



विद्या सर्वार्थ साधिका

ANANDALAYA
PERIODIC TEST-2
Class: XII

Subject: Physical Education (048)
Date : 18-12-2024

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 picture based question.
6. Section-E consists of Questions No. 34-37 carrying 5 marks each and shall not exceed 200-300 words.

SECTION –A

1. How is a bye determined for a team? (1)
(A) Performance (B) Draws (C) First come (D) Seeding

2. Given below are two statements, one is labeled as Assertion (A) and the other is labeled as Reason (R). (1)

(A): Combination tournaments are organized mostly in League cum League Basis.

(R): Combination provides opportunity to the individual to prove his physical and mental ability.

In the context of above two statements which one of the following is correct?

(A) Both (A) and (R) are true and (R) is the correct explanation of (A)

(B) Both (A) and (R) are true and (R) is not the correct explanation of (A)

(C) (A) is true but (R) is false

(D) (A) is false but (R) is true

3. Match List – I with List – II and select the correct answer from the code given below: (1)

(i)	Anorexia Nervosa	1.	Episode of Binge eating
(ii)	Osteoporosis	2.	Anemia
(iii)	Bulimia Nervosa	3.	Absence of menses for three months
(iv)	Amenorrhea	4.	Decrease in density of bones

(A) 2 4 1 3 (B) 3 4 1 2 (C) 4 3 2 1 (D) 2 3 4 1

4. In which type of food are phytates permanently present? (1)

(A) Bajra (B) Ragi (C) Spices (D) Millets

5. Identify the common postural deformity. (1)



(A) Knock knee (B) Flat foot (C) Kyphosis (D) Bow legs

6. Which asana is of side twist pose? (1)

(A) Shavasana (B) Chakrasana (C) Ardha Matsendrasana (D) Parvatasana

7. The process of categorizing participants in the special Olympic is known as? (1)
 (A) Divisioning (B) Classification (C) Grouping (D) Categorization

8. Match the following: (1)

i	Knock knees	1	Increase or exaggeration of backward curve
ii	Scoliosis	2	Wide gap between the knees when standing
iii	Kyphosis	3	Knees touch each other in normal standing
iv	Bow legs	4	Inward curvature of the spine

- (A) 4 3 1 2 (B) 3 2 4 1 (C) 2 4 1 3 (D) 1 2 3 4

9. What type of nutrients contains Nitrogen? (1)
 (A) Vitamin (B) Protein (C) Fat (D) Water

10. Match List – I with List – II (1)

i.	Chair Stand Test	1.	Speed, Coordination and Balance
ii.	Back Scratch Test	2.	Strength & Endurance of Upper body
iii.	Arm Curl Test	3.	General range of Motion of shoulder
iv.	'8' Feet Go Test	4.	Leg Strength and Endurance

- (A) 4 1 3 2 (B) 4 2 3 1 (C) 1 2 3 4 (D) 4 3 2 1

11. Contusion is _____. (1)
 (A) Cut over skin (B) Crushing or damage of soft tissues
 (C) Damage over muscles (D) Displacement of bone

12. _____ is a condition typically defined wherein an individual has a resting heart rate of under 60 beats per minute (BPM) in adults. (1)
 (A) Bradycardia (B) Hypertrophy (C) Alveoli (D) Perfusion

13. Spikes used in sporting shoes to take advantage of _____. (1)
 (A) Weight (B) Inertia (C) Friction (D) Stability

14. The three basic components of a lever are _____. (1)
 (A) Mass, Weight, Velocity (B) Force, Fulcrum & Load
 (C) Fulcrum, Resistance & Effort (D) Both A and C

15. What kind of personality encompasses traits such as imagination, intellect, creativity, curiosity, diverse interests, and openness to new ideas, in contrast to characteristics that are suspicious, inflexible and closed off to experiences? (1)
 (A) Openness (B) Extraversion (C) Neuroticism (D) Agreeableness

16. Emotionally unstable anxiety, sadness are attitudes of which personality? (1)
 (A) Extroversion (B) Neurotics (C) Agreeable (D) Openness

17. What category of strength would you classify Shot Put under? (1)
 (A) Strength Endurance (B) Explosive Strength
 (C) Maximum Strength (D) Speed Strength
18. What kind of coordinate abilities are defined as determining a body's position and its part in time and space concerning gravity and moving objects? (1)
 (A) Differentiation Ability (B) Orientation Ability
 (C) Adaptation Ability (D) Coupling Ability

SECTION-B (Attempt any five)

19. Explain any two Postural deformities of legs. (1+1)
20. What are macronutrients? Explain their role in our diet. (1+1)
21. Your grandfather feels that he has reduced his upper body flexibility and therefore he wants to test himself. Which test would you suggest to him? Write the procedure. (1+1)
22. How does cardiac – output increases by regular exercise? (1+1)
23. Enlist the training method for development of endurance. Which method will you suggest to develop? (2)
24. “Extrinsic motivation sometimes may kill intrinsic motivation”. Justify. (2)

SECTION-C (Attempt any five)

25. “League tournament is a better way to judge the best team of tournament”. Comment. (3)
26. Give three important reasons for less participation in sports of Indian women. (3)
27. Explain any three benefits of Inclusive education. (3)
28. Write in detail about the strength improving methods – Isometric, Isotonic and Isokinetic. (1+1+1)
29. Compare any three fat soluble vitamins on the basis of their sources and benefit. (3)
30. Describe equilibrium and CG in your own words. (1+2)

SECTION-D

31. Given diagram demonstrates the different skills related to sports events management. Study the diagram and based on your understanding answer the questions that follow. (4)

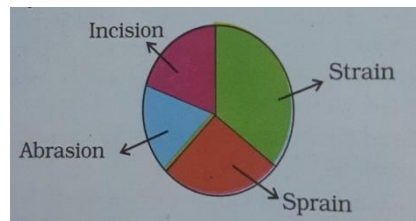


- i) The enhancement of sports performance is one of the significant objectives of sports ____.
- ii) _____ is a sporting event that requires a lot of preparation before sports event.
- iii) _____ is the process of hiring and developing the required personnel to fill in the various positions in the organization.
- iv) _____ ensures that the performance does not deviate from standards.

32. In relation to the pictures, answer the following questions. (4)



- (a) What is the mission of the first organization?
(b) What is the Motto of the first organization?
(c) Until 1965 the games in the second picture were known as ____ .
(d) Second picture games are conducted after every _____ years.
33. Below given is the pie chart of types of tissue injuries. (4)



On the basis of above data answer the following questions.

- (a) Which injuries commonly occur when exposed skin comes in contact with rough surfaces?
(b) Name the injury that occurs most in the athletes from the above given pie chart.
(c) Which injury which can be treated by 'RICE'?
(d) Incision is due to the impact of a sharp object which splits the _____.
- SECTION-E (Attempt any three)**
34. Explain the causes and symptoms of Diabetes. Explain the procedure and contraindications to overcome Diabetes. (5)
35. What do you mean by lever? With the help of suitable examples discuss the application of all three class levers in sports. (2+1+1+1)
36. What is circuit training? Draw a diagram of circuit training with 10 stations and explain its advantages. (1+2+2)
37. What are the components of Rikli and Jones Sr. Citizen Test? Explain the procedure for administering any two test items. (1+2+2)