



B.K. BIRLA CENTRE FOR EDUCATION

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

PRE MID TERM

PHYSICAL EDUCATION SET-3

Class: XII

Date: 25/07/2026

Duration: 1 Hrs

Max. Marks: 25

General Instructions:

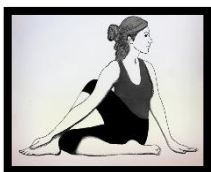
1. The question paper consists of 3 sections and 15 Questions.
2. Section A consists of question 1-7 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
3. Sections B consist of questions 8-13 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. All questions are compulsory.
4. Sections C consist of Question 14-15 carrying 3 marks each and are short answer types and should not exceed 100-150 words. All questions are compulsory.

SECTION – A

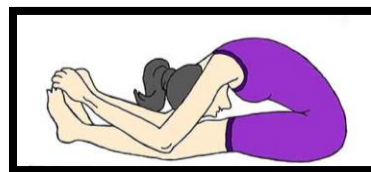
1. A syndrome in which Anarmia, _____ and Amenorrhoea generally seen in teenage or adult female athletes who aren't meeting their energy requirements. 1

a. Osteoporosis b. Bulimia c. Obesity d. Hepatitis

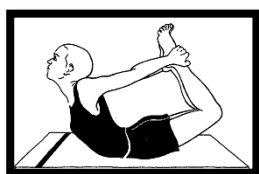
2. Which of the following asana should be performed for curing Obesity? 1



a.



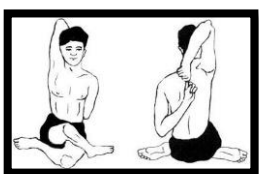
b.



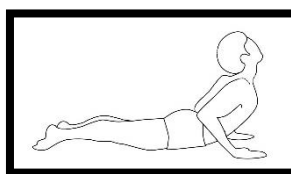
c.

d. All of these

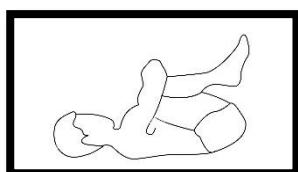
3. Identify the following asanas and write their names. 1



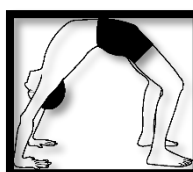
a.



b.



c.



d.

4. Menstrual dysfunction in female athletes includes _____. 1
 - a. Primary amenorrhoea
 - b. Secondary amenorrhoea
 - c. both A & B
 - d. None of the above
5. The Parlympic Movement was started by _____. 1
 - a. Sir Luding Guttmann
 - b. Stoke Mandeville
 - c. J.R. Sherman
 - d. J.F. Williams
6. Name the asanas that can be practiced to cure hypertension. 1
 - a. Tadasana
 - b. Shavasana
 - c. Bhujangasana
 - d. All of these
7. Deaflympians cannot be guided by _____. 1
 - a. Light
 - b. Camera
 - c. Whistle
 - d. Signboard

SECTION – B

- | | |
|--|---|
| 8. What are the causes and risk factors of Osteoporosis? | 2 |
| 9. What is the health ailment called asthma? | 2 |
| 10. What do you mean by female traid? | 2 |
| 11. Explain about Paralympic Games. | 2 |
| 12. Write down the procedure of Ardha Matsyenasana. | 2 |
| 13. Write a Short note on Deaflympics. | 2 |

SECTION – C

14. What role is played by positive behavior for making physical activities assessable for children with special needs? **3**
15. Write the procedure, benefits and contraindications of Paschimottanasana. **1+1+1**

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