

PRATAP PUBLIC SCHOOL SECTOR-6, KARNAL  
MID-TERM EXAMINATION (2023-24)  
Class - XII (Physical Education)

Time Allowed: 3 Hours

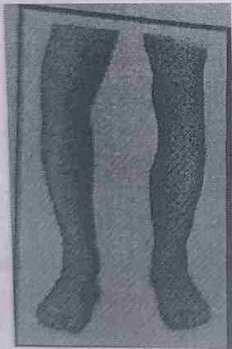
Maximum Marks: 70

General Instructions:-

1. The Question paper consists of 5 Sections and 37 Questions.
2. Section A consists of 1-18 carrying 1 mark each and is multiple choice questions. All are compulsory.
3. Section B consists of 19-24 carrying 2 marks each and are very short answer type and should not exceed 60-90 words. Attempt any five.
4. Section C consists of 25-30 carrying 3 marks each and are short answer type and should not exceed 100-150 words. Attempt any five.
5. Section D consists of 31-33 carrying 4 marks each and are case studies. There are internal choice available.
6. Section E consists of 34-37 carrying 5 marks each and are long answer type and should not exceed 200-300 words. Attempt any three.

SECTION-A

Q1. identify this deformity.



(a) Knock Knees

(c) Bow Legs

(b) Flat Foot

(d) Scoliosis

Q.2. Intramural gives opportunity to:

(a) New players

(c) Non-players

(b) Experienced players

(d) Injured players

Q3. Obesity causes

(a) Under weight

(c) Excess of fat in body

(b) Asthma

(d) Back Pain

Q.4. The organization controlling and guiding Special Olympics Bharat is

- (a) IOC
- (b) IOA
- (c) SOI
- (d) IPC

Q.5. Given below are two statements, one of which is labelled as Assertion (A) and the other is labelled as Reason (R)

**Assertion (A):** It is difficult to walk on ice.

**Reason (R):** Ice has very less friction.

Which one of the following statements is correct?

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A)
- (b) Both (A) and (R) are true but (R) is not the correct explanation of (A)
- (c) (A) is true, but (R) is false
- (d) (A) is false, but (R) is true

Q.6. Push - up test is used to measure

- (a) abdominal strength
- (b) Upper body strength and endurance
- (c) low back flexibility
- (d) Explosive strength

Q.7. Contusion is:

- (a) Cut over skin
- (b) Crushing or damage of soft tissues
- (c) Damage over muscles
- (d) Displacement of bone

Q.8. Cardiac output is the ability to

- (a) Breathing with maximum volume of air
- (b) To pump out blood in one minute
- (c) No cardiac problem
- (d) Decrease in blood pressure

Q.9. Name the first Indian woman who scored Bronze Medal in Weight lifting in Olympics.

- (a) P.V. Sindhu
- (b) Karnam Malleshwari
- (c) Merry Com
- (d) Sania Nehwal

Q.10. Given below Reason (R) are two statements, one of which is labelled as Assertion (A) and the other is labelled as

**Assertion (A):** Upper body strength can be measured through push-up test.

**Reason (R):** Arm curl test is mostly used to measure shoulder strength for senior citizen.

Which one of the following statement is correct?

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A)
- (b) Both (A) and (R) are true but (R) is not the correct explanation of (A)
- (c) (A) is true, but (R) is false
- (d) (A) is false, but (R) is true

**Q.11.**  $VO_2$  max is related to:

- (a) Muscular system
- (b) Respiratory system
- (c) Cardiovascular system
- (d) Energy production system

**Q.12.** Which of the asanas can curve the deformity of Genu Valgum?

- (a) Vriksh & Akarn Dhanur asanas
- (b) Padma & Gomukh asanas
- (c) Pillow between legs during sleep
- (d) All of these.

**Q.13.** Benefits of Shavasana is/are:

- (a) It increases concentration power
- (b) It provides relaxation in High Blood Pressure
- (c). It is helpful in reducing stress
- (d) All of these

**Q.14.** Disability means:

- (a) Impairment of cognitive, developmental and intellectual
- (b) Problem or illness of body or mind
- (c) Not able to work
- (d) Sense organs not working properly food.

**Q.15.** Roughage is

- (a) Macronutrient
- (b) Micronutrient
- (c) Non-nutritive
- (d) Nutritive

**Q.16.** Which test is used to check the Upper body Flexibility for the senior citizen?

(a) 8 Feet Up and Go Test

(b) Chair Sit and Reach Test

(c) Back Scratch Test

(d) Arm Curl Test

**Q.17.** Biomechanics help in

(a) improve techniques

(b) improving designs of sports equipments

(c) improving sports performance

(d) All of these

**Q.18.** BMR helps to measure

(a) walking ability

(b) cardio-respiratory ability

(c) energy requirement

(d) flexibility of lower back

#### SECTION-B

**Q.19.** Mention the symptoms of Back Pain?

**Q.20.** Write a note on Special Olympics.

**Q.21.** Mention the source of carbohydrates.

**Q.22.** Write briefly about any one method of endurance development.

**Q.23.** Name the various types of Aggression.

**Q.24.** Why does weightlifter's diet include lot of proteins?

#### SECTION-C

**Q.25.** Define types of Tournament. Draw a fixture of 6 teams on league basis with cyclic method.

**Q.26.** State the factor affecting Motor Development.

**Q.27.** Write four strategies to make Physical Education Assessable for children with special need.

**Q.28.** Explain the physiological factors which determine the flexibility of individual .

**Q.29.** Write a note on Exercise Adherence.

**Q.30.** Explain the types of Coordinative Ability.



## SECTION D

**Q.31.** Observe the table and answer the below questions:

For Extramural Event	For Intramural Event
Chairperson/ Chief Patron/ Director (Director Sports in State)	Chairperson/Chief Patron/Director (Principal of Institution)
Convener (District Education Assistant Sports Director)	Convener (Physical Education Teacher)
Member (Physical Education Teacher of Different Schools)	Member (Teachers of School)
Organizing Secretary (Physical Education Teacher) Technical Committee; Finance Committee:	President (Head Boy/Girl) Secretary (Sports Captain)
Registration Committee; Awards Committee First-Aid Committee, Refreshment Committee; Recorder Committee; Transport Committee etc.	Technical Committee, Finance Committee, Registration Committee, Awards Committee; First-Aid Committee; Refreshment Committee, Recorder Committee, Transport Committee etc.

- (a) What is shown in the above table?
- (b) Who shall play the role of Organising Secretary for Inter House Football matches in a school?
- (c) What is the prime role of Registration Committee?
- (d) What are the works of Technical Committee? State the management phases.

Or

What is the primary role of the Physical Education Teacher in an Extramural Event?

**Q.32.** Rakesh, the head boy of the school was told by the Principal to explain the history of Yoga and the importance of Yoga in curing various health problems especially Obesity.

- (a) Give the symptoms of Obesity.
- (b) Which of the gland organ is affected in Diabetes? Give the formula to know the BMI of the person.
- (c) Which asanas help to cure Obesity?
- (d) What are the common lifestyle diseases which can be cured by Yoga?

Or

Write about the importance of Yoga in our daily life.

**Q.33.** Sarita, Student of class XII is struggling with Obesity due to which she has low self esteem and low confidence. As a result she has started pitfall of dieting to control her weight. But this dieting programme does not help her in reducing weight.

- (a) What will you advice to Sarita, to Control her weight.
- (b) What is the meaning of the term Pitfall of Dieting?
- (c) What are the ill effects of Pitfall of Dieting plan?
- (d) Explain Bulimia Nervosa

Or

Mention two causes of Obesity.

### SECTION E

- Q.34. Describe the procedure of performing Harvard Step Test.
- Q.35. Discuss the classification of Sports Injuries. Explain the causes of Sports Injuries.
- Q.36. State various types of motivation techniques in sports?
- Q.37. Describe any two training method to develop endurance.

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