



SESSION-2022-23
HALF YEARLY
CLASS- XII
SUBJECT- PHYSICAL EDUCATION

Time Allowed: 3 Hours

MM.: 70

GENERAL INSTRUCTIONS:

- 1) The question paper consists of 34 questions**
- 2) All questions are compulsory**
- 3) Question 1-20 carry 1 mark and are multiple choice questions.**
- 4) Question 21-30 carry 3 marks each and should not exceed 80 -100 words each.**
- 5) Question 31-34 carry 5 marks and should not exceed 150-200 words.**

SECTION – A

- Q1. To draw Fixture, which of the following method is not a method of league tournaments?
(a) Cycle Method (b) Staircase Method
(a) Knockout Method (d) None of These
- Q2. In which tournament, strong the may have the ability to be eliminated in the preliminary round?
(a) League tournament (b) Knockout tournament
(c) Challenge tournament (d) League cum league tournament
- Q3. Which type of tournament a team once defeated gets eliminated from the tournament?
(a) League tournament (b) Knock-out tournament
(c) Challenge tournament (d) Round Robin tournament
- Q4. How many byes will be given if 19 teams are participate in knockout tournament?
(a) 12 (b) 13 (c) 14 (d) 15
- Q5. This deformity is also called round back or hunch back :
(a) Scoliosis (b) Lordosis (c) Kyphosis (d) Bow Legs
- Q6 This postural deformity is opposite to knock-knees :
(a) Flat back (b) Lordosis (c) Kyphosis (d) Bow legs
- Q7. The normal menstrual cycle is for:
(a) 29 days (b) 30 days (c) 26 days (d) 28 days
- Q8. If the spine has a sideways curve, it is called
(a) Flat back (b) Lordosis (c) Kyphosis (d) Scoliosis
- Q9. Which asana is known as Mountain Pose?
(a) Matsya asana (b) Tadasana (c) Parvatasana (d) Shalabhasana
- Q10. Which of the following can be a risk factor for diabetes?
(a) Obesity (b) Asthma (c) Regular Exercise (d) All of the above
- Q11. Which of the following is not a cause of Obesity?
(a) Lack of Physical activity (b) Genetics (c) Balanced diet (d) Psychological factors
- Q12. Which of the following asana should be performed for curing Obesity?
(a) Trikonasana (b) Bhujangasana (c) Pawanmuktasana (d) Tadasana
- Q13. Which of the following is not a spinal curvature deformity?
(a) Kyphosis (b) Scoliosis (c) Lordosis (d) Flatfoot

Q14. Given below are the two statements, one is labeled as an **Assertion (A)** and the other is labeled as **Reason (R)**.

Assertion (A): Padmasana should be performed for the postural deformity of knock-knee.

Reason (R): Asanas are beneficial to correct this deformity.

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

- (a) Both (A) and (R) are true, but (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.

Q15 Food Intolerance cause.....

- (a) Nausea and stomach pain
- (b) Sudden increase in hunger
- (c) Both 1 and 2
- (d) Neither 1 nor 2

Q16. Which of the following is not a proper form of carbohydrate?

- (a) Multiple
- (b) Simple (Glucose , Fructose, Galactose, Sucrose, Maltose and Lactose)
- (c) Complex (Starch, Dextrin, Glycogen and cellulose)
- (d) All of the above

Q17 Which of the following asana should be performed for curing Obesity?

- (a) Trikonasana
- (b) Bhujangasana
- (c) Pawanmuktasana
- (d) Tadasana

Q18. How many vitamins have in group of vitamin B complex?

- (a) 8 (Water Soluble – B1 ,B2, B3, B5 , B6 ,B7 , B9 ,B12)
- (b) 11
- (c) 9
- (d) 12

Q19. Balanced diet is important for :

- (a) Disease Prevention
- (b) Meeting Nutritional Needs
- (c) Immune system
- (d) All the above

Q20. Which of the following is not a rich source of carbohydrates?

- (a) Potato
- (b) Sugar
- (c) Rice
- (d) Milk

Q21. What is food intolerance? What are the causes, symptoms and management of food intolerance?

OR

Draw a knockout fixture of 26 teams.

Q22. Which asanas are helpful in reducing obesity? Explain the procedure and benefits of any two asanas.

Q23. What are the nutritive and non-nutritive component of diet?

Q24. Write down the causes and symptom of Asthma.

Q25. What are the fats? Write a detailed note on its types.

Q26. Suggest any three advantages or disadvantages of knockout tournament?

OR

Draw a fixture for 9 teams by Round robin method.

Q27. Discuss about the various committees with their responsibilities to conduct sports meet.

Q28. Discuss in detail about female athlete triad?

Q29. What are the initiatives which can make all the differently abled children participate in physical activities?

OR

Explain the strategies to make physical activities for children with special needs.

Q30. What are the cause and remedies for posture deformities?

Q31. What do you mean by Yoga? Outline the importance of Yoga.

OR

What is the importance of balanced diet and nutrition for body?

Q32. What are the cause, precaution and remedies for flat foot.

Q33. Suggest any five physical exercise as corrective measures for kyphosis and Lordosis.

Q34. How are the Paralympics Game held? Write in brief.

OR

What is obesity? Which asanas are helpful in reducing obesity? Explain its procedure.