



B.K. BIRLA CENTRE FOR EDUCATION

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

PRE MID TEM

PHYSICAL EDUCATION

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. Ardhamatsyendrasana
 - 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

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| 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 Matsyenrasana. | 2 |
| 13. Write a Short note on Deaflympics. | 2 |

SECTION - C

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| 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*******