



B.K. BIRLA CENTRE FOR EDUCATION

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

PHYSICAL EDUCATION (Answer Script)

Class: XII Sci/Com

Date: 02/08/2025

Duration: 1 Hrs

Max. Marks: 25

General Instructions:

1. The question paper consists of 3 sections and 13 Questions.
2. Section A consists of question 1-5 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
3. Sections B consist of questions 6-11 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 12-13 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. **Ardhmatsyendrasana** b. Bhujangasana
c. Gomukhasana d. Dhanurasana
3. Which of these asana increases digestive power of the body? 1
a. Gomukhasana b. Bhujangasana
c. **Pavanmuktasana** d. Chakrasana
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 Guttman** 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. Ardha-Chakrasana
c. Bhujangasana d. **Shavasana**
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

Ans: Osteoporosis is a disorder which refers as to the decreased bone material content.

There are various factors, which lead to Osteoporosis, these are:

- a. Insufficient calcium in diet.
- b. Amenorrhoea
- c. Eating disorder: Eating disorder like anorexia and bulimia.
- d. Bad Eating Habits: Intake of caffeine, alcohol, tobacco or smoking.

9. What is the health ailment called asthma?

2

Ans: Asthma is a chronic inflammatory disorder of the airways in which many cells and cellular elements play a role. The chronic inflammation is associated with airway hyper responsiveness that leads to recurrent episodes of wheezing, breathlessness, chest tightness and coughing particularly at night to early morning.

10. What do you mean by female traid?

2

Ans: The Female Athlete traid is a syndrome (collection of signs and symptoms) that links three health problems including disordered eating, amenorrhoea and osteoporosis.

Disordered Eating: Girls may begin to skip periods if they are not getting adequate nutrition for the amount of exercise they do (energy availability). Periods also may be irregular.

Amenorrhoea: It is a menstrual disorder or illness in female of 18 years or above either never began menstruating or there is an absence of menstruation for three months and more.

Osteoporosis: It is weakening of the bones due to less of bone density and improper bone formation.

11. Explain about Paralympic Games.

2

Ans: Paralympic Games are a major international multisport event for the athletes with special needs such as athletes with mobility impairments, amputations, blindness and cerebral palsy. Paralympic Games are held at an interval of every four years following the Olympic Games. These games are governed by the International Paralympic Committee. The first Paralympic Games were held in Rome in 1960.

However, the Paralympic word was used officially in 1988 Summer Olympic games which were held in Seoul. These were Summer Paralympic Games. The first Winter Paralympic Games were held in 1976 in Sweden. The Winter Paralympic Games are also held after every four years.

12. Write down the procedure of Ardha Matsyenasana.

2

Ans: This asana is performed in sitting posture. Sit, with legs straight and stretched in front of you. Bend the right leg, lift it on the left side of the stretched left foot. Then bend the left leg, bring it close to the body and place it under right buttocks. Now, take your left arm around the right leg and grab the toes of the right leg with the left hand. Turn towards the right and simultaneously move the right hand behind the back. While exhaling, twist the back and the neck as far right as possible. Now, breathe normally and slowly in this position. Repeat this with the other leg.

13. Write a Short note on Deaflympics.

2

Ans: The Deaflympics (previously called World Games for the Deaf and International Games for the Deaf) are an International Olympic Committee (IOC) sanctioned event at which deaf athletes compete at an elite level. Unlike the athletes in other IOC sanctioned events (the Olympics, the Paralympics and the Special Olympics), the Deaflympics cannot be guided by sounds (e.g., the starter's guns, bullhorn commands or referee whistles).

SECTION - C

14. What role is played by positive behavior for making physical activities assessable for children with special needs? 3

Ans: Behaviour is always a concern in physical education classes where there's plenty of movement and incidents can happen in rapid succession. Positive Behaviour Interventions or Support (PBIS) is a systematically proven method to prevent negative behaviours and increase healthy interactions. Behavioural expressions are explained from the beginning with support such a picture scheduler. Then the class material is taught through positive interactions.

15. Write the procedure, benefits and contraindications of Paschimottanasana. 1+1+1

Ans: **Procedure:** This asana is performed in the sitting posture. Sit on the floor with the outstretched legs. Inhale and lengthen the abdomen then lift the chest. Exhale and bend forward from the hips, keep the shoulder and the head up. Now, reach forward and hold the big toes in a lock with the middle and index fingers. While inhaling, lengthen the torso and bring out the chest forward. After that while exhaling, bring the chest and abdomen down to the thighs and elbows out to the sides. Stay in this position for five deep breaths and relax the muscles while exhaling.

Benefits:

- Stretches hamstrings, spine, shoulders and hip joints.
- Massages and improves the pancreas.
- Relieves menstrual discomfort and improves fertility.
- Reduces headache, anxiety, insomnia and sinusitis.
- Reduces abdominal fats and helps metabolism.
- A good remedy for constipation.
- Helps in curing skin diseases.

Contraindications: This asana should be avoided by pregnant women, person suffering from slip disc, sciatica problem, enlarged liver, acute appendicitis and asthma.

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