

KV No .2 Delhi cantt

Physical Education

Class XII

Set A

**Section A (1 mark)**

1. Relaxative asana means?

- (a) Which increase concentration power
- (b) They provide relaxation
- (c) Helpful in physical development
- (d) All of these

2. Hormone responsible for Diabetes:

- a) Oxytocin
- b) Insulin
- c) Thyroxine
- d) Adrenaline

3. What is diabetes:

- (a) in which the blood glucose, blood sugar levels are too high/low
- (b) In which the fatty tissues are deposited in the body
- (c) In which lung have chronic disease
- (d) In which there is vitamin deficiency

4. which of the following should we include in an exercise programme to improve flexibility?

- (a) Plyometric
- (b) Yoga
- (c) Interval training
- (d) Body pump

5. How many types of disability are there?

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

6. What is the full form of SPD

- a) Sensory production disorder
- b) Sensory processing disorder
- c) Sensory physical disorder
- d) Special production disorder

7. BMI stands for

- a) Body mass index
- b) Basal metabolic index
- c) Body muscle injections
- d) Body mass indicator

8. Which one of the following pairs of fitness components is yoga likely to develop?

- (a) Flexibility and cardiovascular endurance
- (b) Speed and flexibility
- (c) Strength and flexibility
- (d) Muscular endurance and cardio vascular endurance

9. Obesity is condition where there is:

- a) Vitamin deficiency
- b) Hypertension
- c) Excessive protein
- d) Excessive fat

10. Full form of ODD

- a) Oppositional deficiency disorder
- b) Official deficiency disorder
- c) Oppositional detected disorder
- d) Oppositional defiant disorder

#### Section B (3 marks )

11. Explain any two asanas and their benefits to reduce obesity

12. What is asthma? brief any two preventive asanas for asthma

13. What is oppositional defiant disorder (ODD)? Mention 3 causes of ODD

14. What is the procedure and benefits of bhujanasana?

15. Discuss briefly about Attention Deficit Hyperactivity Disorder (ADHD)

#### Section C (5 marks )

16. Discuss asana as preventive measures.

17. What are the different disability Etiquettes?