



विद्या सर्वार्थ साधिका

ANANDALAYA
PERIDOC TEST – 1
Class: XII

Subject: Physical Education (048)
Date : 19-07-2024

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

General Instructions:

1. The question paper consists of 5 sections and 19 Questions. All questions are compulsory.
2. Section A consists of question No. 1 – 10 carrying 1 mark each and is Multiple Choice Type Question.
3. Section B consists of question No. 11 – 13 carrying 2 marks each and is very short answer types and should not exceed 60-90 words.
4. Section C consists of question No. 14 – 15 carrying 3 marks each and is short answer types and should not exceed 100-150 words.
5. Section D consists of question No. 16 – 17 carrying 4 marks each and are case studies.
6. Section E consists of question No. 18 – 19 carrying 5 marks each and should not exceed 200-300 words.

SECTION - A

1. How many byes will be given if 17 teams are in knock – out tournament? (1)
(A) 15 (B) 14 (C) 1 (D) 17
2. Which one is not the cause of flat feet? (1)
(A) Genetic (B) Foot Injury (C) Sports Activities (D) Obesity
3. Avoid playing a match in the first round of the tournament, is termed as _____. (1)
(A) Seeding (B) Bye (C) Fixture (D) Knock - Out
4. Bulimia Nervosa is an _____. (1)
(A) eating disorder (B) eating very less (C) diet related disease (D) skin disease
5. Intramural competition helps in _____. (1)
(A) selection for exercise
(B) group cohesion
(C) recreation
(D) all of these
6. Asthma is caused by _____. (1)
(A) dilation of airways
(B) infection of airways
(C) ulcer in airways
(D) constriction of airways
7. Intramural sports are assigned for _____. (1)
(A) zonal (B) interstate (C) intraschool (D) district
8. Which of this asana is also known as corpse pose? (1)
(A) Shavasana (B) Tadasana (C) Matsyasana (D) Bhujangasana
9. When was National Sports Day celebrated in India for the first time? (1)
(A) 2014 (B) 2012 (C) 2017 (D) 2019
10. Female Athlete triad does not include _____. (1)
(A) osteoporosis (B) amenorrhea (C) eating disorder (D) kyphosis

SECTION – B

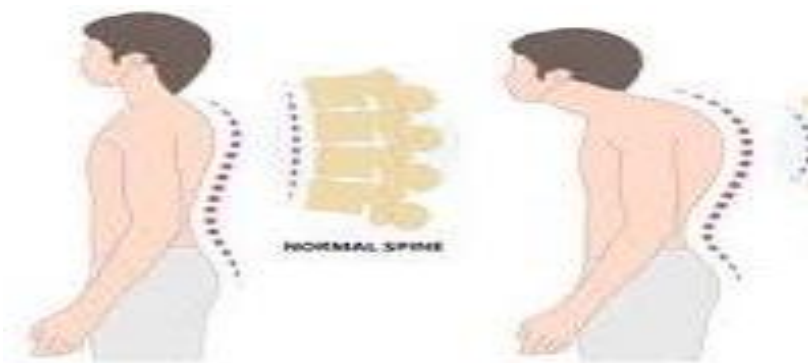
11. List out the different causes of obesity. (2)
12. Design any four corrective measures of Scoliosis. (2)
13. Differentiate between Intramural and Extramural competitions. (2)

SECTION -C

14. Explain briefly, the tabular method of drawing fixture. (3)
15. List the yogasana useful in hypertension. Discuss any two in brief. (3)

SECTION – D

16. The given below image show a spinal a condition in which shoulder is bent forward, thereby giving a narrow to the upper back. (4)



Observe the above image and answer the questions that follow:

- I. The normal condition is shown by figure _____ and spinal deformity is observed in figure _____.
 - II. The demonstration spinal condition is named as _____.
 - III. Yoga asanas like _____ is useful in correcting this condition.
 - IV. This condition can be avoided by standing in _____ position.
17. Sonam a student of XII is suffering from very low BMI. Her class teacher has asked the school counselor to help Sonam to correct her problem. Counselor noticed that she is not taking diet regularly. (4)
On the basis of the above statement answer the following questions.
 - I. Eating disorders are severe disturbances in eating behavior commonly seen among _____ .
 - II. A person with _____ eats an extremely low-calorie diet and has an excessive fear of gaining weight.
 - III. The person suffering from anorexia nervosa loses weight and maintains extremely low _____ in different ways.
 - IV. All individuals with _____ need management and treatment.

SECTION – E

18. Being the sports captain of your school, prepare five important committees with their responsibilities for Annual Sports Meet – 2024. (5)
19. Explain 'flat foot' and 'knock-knees' and suggest corrective measure for both postural deformities. (5)