



HALF YEARLY EXAMINATION – (2022-23)

GRADE-12

MAX MARKS: 70

SUBJECT PHYSICAL EDUCATION (048)

TIME:- 3HRS

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1. *The question paper consists of 30 questions, and all are compulsory*
 2. *Question 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*
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Q.1 The basic function of management is:

- a) Organizing
- b) Planning
- c) Budgeting
- d) controlling

OR

The process in which teams will be placed in such a manner that good teams that have a ranking and do not meet another team at the early stage of the tournament.

- a) Bye
- b) Seeding
- c) Advantage
- d) Fixture

Q2. To present mementos to the chief guest and to the team escorts – comes under----?

- a) Pre-tournament responsibility
- b) Post tournament responsibility
- c) During tournament responsibility
- d) Anytime.

Q3. What is the ratio of the elements carbon, oxygen and hydrogen in fats?

- a) 76:12:12
- b) 12:12:86
- c) 12:76:12
- d) 12:12:76

OR

Which of the following is not the non-nutritive component of diet?

- a) Water
- b) Fibre
- c) Colour compounds
- d) Vitamins

Q4. Which of the following vitamin is insoluble in fats?

- a) A
- b) E
- c) K
- d) C

Q5. Which of the following is not a cause of hypertension?

- a) Genetic causes
- b) Obesity
- c) Lack of exercise
- d) Incorrect body posture

Q6. What is Bye?

- a) Point system for team games
- b) It's a method of drawing fixtures
- c) Advantage given to a team to not to play in the initial round
- d) Placing of teams according to previous performance.

Q7. Which asana is also known as Cobra pose which is the preventive measure asana for diabetes.

- a) Halasana
- b) Tadasana
- c) Bhujangasana
- d) Shalabhasana

OR

_____ is one in which the body is so balanced as to produce least fatigue.

- a) Balanced Diet
- b) Nutritive supplement
- c) Good posture
- d) Regular physical activity

Q8. _____ is a position in which the spine is tilted to either side of the body.

- a) Lordosis
- b) Kyphosis
- c) Scoliosis
- d) Round shoulders

Q9. Now a days sports for disabled children are organized officially.

- a) Partially true
- b) True
- c) False
- d) Very rare

Q10. Which of these is not one of the methods used for fixtures in League or Round Robin tournaments?

- a) Cyclic method
- b) Spiral method
- c) Staircase method
- d) Tabular method

Q11. What is the formula to find the number of matches in a knockout tournament?

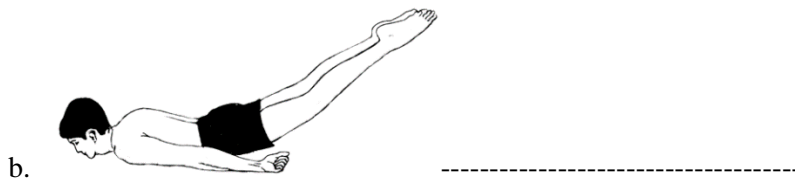
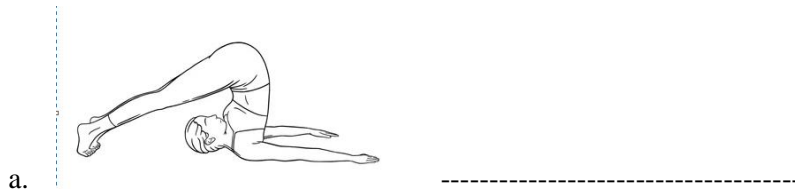
- a) N
- b) $N(N-1)$
- c) $(N-1)$
- d) $(N+1)$

Q12. Match list -I with List-II and select the correct answer from the code given below.

LIST - I		LIST – II	
Vitamin		Scientific Name	
i	B1	I	Riboflavin
II	B2	II	Folic acid
Iii	B9	Iii	Niacin
iv	B3	iv	Thiamin

CODE				
	i	ii	iii	iv
A	2	4	3	1
B	1	2	4	3
C	4	1	2	3
d	3	1	2	4

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



Q14. Identify the following postural deformities and name them:





b. -----



c. -----



d. -----

Q15. Suggest any two exercises for correcting flat foot.

Q16. What do you mean by bulimia?

OR

What are the components of female athlete triad?

Q17. Define Nutrients.

Q18. Hari is a student of class XI and is suffering from obesity. During a recent medical check up at school he was advised to practice yogasana and participate in sports activities for curing it.

Based on the case answer the following questions:

1. The BMI for obese person is:

- a) <18.5
- b) >30
- c) >25
- d) 18.5-24.9

2. The yoga instructor at the school has asked Raman to perform

- a. Bhujangasana
- b. Pawanmuktasana
- c. Vajrasana
- d. Chakrasana

3. Due to the Obesity; Raman is also suffering from knock knees for which he is advised to do
- Walk on inner edge of foot
 - horse riding
 - Walk on heels
 - Walk on toes

Q 19. Explain about the types of tournaments.

OR

What do you understand by micronutrients and give examples.

Q 20. How do asanas function as a preventive measure?

Q 21. Describe any 3 advantages of knock out tournament.

OR

Elaborate any 2 benefits and contraindications about Bhujangasana.

Q 22. Explain the advantages of league tournaments.

Q 23. Define - Byes and their allotments order in a knockout tournament.

Q 24. Draw a fixture of 5 teams on league basis according to the cyclic method.

Q25. Explain Balanced diet.

Q 26. Explain any 3 importance of tournaments.

OR

Give 6 examples of yogic practices as to prevent Asthma.

Q27. What do you mean by macro nutrients? Explain about any two macro nutrients.

Q.28 Draw a fixture of 19 teams on a knockout basis.

OR

Name different committees involved in a smooth conduct of a sports event and detail about Pre, during and post tournament responsibilities.

Q 29. Elaborate the advantages of physical activities for CWSN.

OR

Elaborate the strategies to make Physical activities assessable for children with special needs

Q 30. What do you mean by obesity? Discuss the benefits and contraindications of Tadasana and Ardha – Matsyendrasana
