



विद्या सर्वार्थ साधिका

ANANDALAYA
PERIODIC TEST-1
Class : XII

Subject : Physical Education (048)
Date : 19-07-2023

M.M : 40
Time : 1 Hr 30 Min.

General Instructions:

1. The question paper consists of 5 sections.
2. Section A consists of question 1-10 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
3. Sections B consist of questions 11-14 carrying 2 marks each and are very short answer types and should not exceed 60-90 words.
4. Sections C consist of questions 15-17 carrying 3 marks each and are short answer types and should not exceed 100-150 words.
5. Sections D consist of questions carrying 4 marks each and are case studies.
6. Section E consists of questions carrying 5 marks each and should not exceed 200-300 words.

Section -A

1. Which of the following vitamin is found in pulses? (1)
(A) B1 (B) B2 (C) B3 (D) B6
2. Which one of the following asana/ pranayam is not a remedial asana for treating Hypertension. (1)
(A) Shavasana (B) Ardha-halasanana (C) Anuloma-viloma (D) Sheetal pranayam
3. Iodine is a part of_____. (1)
(A) Micro minerals (B) Macro minerals (C) Vitamins (D) Carbohydrate
4. Menarche is related to_____. (1)
(A) ending of menstrual period in women (B) beginning of menstrual period in women
(C) time of pregnancy (D) spinal deformity
5. One deformity may lead to the development of another, knock knees may be a cause of: (1)
(A) Flat foot (B) Scoliosis (C) Kyphosis (D) Lordosis
6. Gomukhasana, Ushtrasana, Matsyasana are helpful in curing _____ as a disease. (1)
(A) Diabetes (B) Backpain (C) Asthma (D) Obesity
7. The amount of calories required by an adult with average body weight per day is_____. (1)
(A) 1500cal. (B) 2000 cal. (C) 3500 cal. (D) 3000 cal.
8. In which of these disorders does a women eat excessive amount of food and fearing obesity tries to take it out by vomiting. (1)
(A) Bulimia Nervosa (B) Osteoporosis (C) Anorexia Nervosa (D) Amenorrhea
9. Makarasana is beneficial for_____. (1)
(A) Diabetes (B) Hypertension (C) Obesity (D) None of the above
10. A knee misalignment that turns the knees inward. (1)
(A) Pea planus (B) Genu valgum (C) Kyphosis (D) Lordosis

Section -B (Attempt any three)

- 11. Suggest any two free hand exercises for correcting round shoulder. (2)
- 12. What is Osteoporosis? Mention the factors that lead to Osteoporosis in women. (1+1)
- 13. Give two reasons, why our body requires food supplements. (2)
- 14. What is the main physiological cause of Asthma? (2)

Section-C (Attempt any two)

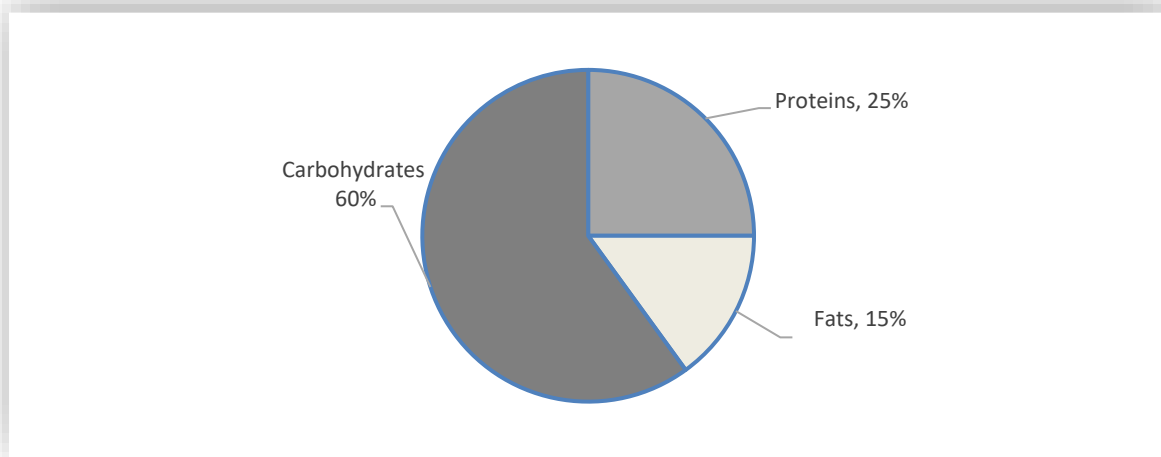
- 15. "Women face certain hindrance in sports due to their biological cycle." Explain in brief. (3)
- 16. "Yoga is a way of healthy life." Critically explain. (3)
- 17. What are the pitfalls of dieting? Explain any three. (3)

Section -D

- 18. Rajan and Himanshu are good friends. They walk to school together every day while talking to each other. Rajan noticed that from the past few days Himanshu is not able to walk and carry his bag comfortably as he used to do earlier. There is a change in his body posture, he is inclined towards left side while walking. Rajan took Himanshu to the physical education teacher who identified postural deformity and suggested remedial exercises to correct it. (4)

On the basis of the above situation, answer the following question:

- 18.1. Which postural deformity makes Himanshu inclined towards his left while walking?
(A) Kyphosis (B) Knock knee (C) Scoliosis (D) Lordosis
- 18.2. Corrective measures includes_____.
(A) Spinal Movement (B) Hip roll & Bridge (C) Spine Exercise (D) All of these
- 18.3. What are the causes of Himanshu's illness?
(A) Wrong exercise (B) Carrying heavy load (C) Improper posture (D) All of these
- 18.4. Name any two asanas which cure this deformity.
- 19. The following pie chart shows the proportion of healthy diet for sportsperson. (4)



On the basis of the above data, answer the following questions.

- 19.1. Which factor plays a very important role in the diet?
- 19.2. Which two factors contribute less than or equal to 40% in a healthy diet for sports?
- 19.3. Find the factor which is least required in a healthy diet?
- 19.4. Which ratio is showing the minimum healthy diet for sports?

Section-E

- 20. List down any four asanas used for prevention of Hypertension. Explain the procedure and contraindication of any one of them with the help of a stick diagram. (1+4)
- 21. Make a list of Nutritive components of diet and briefly explain the water soluble vitamins with their sources. (1+4)