



BK BIRLA CENTRE FOR EDUCATION

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

MID-TERM EXAMINATION 2023-24

PHYSICAL EDUCATION (048)



Class : XII Sci/Com/Hum

Date : 16/10/2023

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 short 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. Where the first Special was Olympic Games held in 1968? (1)
a. Shanghai b. Los Angeles c. Chicago d. New Haven
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 helpful in maintaining normal blood pressure? (1)
a. Shavasana b. Padmasana c. Shalabhasana d. Vakrasana
4. Scoliosis is a postural deformity related with (1)
a. Foot b. Leg c. Vertebral column d. Hand
5. Trikonasana helps to cure which lifestyle disease? (1)
a. Hypertension b. Back pain c. Diabetes d. Obesity
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. Which hormone is related with the problem of diabetes? (1)
a. Insulin b. Calcitonin c. Oxytocin d. Estrogens
8. International Yoga Day is celebrated on: (1)
a. 21st June b. 21st May c. 21st March d. 21st July

9. Seeding is decided on the basis of: (1)
 a. Previous performance b. Future performance
 c. Current performance d. Bad performance
10. Menarche is defined as the: (1)
 a. Ending of menstrual period in women
 b. Beginning of menstrual period in women
 c. Time of pregnancy
 d. Beginning of pregnancy
11. Which type of instructional strategies must be used for performing various types of physical activities for Children with special needs? (1)
 a. Verbal b. Visual c. Peer teaching d. All of these
12. Balance diet consists high sources of _____. (1)
 a. Proteins b. Fruits
 c. Fats d. All the components in balanced form
13. Which country hosted summer Deaflympics in 1939? (1)
 a. United States b. Italy c. Sweden d. Austria
14. Bye is given when _____. (1)
 a. There are large number of teams
 b. League tournament
 c. Advantage of not to playing first round
 d. There are odd number of teams
15. The richest source of protein is: (1)
 a. Pulses b. Groundnut c. Soybeans d. Egg
16. What is the right term that should be used for children with Special needs? (1)
 a. Viklang b. Divyang c. Differently abled d. All of the above
17. 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
18. Deficiency of which vitamin causes night blindness? (1)
 a. Vitamin A b. Vitamin B c. Vitamin C d. Vitamin D

Section-B

Section B consists of 6 questions of 2 marks each

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. Write ways to prevent diabetes. (2)
22. What is osteoporosis? (2)
23. What are the uses of any two minerals in our diet? (2)
24. What is Paralympics? Briefly explain its importance. (2)

Section-C

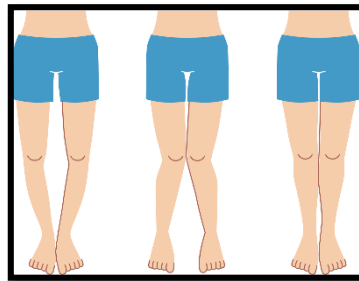
Section C consists of 6 questions of 3 marks each

25. Explain about the procedure and advantages of 'Bhujangasana'. (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. Discuss in detail about Paralympic Games. (3)
30. Explain cyclic method of league tournament for 4 teams. (3)

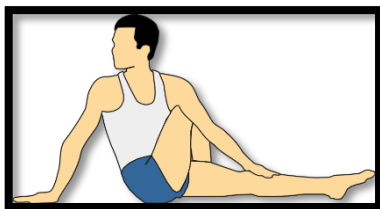
Section-D

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

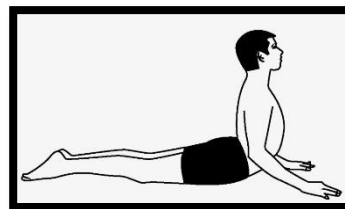
31. Posture plays a very significant role in our daily activities. Correct posture means the balancing of body in accurate and proper manner. Various types of postural deformities can be identified in individuals. (4)



- 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
32. Identify the below given asanas and write the name. (4)



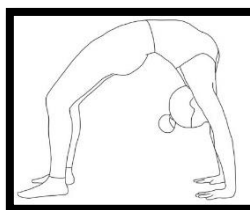
a.



b.



c.



d.

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?
- Improvement in confidence
 - Improvement in endurance
 - Increase in depression
 - Better hand-eye coordination

ii. Match the following

A.	Cognitive	i.	Disorder
B.	OCD	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.
- Inclusive education
 - UNESCO
 - Child Rights and You
 - Child Rights International Network

Section-E

Section E consists of 4 questions of 5 marks each

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. Explain five strategies to make physical activities accessible for children with special needs. (5)
37. Explain the contraindications of Halasana, Ardh Matsyendrasana and Urdhva Hastasana. (5)

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