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**FT/PEQP/1223/A 10-JUN-2023**

**FIRST TERM EXAMINATION – (2023 -24)**

**SUBJECT: Physical Education (048) Maximum Marks: 70**

**CLASS: 12th Grade TIME: 3 Hours.**

General instructions:

1) The question paper consists of 5 sections and 37 Questions.

2) Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.

3) Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.

4) Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.

5) Sections D consist of Question 31-33 carrying 4 marks each.

6) Section E consists of Question 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.

**SECTION A**

1. In Double league tournament a total of how many matches will be played in league phase if 8 teams are participating? (1)

a) 28 b) 38 c) 58 d) 38

2. The Boarding and Lodging committee for a tournament arranges? (1)

a) Making of the budget for boarding and lodging

b) Meals, refreshment and stay of the chief guest

c) accommodation and meals for the participants

d) refreshments for the participants and officials.

3. In a Sports competition how to play games and sports in competition is steps of planning is called. (1)

a) The course of action b) policy c) comprising rules and regulation d) Cost reduction

4. In knockout tournament if 9 teams are participating. How many Byes will be given in upper half? (1)

a) 3 b) 4 c) 5 d) 2

5. Match the following: - (1)

(a) Run for fun - (i) Organized once in year

(b) Health Run - (ii) To provide the sense to work jointly

(c) Sports Day - (iii) To Promote sense of physical, mental, social & emotional well-being (d) Run for unity - (iv) To provide enjoyment

(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-III, C-II, D-I.

6. Assertion (A): In CBSE games and sports, competition is a combination type of tournament in national.

Reason (R): In combination tournament player gets chance to explore more in CBSE. (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

7. Assertion (A): Most lifestyle diseases can be avoided by following Yoga in our daily life.

Reason (R): About Yoga it is just a myth. Olden days in that atmosphere it worked out, in present situation with Yoga can’t avoid lifestyle diseases. (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

8. The absences of menstrual periods and symptoms like hair loss, headache, change in vision is called? (1)

a) Amenorrhea b) Anorexia nervosa c) Osteoporosis d) Lordosis

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

|  |  |  |  |
| --- | --- | --- | --- |
| `1 | Shalabhasana | A | Palm tree |
| 2 | Shavasana | B | Locust |
| 3 | Tadasana | C | Mountain |
| 4 | Parvatasana | D | Corpse |

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

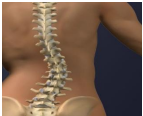
10. Identify the asana. (1)

A drawing of a person bending down

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a) Paschimotta asana b) Vajrasana c) Halasana d) Dhanurasana

11. Identity the deformity below and write the name. (1)



a) Scoliosis b) Hunch Back c) Round Shoulder d) Lordosis

12. Which gland is associated with diabetes. (1)

a) Endocrine b) Pituitary c) Pancreas d) Hypothalamus

13. Menarche is a condition of. (1)

a) Onset of anemia b) Onset of blood pressure c) Onset of blindness d) Onset of menstrual cycle

14. Corrective measures for lordosis is - (1)

a) Dhanurasana b) Halasana c) Gomukhasana d) Gadurasana.

15. Knock-knee could develop an individual due to which of the following lifestyle disease? (1)

a) Diabetes b) Obesity c) Hypertension d) Asthma

16. Which of the following is not contraindication in Matsyasana. (1)

a) High or low blood pressure b) High or low blood pressure

c) Injury in lower or middle back d) Obesity

17. Fine motor development is involved in? (1)

a) Sitting b) Walking

c) Standing d) Catching a ball

18. Which one of the following asanas is beneficial for preventing and curing diabetes? (1)

a) Dhanurasana b) Katichakrasana

c) Ustrasana d) All of the above

Section B

19. Write down the causes of Kyphosis. (1+1)

20. Explain any two benefits of Pada Hastasana. (1+1)

21. Suggest any 4 advantages of league tournament. (0.5x4)

22. Write any two causes of Osteoporosis in women. (1+1)

23. State any two contradictions of Trikonasana. (1+1)

24. What is Intramural? Define it briefly? (2)

Section C

25. Mention during the game responsibilities of officials of various committees. (3)

26. “Women face certain hindrance in sports due to their biological cycle”.

Explain the issues in brief. (3)

27. What is an eating disorder? Explain any two effects of eating disorder among female athletes? (3)

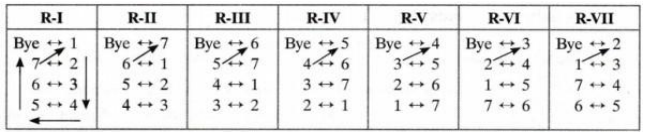
28. Write down the merits & demerits of the Knockout tournament. (3)

29. Briefly explain the Benefits and contraindications of Padmasana. (3)

30. What is Hypertension? List down any four asanas helpful in this problem. (3)

Section D

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



a) Write the name of the fixture.

b) What is the formula for calculating the total number of matches?

c) Write the formula to calculate no of Rounds \_\_\_\_\_\_\_\_\_\_?

d)Write the total no of teams \_\_\_\_\_\_\_\_.

32. Posture plays a very significant role in our daily activities. Correct posture means balancing the body in an accurate and proper manner. Various types of postural deformities can be identified in individuals. (4X1=4)

Q - List down the various postural deformities and explain any two briefly.

33. Define Yoga and explain the Procedure Benefits and contraindications of Ardh Matsendrasa.

(4X1=4)

Section E

34. List down any four asanas used for prevention of diabetes? Explain the procedure, benefits, and contraindication of Pawanmuktasana. (5)

35. Draw the fixture of 19 teams using the knockout format. (5)

36.Draw the fixture of 11 teams considering the tabular method in league format. (5)

37. Justify the Physical, Psychological and Social benefits of women’s sports participations. (5)

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