



BK BIRLA CENTRE FOR EDUCATION

SARALA BIRLA GROUP OF SCHOOLS
SENIOR SECONDARY| CO-ED DAY CUM BOYS' RESIDENTIAL SCHOOL

MID-TERM EXAMINATION 2024-25

PHYSICAL EDUCATION (048)



Class : XII Sci/Com/Hum

Date : 19/09/2024

Admission No.:

Duration: 3 Hrs

Max. Marks: 70

Roll No.:

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. The Summer Paralympics are scheduled to be held in 2024 in _____. (1)
a. China b. Italy c. Paris d. Japan
2. 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. $N(N+1)/2$
3. Which asana is used for curing Hypertension? (1)
a. Kapalabhati b. Pawanmuktasana c. Dhanurasana d. Makarasana
4. Scoliosis is a postural deformity related with (1)
a. Foot b. Leg c. Vertebral column d. Hand
5. Katichakrasana helps to cure which lifestyle disease? (1)
a. Hypertension b. Back pain c. Diabetes d. Obesity
6. In a knock-out tournament 3rd 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. Which of the following asanas is not performed in standing position? (1)
a. Tadasana b. Urdhwa-Hastottanasana c. Katichakrasana d. Pawanmuktasana
8. Where were the first Deaflympics held? (1)
a. London b. Rome c. Paris d. Tokyo

9. What is balanced diet? (1)
- Tasty Food
 - Food that helps in achieving body balance
 - Food that contain every essential nutrient
 - Food without sugar

10. Which option correctly matches the following columns in context of Summer Paralympics World Games? (1)

Column – A (Venue-Summer Paralympics)	Column – B (Year-Summer Paralympics)
A. Rome, Italy	(i) 2000
B. Tokyo, Japan	(ii) 2022
C. Beijing, China	(iii) 1960
D. Sidney, Australia	(iv) 1964

- A. – (iii), B. – (iv), C. – (ii), D. – (i)
- A. – (i), B. – (iv), C. – (ii), D. – (iii)
- A. – (ii), B. – (i), C. – (iii), D. – (iv)
- A. – (iv), B. – (iii), C. – (i), D. – (ii)

11. Which is not included in tournament types? (1)

- Composition
- Round Robin
- Knock-out
- Combination

12. Which food component gives the most energy? (1)

- Fats
- Proteins
- Vitamins
- Minerals

13. How many types of Amenorrhoea are there? (1)

- 3
- 5
- 2
- 4

14. The Paralympics were developed in 1948 by: (1)

- Eunice Kennedy Shriver
- Sir Steve Redgrave
- Sir Ludwig Guttmann
- Sir Bradman

15. Which one of the following is not a part of female Athlete Traid? (1)

- Osteoporosis
- Amenorrhoea
- Eating Disorder
- Social Responsibilities

16. Deficiency of vitamin A results in _____. (1)

- Weak bones
- Tiredness
- Obesity
- Night Blindness

17. Advantages of physical activities for CWSN does not include _____. (1)

- Physical improvements
- Self esteem
- Cognitive benefits
- Getting famous

18. Scoliosis is the deformity of _____. (1)

- Vertebral Column
- Legs
- Arms
- Feet

Section-B

Section B consists of 6 questions of 2 marks each. Attempt any 5.

19. Draw a fixture of 11 basketball teams participating in a tournament on the basis of knock-out. (2)
20. How can physical activities be corrective measures for common postural deformities? (2)
21. What do you mean by micro nutrients? (2)
22. What is osteoporosis? (2)
23. What are the uses of any two minerals in our diet? (2)
24. Describe any two objectives of planning in sports. (2)

Section-C

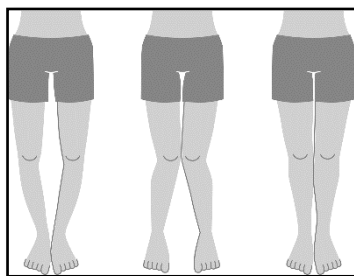
Section C consists of 6 questions of 3 marks each. Attempt any 5.

25. Discuss in detail about Paralympic Games. (3)
26. Draw a knock-out fixture for 19 teams, mentioning all the steps involved. (3)
27. Write about the deformities of spinal curvature. (3)
28. What do you mean by balanced diet and nutrition? Explain. (3)
29. Explain about the procedure and advantages of 'Bhujangasana'. (3)
30. Briefly write about Special Olympic symbol and Olympic flame. (3)

Section-D

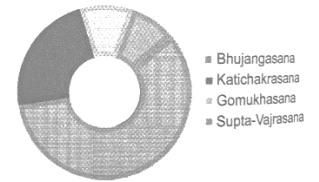
Section D consists of 3 case based questions of 4 marks each.

31. Posture plays a very significant role in our daily activities. Correct posture means the balancing of body in accurate and proper manner. Various types of postural deformities can be identified in individuals. (4)



- i. From the above given picture, the deformities seen on the left most is caused due to deficiency of _____.
a. Iron b. Calcium c. Vitamin D d. Both (b) and (c)
- ii. Walking on the inner edge of the feet can be a remedy for _____.
a. Bow legs b. Flat foot c. Overweight d. Leg deformity
- iii. The person in the middle is suffering with _____.
a. Rickets b. Flat foot c. Knock knees d. Elephant foot
- iv. Horse-riding is the best exercise for clearing this deformity.
a. Knock-knees b. Bow legs c. Flat foot d. All of these

32. Shruti, a yoga instructor at XYZ School, conducted a survey on the favorite asana of students. She was able to make a pie chart on the basis of the data. On the basis of the pie chart, answer the following questions: (4)



- A. Which is the most famous asana?
 a. Bhujangasana
 b. Katichakrasana
 c. Gomukhasana
 d. Supta-Vajrasana
- B. Which amongst these is a standing asana?
 a. Supta-Vajrasana
 b. Bhujangasana
 c. Katichakrasana
 d. Gomukhasana
- C. Which amongst these is used to prevent Diabetes?
 a. Bhujangasana
 b. Gomukhasana
 c. Chakrasana
 d. All of these
- D. Which of these is a sitting asana?
 a. Bhujangasana
 b. Gomukhasana
 c. Katichakrasana
 d. Supta-Vajrasana

33. School management needs to recognize the essential place of physical activity in the education of children with special needs. In order to develop lifelong habits for fitness and to provide them with many opportunities of socialization, schools need to understand that physical education is not a secondary subject, but it is just as important as other skills. (4)

- i. Which of these is not one of the results of physical activities in children with special needs?
 a. Improvement in confidence
 b. Improvement in endurance
 c. Increase in depression
 d. Better hand-eye coordination

ii. Match the following

A.	Intellectual	i.	Impairment
B.	Visual	ii.	Improvement techniques
C.	Physical activities	iii.	Disability
D.	Competition in sports and games for CWSN	iv.	Paralympics

Codes:

- | | | | | |
|----|-----|-----|----|-----|
| | A | B | C | D |
| a. | iii | i | ii | iv |
| b. | iv | ii | i | iii |
| c. | ii | iii | iv | i |
| d. | iv | iii | i | ii |

- iii. Name the model which refers to bringing students with disabilities and students of general education into the same platform of learning.
 - a. Inclusive education
 - b. UNESCO
 - c. Child Rights and You
 - d. Child Rights International Network

- iv. Most suitable word used for disable person is:
 - a. Disabled person
 - b. Retarded
 - c. Divyang
 - d. Blind

Section-E

Section E consists of 4 questions of 5 marks each. Attempt any 3.

- 34. Vitamins are very essential for working of the body and are divided into two groups. Explain about them. (5)
- 35. Describe the various committees for the organisation of sports events. (5)
- 36. Make a list of Nutritive components of Diet and briefly explain the water-soluble vitamins with their sources. (5)
- 37. Briefly explain the administration of Pawanmuktasana along with its contraindications and draw stick diagram. (5)

*******All the Best*******