Text

Description automatically generated

**TERM-1 EXAM NOVEMBER** **(2021-22)**

**SUBJECT: PHYSICAL EDUCATION (048) Maximum Marks: 35**

**CLASS: 12TH GRADE TIME: 1 HR 30 MIN.**

**General instructions:**

**1.There are three sections in the Question paper namely Section A, Section B and Section C.**

**2.Section A consists of 24 questions amongst which 20 questions must be attempted.**

**3.Section B consists of 24 questions amongst which 20 questions must be attempted.**

**4.Section C consists of 12 questions amongst which 10 questions must be attempted**.

**SECTION A (KNOWLEDGE AND UNDERSTANDING)**

1. Which committee looks after things like collecting the documents and giving the matches schedule from the invites team etc.?

a) administrative **b) Reception**

1. Security d) Health
2. To avoid the careless mistake under pressure and to achieve the goal, which of them should be more valuable?

a) Planning b) Staffing

c)Supervision d) Budgeting

3. Total no matches for knock out tournament is decided as—

a) (N – 1) b) (N2 – 1)

c) (N × n – 1) d)(N × n – 1)/2

1. \_\_\_\_\_\_\_\_\_\_\_ is a privilege given to a team which is decided generally by seeding it or by draw of lots.

a) Seed b) Seeding

c)Bye d) Staircase

1. Which food item has carbohydrates and fats ….

a) Bread and butters b) Rice and Pulse

c)Potato and Tomato d) Tomato and Almond

1. What is the source of Proteins?

a) Fish b) Spinach

c)Potato d) Cucumber

1. Body needs vitamins and minerals because ….

a) They give the body energy b) They help carry out metabolic reactions

c)They insulate the body’s organs d) They with draw heat from the body

1. Symptoms of headaches, vomiting, stomach pain. loose motion \_\_\_\_\_\_\_\_\_

a) Dieting b) Food intolerance

c)Food myths d) Lack of vitamins

1. Painting, catching activities are the examples of \_\_\_\_\_\_\_\_\_\_

a) Gross motor skill development b) Fine motor skill development

c)Sensory skill development d) Bone & muscles development

1. What are the causes of “flat foot’’\_\_\_\_\_\_\_\_\_\_\_\_\_

a) Weak muscles of the foot b) Improper shoes of carry heavy weight

c)Healthy muscles of the body d) Both (a) & (b)

1. Which one of the fibers percentages depends upon biological or heredity factors?

a) Fast twitch fibers b) Slow twitch fibers

c)Both types of fibers d) None of them

1. Lordosis deformity is \_\_\_\_\_\_\_\_\_\_\_\_\_

a) Lateral curvature of the spine b) Arch of sole of feet

c)Abnormal backward curvature of the thoracic region of the spin

d)Agora vetted lower curvature of the lumber region

1. Partial curl up test for \_\_\_\_\_\_\_\_\_\_\_

a) To measure the explosive power of legs b) To measure agility and speed

c)To measure abdominal strength d) To measure acceleration speed

1. Athlete speed (Acceleration) is measured \_\_\_\_\_\_\_

a) Modified push-ups (Girls) b) 4 × 10 m shuttle Run

c)50 m standing start d) Sit and Reach

1. In which year a theory called Rockport’s one mile test came to light?

a)1987 b) 1978

c)1977 d) 1918

1. Motor fitness test have how many test batteries?

a)4 b) 9

c)7 d) 6

1. Which of the following is assessed by eight foot up and go test?

a) Physiology fitness b) Walking speed, Coordination, and agility

1. Lower body flexibility d) Upper body strength
2. Which is not the Importance of Biomechanics

a) Improvement of Technique

b) To understand the structure of Movement & effect of forces on the Movement

b) To understand Physiology of human body d) Improvement of sports Equipment’s

1. Which one of the following is an example of the Law of Reaction?

a) Bouncing on trampoline b) Springing on the diving board

c)Thrust against the water in swimming d) All the above

1. Biomechanics deals units \_\_\_\_\_\_\_\_\_\_\_

a) Muscles involved in Movement

b) Effect of force on Different Movements done by human body

c)To understand the physiology of the body

d) To understand Time & Distance concept of Various Movements

1. The total number of Matches in a knockout tournament of 21 teams are?

a)20 b) 16 c) 18 d)34

1. Minerals are placed under\_\_\_\_\_\_\_\_\_\_ nutrient category on basic of required quantity.

a) Micro b) Macro c) Roughage d) Nonnutritive

1. Goitre is cause due to deficiency of.

a) Calcium b) Iodine c) Selenium d) Iron

1. Amino Acid and protein are the \_\_\_\_\_\_\_\_\_\_ of life.

a) Fitness Block b) Training Blocks c) Building Block d) Both a & b

**Section B (Application)**

1. **Match the following:**

**1** Deciding in advance what is to be done **A** League

**2** What is role for technical committee **B** Knockout

**3** Round Robin tournament **C** Planning

**4** Elimination tournament **D** Technical conduct

**1 2 3 4**

**a** A B C D

**b** B A D C

**c** C D A B

**d** B C D A

1. If Number of team is 25 (Knockout Fixture) Match the following:

**1** Number of match **A** 7

**2** Number of bye **B** 13

**3** Number of round **C** 5

**4** Number of upper of team **D** 24

**1 2 3 4**

**a** A B C D

**b** B A D C

**c** C D A B

**d** D A C B

**27.** Match the following:

**1**

**A** Cycle method

**2**  **B** Tabular method

**3**  **C** Knockout method

**4**  **D** Staircase method

**1 2 3 4**

**a** A B C D

**b** B D A C

**c** B D C A

**d** C B A D

1. If number of teams is more and time is less to complete the tournament. Which method we will choose to conduct the tournament?
2. Elimination Tournament b) League Tournament

c)Single League Tournament d) Double League Tournament

1. Match the following:

**1** Food Intolerance **A** Loss in body weight

**2** Food myths **B** Vomiting

**3** Dieting **C** Healthy weights

**4** BMI 24 **D** Do not drink water during meals

1. 1D, 2A, 3B, 4C b) 1B, 2D, 3A, 4C

c)1B, 2A, 3D, 4C d) 1D, 2A, 3C, 4B

1. Match the following:

**1** Protein **A** Teeth and blood related disease

**2** Water **B** Growth of skin, nails, hair, internal organs

**3** Color compound **C** 60-70% Percent of human body

**4** Dieting **D** Make food appealing

1. 1B, 2C, 3D, 4A b) 1C, 2D, 3A, 4B

c)1D, 2A, 3C, 4B d) 1A, 2C, 3B, 4D

1. **Match the following:**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Match the following:**   |  |  |  |  | | --- | --- | --- | --- | | **1** | **Source of Protein** | **A** |  | | **2** | **Source of Carbohydrate** | **B** |  | | **3** | **Source of Fat** | **C** |  | | **4** | **Source of Iron** | **D** |  |   Tick **1 2 3 4**  **a** A B C D  **b** B A D C  **c** C A B D  **d** B C D A |

1. Which statement is not correct in the statement of BMI given below?

|  |
| --- |
| 1. When BMI Below 18.5 - Underweight 2. When BMI 30.0 and above - Obese 3. When BMI Below 25.0-29.9 - Overweight 4. When BMI Below 30.0 and below - Obese |

1. Identify the postural deformity having hump

Identify the postural deformity having hump

1. Lordosis
2. Kyphosis
3. Scoliosis
4. Lumbar deformity
5. Gross motor components develop mostly during this stage of growth and development?

|  |
| --- |
| 1. Early Childhood 2. Later Childhood 3. Infancy 4. Adolescence |

1. Given below are two statements, one labeled as Assertion (A) and the other as Reason (R):

**Assertion (A):** Gross Moto Development is the development of the large muscles in the child’s body.

**Reason (R):** It allows the movement of fingers and hands like picking up the objects, using cups, holding, and using of pen, pencils.

1. Both (A) and (R) are true and (R) is the correct explanation of (A).
2. Both (A) and (R) are true, (R) but is not correct explanation of (A).
3. (A) is true but (R) is false. d) (A) is false but (R) is true.
4. Select the correct reason to improve participation of female in sports

a) Good legal system b) Female role model

c)Both (a) & (b) d) Improper motivation

1. Match the following:

**1** Shuttle run **A** Speed

**2** 50- Yard dash **B** Agility

**3** Standing broad jump **C** Endurance

**4** 600- yard or 9 min run/walk **D** Strength

Tick **1 2 3 4**

**a** A B C D

**b** B A D C

**c** C A D B

**d** D A C B

1. Given below are two statements, one labeled as Assertion (A) and the other as Reason (R):

**Assertion (A):** The test is an instrument or tool to be scientifically administered.

**Reason (R):** A scientific trait/characteristic data of an individual is obtained.

1. A is true and R is true A is true and R is false
2. A is false and r is true A is false and R is false
3. Match the following:

**1** Rikli and Jones **A** Senior Citizen

**2** AAHPERD **B** One Mile

**3** Harvard **C** Motor Fitness

**4** Rock Port **D** Step Ups

Tick **1 2 3 4**

**a** A C D B

**b** B A D C

**c** C A D B

**d** D A C B

1. Match the following:

**1** Chair sit and reach **A** upper body flexibility

**2** Eight foot up and go **B** aerobic endurance

**3** Back scratch **C** agility

**4** Six-minute walk **D** lower body flexibility

Tick **1 2 3 4**

**a** A C D B

**b** B A D C

**c** C A D B

**d** D C A B

1. Match the following:

|  |  |  |  |
| --- | --- | --- | --- |
| **1** |  | **A** | Adduction |
| **2** |  | **B** | Abduction |
| **3** |  | **C** | Flexion |
| **4** |  | **D** | Extension |

Tick **1 2 3 4**

**a** A B C D

**b** B A D C

**c** D C B A

**d** C D B A

1. Which Newton's law will apply while taking off in long jump?
2. 3rd Newton's law
3. 1st Newton's law
4. 2nd Newton's law
5. None of these
6. Which statement is wrong in the statement of Newton's first law given below?

a) Football on the field b) Book placed on the table

c) A ball rolling in a cricket field d) Dribbling in a basketball game

1. Given below are two statements, one of which is labeled as Assertion (A) and the other is labeled as Reason (R):

**Assertion (A)**: Increase of angle of knee is called extension.

**Reason (R):** The movement by which the two elements of any jointed part is drawn away from each other.

1. Both (A) and (R) are true and (R) is the correct explanation of (A).
2. Both (A) and (R) are true but (R) is not the correct explanation of (A).
3. (A) is true, but (R) is false d) (A) is false but (R) is true
4. Given below are two statements, one of which is labeled as Assertion (A) and the other is labeled as Reason (R):

**Assertion (A)**: Dieting can lead improper functioning of the body.

**Reason (R):** Some nutrients like carbohydrates and fats restricted in dieting.

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

1. Given below are two statements, one of which is labeled as Assertion (A) and the other is labeled as Reason (R):

**Assertion (A)**: Motor developments begin after child reaches 1 year of age.

**Reason (R):** Motor development consist of Gross and Fine Motor Development

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

1. Given below are two statements, one of which is labeled as Assertion (A) and the other is labeled as Reason (R):

**Assertion (A)**: In chair stand test, the subject is to stand near the chair with both feet away from each other at the length of own shoulder.

**Reason (R):** The wrists are help in a crossed position and help close to the chest.

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

1. Given below are two statements, one of which is labeled as Assertion (A) and the other is labeled as Reason (R):

**Assertion (A)**: If a surface of implement used in a performance has elasticity, then an applied force produces bend or compression that represents stored force.

**Reason (R):** The stored force increases the propulsive force over what it would be if elasticity were not present.

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

**Section C (Case Studies)**

1. Which Newton's law applied when the athlete is in running position?

|  |
| --- |
| 1. 3rd Newton's law 2. 1st Newton's law 3. 2nd Newton's law 4. None of these |

1. The place of biomechanics is very important in the game, its knowledge is very important for the players and the coach, through this we try to improve our game and make it better, it leads the game towards the best performance.

**Which type of movement towards the midline?**

a) Adduction b) Flexion

c)Abduction d) Extension

1. DPS, Sharjah Coaches for various games need to select the players for the coaching camp for inter School. They have conducted the endurance/ cardiovascular fitness test before selecting the player for the coaching.

**\_\_\_\_\_\_\_\_\_\_\_\_ is the formula used to calculate the score of the subject.**

1. 200 x Test duration in seconds/2(P1+P2+P3)
2. 200 x Test duration in seconds/2(P1+P2+P3+P4)
3. 100 x Test duration in seconds/2(P1+P2+P3)
4. 100 x Test duration in seconds/2(P1+P2+P3+P4)
5. Sonali’s grandmother was suffering from the knee pain. She has taken her grandmother to the physiotherapist; physiotherapist has suggested some exercise to the grandmother, after some days Sonali has decided to check the effect of exercise on lower body strength of her grandmother.

**Grandmother will place her arms during performing the chair stand test.**

a) Right arm placed on the chest b) Left arm placed on the chest

c)Parallel arms placed on the chest d) Cross arms placed on the chest

1. Mr. Alex, Physical education Teacher at Public School observed that a student of class VIII has a problem of Lumbar-Spine, which is bent in front beyond the normal level. He suggested some exercises to rectify this problem. Based on this case study, answer the following questions.

**What Lordosis is commonly known as \_\_\_\_\_\_\_\_\_\_\_\_?**

a) Hollow back b) Hunch back

c)Sideways bending d) Kyphosis

1. Deepa wants to learn badminton, but her brother made fun of her and ridiculed her. Her parents, seeing her interest, sent her to a professional coach in the Academy to learn that Sport properly and professionally. Based on this case study, answer the following questions.

**What does this show about females?**

a) Women empowerment b) Interest in sports

c)Gender discrimination d) Support to boys

1. The KIS football team started the practice for Football National Meet. One day the school Principal visited the playground and watched the practice session. She felt that the players were weak. Coach informed that most of players are having habit of eating junk food. Principal arranged a nutritionist to take care of players requirements.

**Which food Item has carbohydrates and fats?**

a) Bread & Butter b) Rice & Pulse

c)Potato & Tomato d) Tomato & Almond

1. Mr. Rajneesh is 45 years old and 1.77mtrs tall with a large frame. He reports having lost 30 kg in the last 3 months and weighs 50 kg; He eats three meals a day and complains that he feels hungry at odd times and frequent urination.

**According to the Mr. Rajneesh BMI 15.9, he come under which** **category** \_\_\_\_\_\_\_\_\_\_\_\_

a) Underweight b) Normal Weight

c)Overweight d) Obese

1. A sports university vice-chancellor going to host inter-university tournament in his university campus, he wants to conduct this tournament very smoothly, so he decided to assign duty to all other departments head. Based on given information answer the following questions.
2. Providing information about all participating team to organizing committee and distributing certificates to all participants.
3. Repair work for any damage at accommodation site
4. Submitting all first aid equipment and information to organizing committee
5. Providing information of food expenditure to organizing committee

**What is the role of food and accommodation committee after a tournament?**

a) II & I b) III & II

c)I & III d) IV & II

1. A group of friends wants to organize a kho-kho tournament in their school. They asked their coach to conduct tournament in their Vidyalaya and coach has given permission to them and told that planning is very important to conduct any competition. So, they decided to conduct it very honestly and systematically to take experience of tournament. They have given advertisement in newspaper with prize money. On the basis of the given information answer the following questions.

**Which one of the following is not an objective of planning in sports?**

1. To have good control over all the activities
2. To reduce the chance of mistake
3. Training of umpire and coaches
4. To reduce undue pressure
5. The place of biomechanics is very important in the game, its knowledge is very important for the players and the coach, through this we try to improve our game and make it better, it leads the game towards the best performance.

**Which movement is away from the midline?**

a) Adduction b) Flexion c) Abduction d) Extension

1. Walking on the inner edge of the feet can be a remedy for \_\_\_\_\_\_\_\_\_\_\_.

a) Bow Leg b) Flat Foot c) Overweight d) Kyphosis

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*