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Roll No. :

HALF YEARLY EXAMINATION (2022-23)

SUBJECT : PHYSICAL EDUCATION

CLASS : XII

Time : 3 hrs

MM:80

GENERAL INSTRUCTIONS :

- (1) *The question paper consists of 30 questions and all are compulsory.*
- (2) *Questions 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.*

SECTION A (1 MARK QUESTIONS)

Q.1. First Step in sports management is :

- | | |
|---------------|-------------------|
| (a) Planning | (b) Organising |
| (c) Execution | (d) Co-ordination |

Q.2 In a single knock-out fixture for 18 teams, the number of byes to be given:-

- | | |
|--------|--------|
| (a) 16 | (b) 14 |
| (c) 12 | (d) 10 |

OR

Q.2. The Head of Organising committee is :

- (a) Administrative Director (b) Chief Technical Official
(c) Executive Director (d) Marshal

Q.3. What is Age between 13-19 years is called as—

- (a) Childhood (b) Later childhood
(c) Adulthood (d) Adolescence

Q.4. What is anorexia nervosa?

- (a) Mental diseases (b) Eating disorder
(c) Physical diseases (d) Menstrual disorder

Q.5. Who is known as Father of Modern Yoga?

- (a) Maharshi Patanjali (b) Maharshi Vedvyas
(c) Lord Brahma (d) Lord Krishna

Q.6. Which asana is known as Fish pose?

- (a) Matsyasana (b) Bhujangasana
(c) Vajrasana (d) Trikonasana

OR

Q.6. Which is the only asana can be performed after taking food?

- (a) Pada Hastasana (b) Trikonasana
(c) Bhujangasana (d) Vajrasana

Q.7. Which of the following is not a disability?

- (a) Hearing (b) Speech
(c) Vision (d) Kyphosis

Most suitable word used for Disabled People :

- (a) Handicapped (b) Retarded
(c) Divyang (d) None of above

Q.9. What is ASD?

- (a) Autism Spectrum Disorder (b) Automatic Special Disorder
(c) Autism Special Disorder (d) Autism Spectrum Disability

Q.10. Which nutrient provides more than double energy provided by carbohydrate in human body?

- (a) Vitamin (b) Minerals
(c) Fats (d) Starch

Q.11. Rickets is caused by deficiency of:

- (a) Vitamin A (b) Vitamin E
(c) Vitamin B (d) Vitamin D

Q.12. A gram of Fat provides calories.

- (a) 3 (b) 6
(c) 9 (d) 12

OR

Q.12. Which are the fat soluble vitamins?

- (a) A, B, D, E (b) A, D, E, K,
(c) E, K, B, C. (d) A, B, C, D,

SECTION B (2 MARKS QUESTIONS)

Q.13. Enlist all committees to organise a tournament or sports event.

Q.14. Write down different stages of growth

OR

Q.14. Define the deformity of 'Knock-Knees'

Q.15. What is the role of yoga in prevention of common lifestyle diseases?

Q.16. What do you understand by Physical Disability?

SECTION C (3 MARKS QUESTIONS)

Q.17. Write down three objectives of planning in sports.

Q.18. What are the advantages and disadvantages of knock out tournament?

OR

- Q.18. Write down three objectives of Intramurals.
- Q.19. Explain the motor development of children in early childhood.
- Q.20. Describe the prevention and treatment of anorexia.
- Q.21. Write benefits of Hastasana.
- Q.22. Write down symptoms of diabetes.
- Q.23. Explain meaning of disorder.
- Q.24. Mention the etiquettes to be kept in mind for person with vision loss.

OR

- Q.24. Mention the etiquettes to be kept in mind while behaving with the person with hearing loss.
- Q.25. What do you understand by Balanced Diet?
- Q.26. Write down the functions of protein.

SECTION D (5 MARKS QUESTIONS)

- Q.27. What do you understand by specific sports programmes. Explain their need and importance.

OR

- Q.27. Write down the meaning and importance of Tournament in detail.
- Q.28. Explain the various factors affecting the motor development in children.
- Q.29. What do you mean by obesity? Explain asanas which prevent obesity.

OR

- Q.29. Write down the procedure, benefits, precautions/contradictions of chakarasana .
- Q.30. What are the pitfalls of dieting? Explain in details.