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**Unit Test - November** **2023**

**SUBJECT: Physical Education (048) SET-2 Maximum Marks: 50**

**CLASS: 12th Grade TIME: 2 Hours.**

**General instructions:**

**1) The question paper consists of 5 sections and 27 Questions.**

**2) Section A consists of question 1-11 carrying 1 mark each and is multiple choice questions. All questions are compulsory.**

**3) Sections B consist of questions 12-16 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 4.**

**4) Sections C consist of Question 17-20 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 3.**

**5) Sections D consist of Question 21-24 carrying 3 marks each.**

**6) Section E consists of Question 25-27 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 2.**

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**SECTION A**

**1. Match list - 1 with list - 2 and select the correct code given below** **(1)**

|  |  |  |  |
| --- | --- | --- | --- |
| `1 | Delay in Second wind | a | Cause of sports injuries |
| 2 | Increase blood flow in the body | b | Prevention of Sports injuries |
| 3 | Lack of Knowledge of Sports rules | c | Long Term effect of Exercise |
| 4 | Avoid dehydration and Adequate Rehabilitation | d | Immediate effect of Exercise |

a) 1-c, 2-d, 3-a, 4-b b) 1-d, 2-c, 3-b, 4-a c) 1-a, 2-b, 3-c, 4-d d)1-b, 2-c, 3-b, 4-a

**2. Match the following**: - **(1)**

(a) Equality through Sports - (i) Joy and happiness to all the children of the world

(b) Special Olympics - (ii) Advantage of PE for Divyang

(c) Better IQ and Motor Skills - (iii) Inclusion

(d) All Students Learn together - (iv) Deaflympics

(a) A-i, B-ii, C-iii, D-iv

(b) A-ii, B-i, C-iV, D-iii

(c) A-iv, B-iii, C-i, D-ii

(d) A-IV, B-i, C-ii, D-iii

**3. When an athlete works so hard and the demand for oxygen and fuel exceeds the rate of supply and the muscles have to rely on the stored reserves of fuel is \_\_\_\_\_\_\_\_\_\_\_? (1)**

a) Speed Endurance b) Strength Endurance c) Aerobic Endurance d) Anaerobic Endurance

**4. Special Olympic India was formed in which year? (1)**

a) 1987 b) 1968 c) 2001 d) 1960

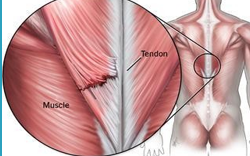
**5. What is the scientific name of Vitamin B5?**  **(1)**

a) Niacin b) Riboflavin c) Thiamin d) Pantothenic Acid

**6. AS per the SAI Khelo India Fitness test, which BMI Range fall under Normal Range? (1)**

**a) BMI 15 to 17.5 b) BMI 18.5 to 24.9 c) BMI 17.5 to 21.5 d) BMI 16 to 19.5**

**7.** Identify the Sports injury in the picture given below. **(1)**



a) Abrasion b) Fracture c) Strain d) Dislocation

**8. Identity the picture and find out the Bone Injury**. **(1)**



a) Transverse injury b) Compound Injury c) Greenstick d) Simple Fracture

**9**. **The sportsperson to be eligible to participate in Deaflympic Games must have hearing loss of minimum \_\_\_\_\_\_\_\_\_\_\_\_\_? (1)**

a) 15 decibels b) 55 decibels c) 25 decibels d) 15 to 45 decibels

**10. Assertion (A): Iron is a mineral. It is required to produce hemoglobin.**

**Reason (R): Minerals are required by our body in large amounts.**  **(1)**

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

a) both (A) and (R) are true, but (R) is not correct explanation of (A)

b) both (A) and (R) are true and (R) is the correct explanation of (A)

c) (A) is true but (R) is false

d) (A) is false but (R) is true

**11. Assertion (A): In an inclusion approach, students with special needs are fully integrated into the general education classrooms at a school.**

**Reason (R): Diversified teaching strategies benefit all the students with disabilities. Which develops their social communication skills. (1)**

**In the context of above tow 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 correct explanation of (A)

c) (A) is true but (R) is false

d) (A) is false but (R) is true

**Section B**

**12. Write down the formula to computation of fitness index. (2)**

**13. Briefly explain the concept of classification in Paralympics. (2)**

**14. Compose a short note on the role of “Oxygen Uptake” in Endurance based Activity such as long distance running or cycling. (2)**

**15. What is the other name of complex carbohydrate? Name down any two functions of carbohydrate. (2)**

**16. Muscle composition is an important factor which determines strength. How? (2)**

**Section C**

**17. What do you understand by Basal Metabolic Rate (BMR)? Dot down the factors BMR influenced by. (3)**

**18. Write any of three points which directly relate to the need for inclusion in sports. (3)**

**19.** **List down any three Macro Minerals required in our balance diet and what is their role in the human body?** (**3)**

**20. What is contusion? Briefly explain along with their signs and symptoms**.  **(3)**

**Section D**

**21. Based on the pictures below, answer the following questions.** **(4X1=4)**

A close-up of a hand and a hand

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(a) Identify the type of injury.

(b) Name two more injuries of this type.

(c) This injury most commonly affects the\_\_\_\_\_ of the four fingers.

(d) Mention the cause of this injury.

**22**. **Briefly explain four Advantages of Physical Activities for the CWSN students**. **(4x1=4)**

**23. Briefly describe the Fats and their types. (4)**

**24.** Based on given fixture answer the following questions. **(4X1=4)**

A black line on a white surface

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a) The Measurements are particular to which test?

b) What is the purpose of conducting this test?

c) Write all the motor stunts that consist in this test battery.

d)Which motor stunts / test stunts are used for the girls?

**Section E**

**25. Write on the Importance of diet in Sports – Pre, During and Post Competition requirements. (5)**

**26. Describe the procedure to conduct the Harward steps test. (5)**

**27. Explain the types of fracture and dislocation and their types in detail. (5)**

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