

DAV BR PUBLICSCHOOL, BINA
HALF-YEARLY EXAM SESSION (2024-25)
PRACTICE PAPER
Class XII
SUBJECT: PHYSICAL EDUCATION

Time Allowed: 3Hrs

Max.Marks:70

- (1) The question paper consists of 5 sections, 4 pages and 37 Questions.
(2) Section A consists of question 1-20 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
(3) Sections C consist of Question 21-30 carrying 3 marks each and are short answer types and should not exceed 100-120 words.
(4) Sections D consist of Question 31-33 carrying 4 marks each and are case studies. (6) Section E consists of Question 34-37 carrying 5 marks each and is short answer types and should not exceed 200-300 words. Attempt any 3

SECTION A

- Q1 In a knock out tournament of 21 teams the total matches in round one will be: 1
a. 20
b. 11
c. 4
d. 5
- Q2. Which one of the following is not related with the spinal curvature deformities? 1
a. Kyphosis
b. Bow legs
c. Lordosis
d. Scoliosis
- Q3. In which eating disorder an individual binges and purges? 1
a. Anorexia
b. Bulimia
c. 'a' and 'b'
d. None of these
- Q4. If the number of matches in a single league tournament is 21, then What about number of teams 1
a. 09
b. 07
c. 08
d. 10

- Q5. Flat Foot is also known as 1
- a. Pes Planus
 - b. Genu Varum
 - c. Genu Valgum
 - d. Knock Knee

OR

Moving on send is corrective measure of

- a. RoundShoulder
- b. KnockKnee
- c. FlatFoot
- d. BowLegs

- Q6. Read the following statements- Assertion (A) and Reason (R). Choose one of the correct alternatives given below; 1
- Assertion(A);Assertion(A):LordosisistheprobleminLumberspine.
Reason(R);Alltheexerciseforbackwardbendingarehelpfulas corrective measure
- a. Both(A)and(R)aretrueand(R)isthecorrectexplanationof(A)
 - b. Both(A)and(R)aretruebut(R)isnottheorrectexplanationof (A)
 - c. (A)istrue,but(R)isfalse
 - d. (A)isfalse,but(R)istrue

- Q7. Given deformity is also named as: 1

- a. Pigeon Toes
- b. Genu Valgum
- c. Pes Planus
- d. Scoliosis



- Q8. IfSohan’sBMIrangeisinbetween26to30hewillbein..... 1
- a. Underweight
 - b. Obese Range
 - c. Overweight
 - d. All of the above

- Q9. Diabetes is of.....types 1
- a. Five
 - b. Four
 - c. Two
 - d. One

- Q10. IPC was formed in 1
- a. 1960
 - b. 1962
 - c. 1970
 - d. 2019

- Q11. Given below are the two statements labeled assertion(A)and Reason (R)Select the correct answer 1
1. Assertion(A):Scurvy is caused due to the deficiency of Vitamin C
 2. Reason (R): The disease sets in when the diet does not include fresh vegetables and fruits for a long time
- a. Both(A)and(R)are the true, and(R)is the correct explanation of (A).
 - b. Both(A)and(R)are the true, but(R)is not the correct explanation of (A).
 - c. (A)is true, but(R)is False
 - d. (A)is False, but(R) is true

- Q12. Sit and Reach test is meant for 1
- a. Speed
 - b. Flexibility
 - c. Endurance
 - d. Strength

OR

Chair Sit and Reach test is meant for testing flexibility of

- a. Boyof18years
 - b. Girlof20years
 - c. Grand Father
 - d. Younger Brother
- Q13. Given test is mean to test.....of an individual 1
- a. Handeyecoordination
 - b. Balanceandstrength
 - c. Agility
 - d. Alloftheabove



- Q14. Ifthereare21teamsinknockoutthenthenumeroofByeswillbe 1
- a. 12
 - b. 22
 - c. 21
 - d. 11

- Q15. Which of the following mineral help ful for water balance in the body. 1
- a. Calcium
 - b. Sodium
 - c. Potassium
 - d. Iron

OR

An adult male of 60 Kg is requiring approximately calories perday.

- a. 880calories
- b. 1500calories
- c. 2800calories
- d. 5000calories

- Q16. December 3rd ascelebratedas 1
- World athletic day
 - Father's Day
 - World Disability Day
 - Mother's Day

- Q17. Match the following: 1

Retinol	1.Providessufficient energy
Thiamin	2.Itconsistsofproteins
Balanced Diet	3.VitaminB1
Bodybuilding Food	4.VitaminC

- 1,2,3,4
- 4,3,1,2
- 2,1,4,3
- 3,4,2,1

- Q18. Matchthefollowing: 1

Bulimia Nervosa	1.Walking on Sand
Osteoporosis	2.GenuValgum
KnockKnee	3.EatingDisorder
FlatFoot	4.Femaleathlete triad

- 4,2,3,1
- 3,4,2,1
- 3,1,4,2
- 1,2,3,4

- Q19. Themotto of paralympicis 1
- Citius, Altius, Fortius
 - Ever Onward
 - Spritinmotion
 - Fight of Justice

- Q20. Johnson and Metheny test were developed to test 1
- Endurance and Strength
 - Skillability
 - Motor Educability
 - Cardio-Vascularability

SectionB

- Q21. Explain the concept of sports management in short, with their elements. 3
- Q22. Define Lordosis. Explain how lordosis can be cured through exercises 3
- Q23. ExplainfemaleAthletetriadinshort. 3
- Q24. DefineObesity,Enlisttheasanasandexercisestopreventobesity. 3

OR

Define Hypertension, Enlist the asanas and exercises to prevent Hypertension.

Q25 Differentiate between Paralympics and Deaf Olympics in short. 3

Q26. Explain the concept of Inclusion. 3

OR

Write any three eligibility criteria of Paralympics.

Q27. Write the advantages of physical activities for CWSN 3

Q28 Highlight the importance of Balanced diet in short. 3

Q29. Name the test given in the picture and write the purpose behind this test 3



Q30 Enlist the test Items of SAI Fitness (Khelo India) with their purpose 3

OR

Differentiate between BMI and BMR. 3

Section C

Q31 What do you mean by sports management? Explain the elements of sports management in detail. 5

OR

Draw a Knockout fixture of 21 teams with all specifications. 5

Q32 Enlist the asanas which are helpful to prevent Diabetes. Explain the procedure of any one of them in points. 5

Q33 Eating habit can control weight 'Justify' 5

Q34 Enlist Rikliand Jones Tests for senior Citizen's Fitness and Explain the procedure of

OR

Explain the procedure of performing Harvard Step Test to measure cardio-vascular Fitness.

GOODLUCKALL