



विद्या सर्वार्थ साधिका

ANANDALAYA
PERIODIC TEST - 2
Class : XII

Subject : Physical Education
Date : 23-09-2022

M.M : 70
Time : 3 Hours

General Instructions:

1. There are four section in the Question paper namely Section - A, B, C and D.
2. Question No. 1 - 12 are Multiple Choice Type Question.
3. Question No. 13 - 16 carry 02 marks each and should have 40 - 60 words.
4. Question No. 17 - 26 carry 03 marks each and should have 80 - 100 words.
5. Question No. 27 - 30 carry 05 marks each and should have 100 - 150 words.

SECTION - A

1. If odd numbers of teams are participating in a Robin tournament then the formula for calculating number of round will be _____.
(A) $N - 1$ (B) $N(N-1)$ (C) N (D) $N + 1$ (1)
2. What is female Athlete triad?
(A) Osteoporosis (B) Amenorrhea (C) Eating Disorder (D) All of the above (1)
3. Hazardous consequences of obesity is /are _____.
(A) Prone to injuries (B) likely to get various lifestyle diseases (1)
(C) Pollution decrease (D) All of these
4. The reason Paralympics Games got their names was because _____.
(A) They were meant for athletes suffering from paraplegia (1)
(B) They run alongside or parallel to the Olympic Games
(C) The athletes are paragons of their sports
(D) They are attended by a large number of paramedics
5. Maximum Carbohydrates are obtained from _____.
(A) Whole grain food (B) Fish (C) Plant Oil (D) Nuts (1)
6. In a knock out tournament, if 9 teams are participating then number of byes in upper half will be
(A) 3 (B) 4 (C) 5 (D) 2 (1)
7. A condition in which the spine curves to the left or right is referred to as
(A) Scoliosis (B) Lordosis (C) Low back pain syndrome (D) Kyphosis (1)
8. Which asana is helpful in maintaining normal blood pressure?
(A) Shavasana (B) Padmasana (C) Shalabhasana (D) Anulom - Vilome (1)
9. The world's largest sports organization for children and adults with intellectual and physical disabilities is
(A) Top Olympic (B) Special Olympic (C) Unique Olympic (D) None of the above (1)
10. The main source of Vitamin C is.
(A) Guava (B) Egg (C) Milk (D) Banana (1)

11. Identify the picture shown below and chose the correct alternative: (1)



- (A) Special Olympic (B) Olympic Games (C) Paralympics Flag (D)None of the above

12. International Day of Yoga is celebrated on: (2)
(A) June 20 (B) June 12 (C) June 21 (D) January 21

SECTION - B

13. What is the motto and eligibility of Deaflympics? (2)
14. Name any two macro and micro minerals. (2)
15. Under which circumstances one should avoid practice of Ardh Matsyendrasana ? (2)
16. In which conditions Knock Out tournament are better than Round Robin? (2)

SECTION -C

17. Suggest any three disadvantages of League tournament. (3)
18. Design three free hand exercises programme for curing Round shoulder. (3)
19. Highlight 6 asana for curing and preventing Hypertension. Elaborate any one of your choice. (3)
20. Write any two aims and objectives of International Silent Game. (3)
21. "Carbohydrates are energy giving food." Elaborate the statement and mention the sources of carbohydrates and their functions. (3)
22. Write a note on term "Knock - out". Make a knock - out fixture of 16 teams. (3)
23. What is Osteoporosis? Explain factors, those lead to Osteoporosis in women. (3)
24. "This asana helps to increase height and is useful for young children" Discuss its procedure. (3)
25. "Special Olympic" Express your opinion about it. (3)
26. Differentiate between macro Nutrients and micro Nutrient. (3)

SECTION - D

27. Explain in details, functions of Sports events manager. (5)
28. "Asana can be used as a preventive measure" Comment and write five valuable points. (5)
29. How physical activities are helpful for children with special needs? Explain strategies to make physical activities assessable for them. (5)
30. "Vitamins are essential for our metabolic process. What happens if we devoid our diet of Vitamins. (5)