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**FT/PEQP/1223/B 14-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.**

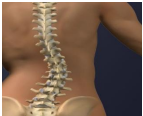
**4) Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.**

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



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

2. Menarche is a condition of. (1)

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

3. 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

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

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

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

a) Sitting b) Walking

c) Standing d) Catching a ball

6. Corrective measures for lordosis is - (1)

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

7. 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

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

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

9. 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

10. 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

11. 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

12. 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.

13. 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

14. 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

15. 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

16. Identify the asana. (1)

A drawing of a person bending down

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

17. 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.

18. 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

Section B

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

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

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

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

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

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

Section C

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

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

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

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

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

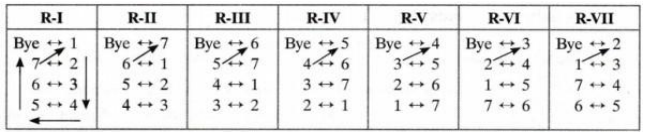
30. “Women face certain hindrance in sports due to their biological cycle”. Explain the issues in brief. (3)

Section D

31. 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)

32. Define Yoga and explain the Procedure Benefits and contraindications of Ardh Matsendrasa. (4X1=4)

33. 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 \_\_\_\_\_\_\_\_.

Section E

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

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

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

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

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