



**ANANDALAYA**  
**PERIODIC TEST – 1**  
**Class : XII**

Subject : Physical Education  
Date : 18-07-2022

M.M : 40  
Time : 2:00 Hours

1. There are three sections in the Question paper namely Section A, Section B, and Section C.
2. Section A consists of 9 questions out of which 8 questions have to be attempted. Each question carries 2 marks and should be answered in 30 - 50 words.
3. Section B consists of 6 questions out of which 4 questions have to be attempted. Each question carries 3 marks and should be answered in 80 - 100 words.
4. Section C consists of 4 questions out of which 3 questions have to be attempted. Each question carries 4 marks and should be answered in 100 - 150 words.

**SECTION A**

1. Write the basic functions of Sports event management. (2)
2. Posture is very important for all influential personalities as well. Do you agree? Why? (2)
3. Good staff is the backbone of any successful sporting event. What do you understand by staffing in sports event management? (2)
4. Which deformities are known as postural deformities? Please prepare a list of them. (2)
5. There are many methods of diving fixtures to organize sports competition, but the easiest method is considered to be the Staire Case Method. Explain the same by quoting relevant examples. (2)
6. Write the two main causes of bad Posture. (2)
7. Many committees are needed to organise a sports competition. One of them is the Reception committee. List the functions of the Reception committee, in your own words. (2)
8. What do you understand by Eating Disorder? (2)
9. Define the term fixture. Explain briefly various types of tournament. (2)

**SECTION B**

10. 11 teams are participating in a Knock - out Tournament. Explain the procedure that can be used to calculate the number of "Byes". Also allot "Byes" diagrammatically. (3)
11. Name the deformity in which both the legs look out from the knee? Explain in detail, the exercises which can help cure this deformity. (3)
12. Define planning. Discuss the main three objectives of planning in sports. (3)
13. Which are the spinal curvature deformities and list their causes and precautions. (3)
14. Compare any three committees that work together to organize sports events with its responsibilities. (3)
15. Bulimia Nervosa is a type of Eating Disorder that has a lot to do with the body as well as the mind. Express your views with respect to this disorder. (3)

**SECTION C**

16. Anandalaya is going to organize the CBSE National Volleyball Tournament in which 37 teams have given their confirmation to participate but due to some reason it was not possible for two teams to come. Draw a fixture keeping in view the facts described above. (4)
17. Explain the causes and corrective measures for Knock Knee and Flate Foot. (4)
18. 9 teams are participating in a Inter School Football Tournament. It has been decided to feed these 9 teams by making fixture using Cyclic Method, but the organiser is finding it difficult to make fixture with this method. Help them by making the fixtures in the right way. (4)
19. Oestoporosis and Amenorrhoea are two Female Athelte Traids. Write in detaile about each of them. (4)