



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-3

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

Duration: 3 Hrs
Max. Marks: 70

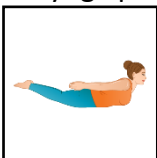
General Instructions:

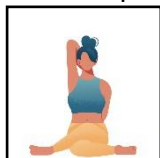
1. The question paper consists of 5 sections and 37 Questions.
2. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
3. Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 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 needed for Eight Foot Up and Go Test? 1
[a] Shoes [b] Stop watch [c] Walking stick [d] Obstacles
2. Low levels of this mineral will lead to Anaemia. 1
[a] Copper [b] Sodium [c] Iron [d] Calcium
3. Which of the following is the international governing body for the Paralympic Games? 1
[a] International Olympic Committee (IOC) [b] International Paralympic Committee (IPC)
[c] Deaflympic Committee [d] World Disability Sports Federation
4. Which yoga pose is considered helpful for a person with diabetes by improving abdominal function? 1


[a]


[b]


[c]


[d]
5. In which kind of deformity, the gap between ankles goes on increasing and an individual faces difficulty during walking and running. 1
[a] Bow legs [b] Knock knee [c] Flat foot [d] Scoliosis
6. In a knock-out tournament 4th Bye will be given to: 1
[a] Last team of lower half [b] Last team of upper half
[c] First team of upper half [d] First team of lower half

7. Back scratch test is used to measure? 1
 [a] Overall Speed [b] Upper body Flexibility
 [c] Lower body Power [d] Whole body Movement
8. Skimmed milk has more _____ than ordinary milk. 1
 [a] Sodium [b] Potassium [c] Calcium [d] Magnesium
9. In which year were the first Special Olympics Games held? 1
 [a] 1962 [b] 1968 [c] 1972 [d] 1980
10. What is the formula to divide an odd number of teams in the upper half for a knock-out fixture? 1
 [a] $N+1/2$ [b] $N-1/2$ [c] $N(N-1)/2$ [d] $N(N+1)/2$
11. Match the asanas in Column I with their contraindications in Column II. 1

Column - I		Column - II	
I	Trikonasana	1	Person suffering from Bleeding piles
II	Ardh-matseyendrasana	2	Person suffering from Arthritis
III	Sukhasana	3	Person suffering from Hernia
IV	Gomukhasana	4	Person suffering from Asthma

Code				
	I	II	III	IV
a	(ii)	(iv)	(iii)	(i)
b	(ii)	(iv)	(i)	(iii)
c	(iv)	(iii)	(ii)	(i)
d	(iv)	(i)	(ii)	(iii)

12. Who founded the Special Olympics? 1
 [a] Sir Ludwig Guttmann [b] Eunice Kennedy Shriver
 [c] Helen Keller [d] Pierre de Coubertin
13. Match the following: 1

Column - I		Column - II	
A	Technical committee	i	To provide shifting facility
B	Finance committee	ii	To resolve dispute
C	Transport committee	iii	To deals with money and expenditure
D	First Aid committee	iv	To provide medical facility

- a. a–ii, b–iii, c–i, d–iv
 b. a–iii, b–ii, c–i, d–iv
 c. a–ii, b–iii, c–iv, d–i
 d. a–iv, b–iii, c–i, d–ii
14. Which of the following methods will be most appropriate for increasing the participation of women in sports. 1
 [a] Development of community sports
 [b] Infrastructure development of changing infrastructure
 [c] Reducing the participation fee for women in sports institute
 [d] All of the above
15. Which of the following conditions is characterized by difficulty in breathing due to airway constriction, which specific asanas can help manage? 1
 [a] Diabetes [b] Asthma [c] Hypertension [d] Obesity

16. What is the primary focus of the Deaflympics? 1
 [a] To showcase athletes with physical disabilities
 [b] To promote sports for people with intellectual disabilities
 [c] To provide an international sports competition for athletes with hearing impairments
 [d] To encourage participation in non-competitive sports
17. Which of these is not an element of a balanced diet? 1
 [a] Proteins [b] Water [c] Minerals [d] Roughage
18. Arm Curl Test measures _____. 1
 [a] Upper body Strength [b] Lower body Strength
 [c] Limb Strength [d] Head Strength

SECTION – B

Section B consist of 6 questions attempt any 5

19. Explain about Paralympic Games. 2
20. How can Lordosis be corrected? 2
21. Explain briefly which type of nutrients are advisable for the player? 2
22. Write any two advantages and disadvantages of league tournaments. 2
23. How can one recognize a person suffering from hypertension? 2
24. What do you mean by Flamingo balance test? 2

SECTION – C

Section C consist of 6 questions attempt any 5

25. What is the procedure to assess abdominal strength of the body? 3
26. Write down the symptoms of obesity. 3
27. Draw a fixture of eight teams using Tabular method. 3
28. Mention the sources of protein and its functions. 3
29. Explain the causes, precautions and remedies of Bow legs. 1+1+1
30. Briefly discuss about Deaflympics. 3

Section-D

Section D consist of 3 questions

31. Read the below passage and answer the following questions:
 Aman enjoys eating burgers, chips, soft drinks, and sweets every day. During football practice, he feels tired quickly and struggles to complete training sessions. 4
- [i] Which eating habit is affecting Aman's performance?
 [a] Balanced diet [b] Healthy snacking
 [c] Excessive junk food consumption [d] High-protein diet
- [ii] Which nutrient is the body's primary source of energy during exercise?
 [a] Carbohydrates [b] Proteins [c] Vitamins [d] Water
- [iii] What is one possible consequence of consuming excessive junk food?
 [a] Better endurance [b] Improved concentration
 [c] Obesity and poor fitness [d] Increased flexibility
- [iv] Suggest any two dietary changes Aman should make to improve his sports performance.

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] Why does Riya undergo a detailed assessment before the competition?

- [a] To improve her fitness
- [b] To determine the category in which she can compete fairly
- [c] To check her passport
- [d] To select her coach

[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] Which of the following best describes classification in para-athletics?

- [a] Grouping athletes by height
- [b] Grouping athletes by age
- [c] Grouping athletes based on the impact of their impairment on sports performance
- [d] Grouping athletes by country

33. 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

Section-E

Section E consist of 4 questions attempt any 3

1. Which are the Asanas practiced for preventing Asthma? Write in detail about any two of them.
Or 5
Describe the procedure for performing Gomukhasana along with its benefits and contraindications.
2. Explain macro-nutrients and their role in our diet.
Or 5
What are fats? Write a detailed note on its types. Also mention its importance in the proper functioning of the body.
34. Explain the Senior Citizen Fitness Test in detail.
Or 5
Explain the purpose and procedure of the 8-Foot Up and Go Test.
35. 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*******