



B.K. BIRLA CENTRE FOR EDUCATION

SARALA BIRLA GROUP OF SCHOOLS
A CBSE DAY-CUM-BOYS' RESIDENTIAL SCHOOL

TERM-1 EXAMINATION 2025-26

PHYSICAL EDUCATION-048

SET-2

Class: XII A & B
Date: 04/09/2026

Duration: 3 Hrs
Max. Marks: 70

General Instructions:

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

Section-A

Section A consists of Multiple Choice Type questions of 1 mark each

1. Which of these is not a component of SAI Khelo India Fitness test? 1
[a] Stability [b] Flexibility [c] Agility [d] Speed
2. Match List – I with List – II and select the correct answer from the code given below: 1

List-1		List-2	
Vitamin		Disease	
I	Vitamin A	1	Pyorrhea
II	Vitamin B	2	Rickets
III	Vitamin C	3	Beriberi
IV	Vitamin D	4	Night Blindness

Code				
	I	II	III	IV
A	2	4	3	1
B	1	2	4	3
C	4	3	1	2
D	3	1	2	4

3. The original name of the Paralympic Movement was ICC of World Sports Organization for the: **1**
 [a] Disabled [b] Specially Abled [c] Differently Abled [d] Unabled
4. Identify these asanas. **1**
- 

[a]



[b]



[c]



[d]
5. Abnormal curve of the spine at the front is called _____. **1**
 [a] Scoliosis [b] Kyphosis [c] Lordosis [d] Psoriasis
6. What is the most important prerequisite for a successful competitive event to happen? **1**
 [a] Publicising the event [b] Appropriate planning
 [c] Coordinating the event [d] None of the above
7. Partial-curl up is conducted to test _____. **1**
 a. Abdominal Strength [b] Power [c] Abdominal Power [d] Stamina
8. What is the approximate composition of water in our body? **1**
 [a] One-half [b] One-third [c] Two-third [d] Three-fifth
9. _____ expressions are explained from the beginning with support such as picture scheduler. **1**
 [a] Accessibility [b] Behaviour [c] Team Building [d] All of these
10. Tabular Method is used for fixtures in: **1**
 [a] Knock-out tournament [b] Challenge tournament
 [c] League tournament [d] None of the above
11. Which asana helps to increase height in growing children and improve posture? **1**
 [a] Vajrasana [b] Trikonasana
 [c] Hastasana (Hastottanasana) [d] Pavanmuktasana
12. What is the motto of the Paralympic Games? **1**
 [a] "Inspire, Empower, Achieve" [b] "Together We Can"
 [c] "Spirit in Motion" [d] "Excellence in Action"
13. Which of the following is not a benefit of Community Sport? **1**
 [a] Developing a sense of belonging [b] Meeting people with same interests
 [c] Increasing anti-social behaviours [d] Improving Physical Health
14. Which of these is not a remedial exercise for flat foot? **1**
- 

[a]



[b]
- 

[c]



[d]

15. What is the primary cause of obesity as a lifestyle disease? **1**
 [a] Lack of sleep [b] Excess fat accumulation in the body
 [c] too much water [d] blood sugar
16. What is the main goal of the Special Olympics? **1**
 [a] To provide education to disabled individuals
 [b] To promote sports and physical activity for people with intellectual disabilities
 [c] To develop professional athletes
 [d] To organize community fitness programs
17. Vitamins and minerals are _____ nutrients. **1**
 [a] Macro [b] Micro [c] Non-essential [d] Basic
18. BMR refers to _____. **1**
 [a] Body Mass Rate [b] Body Metabolic Ratio
 [c] Basal Metabolic Rate [d] Basic Metabolism Rate

SECTION – B

Section B consist of 6 questions attempt any 5

19. Draw a fixture of 13 cricket teams participating in a tournament on the basis of knock-out. **2**
20. What do you understand by the term diabetes? **2**
21. What do you mean by Plate tapping test and its procedure? **2**
22. Explain about Paralympic Games. **2**
23. How can Lordosis be corrected? **2**
24. Explain briefly which type of nutrients are advisable for the player? **2**

SECTION – C

Section C consist of 6 questions attempt any 5

25. Mention the sources of protein and its functions. **3**
26. Explain the causes, precautions and remedies of Bow legs. **1+1+1**
27. Briefly discuss about Deaflympics. **3**
28. Explain the procedure of six-minute walk test. **3**
29. Which asanas are helpful in reducing obesity? Explain the procedure and contraindications of any one asana. **1+1+1**
30. Draw a fixture of 7 teams on league basis following the cyclic method. **3**

Section-D

Section D consist of 3 questions

31. Read the below passage and answer the following questions:
 Ram is going regularly to the park near his home in the morning. He found that many old people have some or the other type of fitness problem in terms of flexibility and strength. He decides to check the fitness level of such people in the park. **4**
- [i] Which two components of fitness are mentioned in the passage?
- [a] Speed and endurance [b] Balance and coordination
 [c] Flexibility and strength [d] Agility and power

[ii] Why did Ram decide to check the fitness level of the old people?

- [a] He wanted to win a competition.
- [b] He noticed that many of them had fitness problems.
- [c] He was asked by his teacher.
- [d] He wanted to become famous.

[iii] The passage mainly focuses on:

- [a] Children's games
- [b] Morning exercises of athletes
- [c] Fitness awareness among elderly people
- [d] Building a new park

[iv] Which fitness test would be most appropriate to assess the flexibility of elderly people?

- [a] 50 m Sprint Test
- [b] Sit and Reach Test
- [c] 600 m Run/Walk Test
- [d] Standing Broad Jump

32. Read the below passage and answer the following questions:

Riya is a para-athlete with a lower limb impairment. Before participating in an international competition, she undergoes a detailed assessment by experts to determine the category in which she can compete fairly against athletes with similar functional abilities.

4

[i] What is the main purpose of classification in para-sports?

- [a] To rank athletes by age
- [b] To group athletes according to functional abilities for fair competition
- [c] To select team captains
- [d] To decide prize money

[ii] Riya has a lower limb impairment. During classification, experts mainly evaluate:

- [a] Her educational qualifications
- [b] Her functional abilities related to the sport
- [c] Her financial background
- [d] Her nationality only

[iii] Which organization governs the classification system for the Paralympic Games?

- [a] FIFA
- [b] International Paralympic Committee (IPC)
- [c] ICC
- [d] IOC only

[iv] Classification in para-sports ensures:

- [a] Equal prize money only
- [b] Fair and meaningful competition
- [c] Faster race timings
- [d] Better stadium facilities

33. Read the passage and answer the questions that follow by choosing the correct option:

4

A balanced diet refers to the intake of food constituting all the necessary nutrients. Ajay shares his knowledge of 'food and nutrition' with neighbours while visiting his grandparents in a village. Ajay notices that few people living in that village are suffering with goitre and severe anaemia.

[i] Minerals are placed under _____ nutrient category on the basis of required quantity.

- [a] Micro
- [b] Macro
- [c] Roughage
- [d] Non-nutritive

[ii] Goitre is caused due to deficiency of _____.

- [a] Calcium
- [b] Iodine
- [c] Selenium
- [d] Iron

[iii] Low levels of this mineral will lead to Anaemia.

[a] Copper

[b] Sodium

[c] Iron

[d] Calcium

[iv] Choose the most appropriate statement from the options given below:

[a] Vegetables and fruits are enough to stay healthy

[b] Exercise along with proper nutrition is required

[c] Red and green-coloured foods only to be taken

[d] all of these

Section-E

Section E consist of 4 questions attempt any 3

34. Which are the Asanas practiced for preventing Diabetes? Write in detail about any two of them.

Or

5

Describe the procedure for performing Bhujangasana along with its benefits and contraindications.

35. Describe the major nutrients (carbohydrates, proteins, fats, vitamins, minerals, water, and fiber) and explain their functions in the human body.

Or

5

Explain the role of carbohydrates before, during, and after exercise.

36. Explain the Senior Citizen Fitness Test in detail.

Or

5

Explain the purpose and procedure of the 8-Foot Up and Go Test.

37. Write down the introduction, objectives, eligibility, features and importance of the Deaflympics.

Or

5

What is the difference between the Special Olympics, Deaflympics and the Paralympics?

*******ALL THE BEST*******