i), 2(iii), 3(iv), 4(ii)

(b)1(ii), 2(i), 3(iv), 4(iii)

(c)1(ii), 2(iv), 3(iii), 4(i)

(c)1(iv), 2(iii), 3(i), 4(ii)

14. Identify the below given asanas and write their names:



15. Among females, what type of Menstrual Dysfunction is called Amenorrhea?

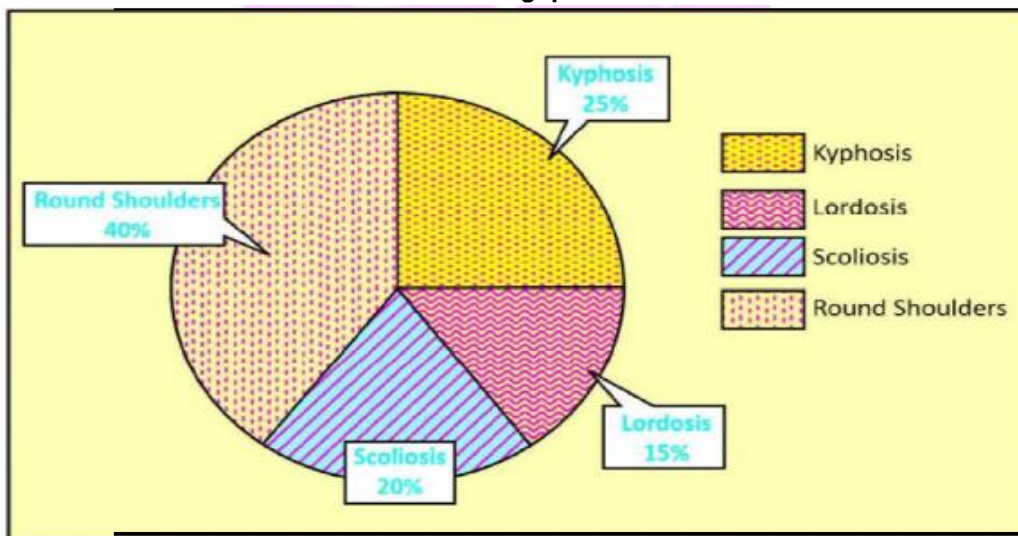
16. List the various types of tournaments.

OR

Suggest any two disadvantages of league tournament.

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?



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

19. What are the causes of Asthma?

OR

What are the causes of Diabetes?

20. Draw a fixture of 6 teams on league basis following the staircase method.

21. Compare any three Micro minerals on the basis of their sources and benefits.

OR

Compare any three Fat soluble vitamins on the basis of their sources and benefits.

22. Explain balanced diet along with its essential elements.

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

24. Write briefly about the Paralympic Games.

25. Define Staffing. How is it important?

26. What are the functions of carbohydrates in human body?

OR

Discuss briefly about the nutritive components of diet.

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

28. Write about the various committees and their responsibilities.

OR

What is league tournament? Draw a fixture of nine (9) teams on the basis of league tournament using cyclic method. Explain British method to declare the winner.

29. What are the types of vitamins? Describe their sources and functions.

OR

Explain the nutritive and non-nutritive components of diet.

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

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