



विद्या सर्वार्थ साधिका

ANANDALAYA

PERIODIC TEST-2

Class : XII

Subject : Physical Education (048)

Date : 29-09-2023

M.M : 70

Time : 3 Hrs.

General Instructions:

1. The question paper consists of 5 sections and 37 Questions.
2. Section-A consists of Questions No. 1-18 carrying 1 mark each and is Multiple Choice Type Questions.
3. Section-B consists of Questions No. 19-24 carrying 2 marks very short answers types and should not exceed 60-90 words.
4. Section-C consists of Question No. 25-30 carrying 3 marks each short answers types and should not exceed 100-150 words.
5. Section-D consists of Questions No. 31-33 carrying 4 marks each and is case studies.
6. Section-E consists of Questions No. 34-37 carrying 5 marks each and shall not exceed 200-300 words.

SECTION -A

1. How many byes will be given if 23 teams and 4 teams are to be seeded is participating in (1) knock-out tournament?
(A) 9 (B) 10 (C) 11 (D) 13
2. Mr. Gopi, Physical Education Teacher of a reputed CBSE school has decided to conduct an (1) Inter School Kabaddi tournament in his school premises after drawing of fixtures. He consulted the Management and the Principal to conduct the Tournament of Pro Kabaddi pattern with but the Physical Education teacher was not aware of pro Kabaddi Tournament. So he discussed to the National Kabaddi Referee Association.
(A) Knock-out (B) League (C) Combination (D) Ladder
3. What is the duration of Flamingo balance test? (1)
(A) 30 seconds (B) 40 seconds (C) 60 seconds (D) 50 seconds
4. Which of the following asana gives a posterior stretch to the spinal column? (1)
(A) Sukhasana (B) Paschimottanasana (C) Shavasana (D) Gomukhasana
5. The weight of women and men for arm curl of senior citizen is _____ (1)
(A) 3 pound, 4 pound (B) 5 pound, 8 pound (C) 5 kg, 8 kg (D) None of these
6. The amount of oxygen which can be consumed by the working muscles from the blood (1) is ____
(A) oxygen uptake (B) oxygen intake (C) cardiac output (D) oxygen diffusion
7. Establishing standards for work performance, measuring performance and comparing it to the (1) set standards and taking corrective actions is a part of _____
(A) planning (B) directing (C) controlling (D) organising
8. _____ asana resembles the face of a cow. (1)
(A) Bhujangasana (B) Halasana (C) Padmasana (D) Gomukhasana

9. Identify the picture shown below and choose the correct alternative: (1)



- (A) Special Olympics (B) Olympics (C) Paralympics (D) Deaflympics
10. Duration of partial curl up test is _____. (1)
(A) 30 seconds (B) 1 minute (C) 6 minutes (D) 5 minutes
11. What is hypertrophy in the muscle? (1)
(A) Increase in aerobic (B) Working muscle
(C) Cardio respiratory endurance (D) Increase in size of muscle
12. As per British method, _____ method is used to declare the winner. (1)
(A) Total points obtained/Total possible x100
(B) Matches won/Matches played x 100
(C) Team with maximum points will be winner
(D) Win-2 points, loser-0 point, Draw-1 point each
13. Which of these are not tests for 9 year old girl in Khelo India Fitness Assessment? (1)
(A) BMI (B) Push ups (C) Partial curl up (D) 50 m
14. What is the distance between centers of 2 discs in the plate tapping test? (1)
(A) 40 cm (B) 60 cm (C) 50 cm (D) 25 cm
15. In 50 m standing start of Motor Fitness Test, time is taken nearest to _____. (1)
(A) 10th of a second (B) 9th of a second (C) 5th of a second (D) 20th of a second
16. The part affected below the skin because of hard impact becomes blue black due to _____. (1)
(A) Abrasion (B) Contusion (C) Bruise (D) Laceration
17. The slow-twitch muscles, which predominantly are supplied with red fibers, are adapted for _____. (1)
(A) Strength (B) Speed (C) Endurance (D) Dynamic balance
18. World Disability Day is celebrated on _____ every year. (1)
(A) 2nd April (B) 21st June (C) 29th August (D) 3rd December

SECTION-B (Attempt any five)

19. Round -Robin tournament is of how many types? Give one major difference between them? (1+1)
20. What do you mean by the term contraindication in Yoga? (2)
21. Write any two aims and objectives of Deaflympics. (1+1)
22. List any four Senior citizen-fitness test. (1/2x4)

23. Why does involvement in regular exercise delay the onset of fatigue? (2)
24. What are the factors that contribute to muscle strain? (1/2x4)

SECTION-C (Attempt any five)

25. Draw a flow chart of different types of sports injuries. (3)
26. What is the purpose of 600 m run/walk Khelo India fitness test? Write its procedure. (1+2)
27. What do you understand by Impaired muscle power? Explain with the help of an example. (2+1)
28. 'School and organization play an effective role to encourage participation of CWSN children in physical education and sports'. Comment on the statement. (3)
29. Draw the stick diagram of Parvatasana and discuss the technique for the asana. (3)
30. Describe the Pre Meet works for conducting any sports tournament. (3)

SECTION-D

31. The International Paralympics Committee is the global governing body of the Paralympic movement. Its purpose is to organize the summer and winter Paralympic Games and acts as the International Federation for ten sports, supervising and coordinating World Championships and other competitions. (4)

On the basis of the above statement, answer the following questions:

- 31.1 When did the first sports club of deaf come into existence?
- 31.2 In which year the International Paralympic Committee was founded?
- 31.3 There are _____ sports on the summer Paralympic programme.
- 31.4 What is the ultimate goal of IPC?
32. Sports Minister of India has launched many sports schemes in India. Among these, one of the best schemes is Khelo India. Mr. Kannan, father of Kartik approached the PE teacher and enquired about the fitness levels of the students. PE teacher replied that Khelo India consisted of physical fitness tests for school children and they were analysing students' fitness through these tests. (4)

Keeping this in mind, answer the following questions:

- 32.1 Which is the best test to measure abdominal muscular strength?
- 32.2 Sit and reach test is to measure the _____.
- 32.3 Which method should he follow to improve speed?
- 32.4 Flamingo balance test is designed to assess leg strength and _____.

33.

1-2							
1-3	2-3						
1-4	2-4	3-4					
1-5	2-5	3-5	4-5				
1-6	2-6	3-6	4-6	5-6			
1-7	2-7	3-7	4-7	5-7	6-7		
1-8	2-8	3-8	4-8	5-8	6-8	7-8	

(4)

On the basis of above given fixture answer the following questions.

- 33.1 What is the formula for calculating the number of matches?
- 33.2 What is the formula for calculating the Rounds?
- 33.3 Identify the Fixture.
- 33.4 Is it suitable for knock-out tournament or league tournament?

SECTION-E (Attempt any three)

34. How does inclusion in physical education and sports benefit for CWSN? How can inclusive education be implemented in India? (5)
35. Discuss the asanas helpful for a person suffering from Hypertension. Write down the procedure and contraindications of Sarala Matsyasana in detail. (1+2+2)
36. Draw a flow chart and describe the various committees for the organization of Annual sports Meet of your school. (1+4)
37. Explain Johnson- Metheny Test of motor educability. What is Jumping half turn and full turn? (3+2)