PT-2/HALF YEARLY EXAMINATION, 2022-23
PHYSICAL EDUCATION

Time – 3 Hours **Class - XII** **M.M. - 70**

Date – 16.09.2022 (Friday)

Name of the student _____ **Section** _____

General Instructions:
- The question paper consists of **30 questions** and all are compulsory.
- Question **1–12 carry 01 mark** each and are Multiple-Choice Questions.
- Questions **13–16 carry 02 marks** each and shall not exceed **40–60 words**.
- Questions **17–26 carry 03** marks each and shall not exceed **80–100 words**.
- Questions **27–30 carry 05 marks** each and shall not exceed **150–200 words**.

Section -A

Q.1   ----------------------- makes the spine flexible and increases its elasticity.

a) Ardha chandrasana   (b) Paschimottanasana

(c) Ardha matsyendrasana   (d) Shavasana

Q2.   What should be the normal blood pressure range at rest?

a) 80–120 mm/Hg systolic and 60-90 mm/Hg diastolic

b) 100–120 mm/Hg systolic and 60-100 mm/Hg diastolic

c) 100–140 mm/Hg systolic and 60-90 mm/Hg diastolic

d) 80–140 mm/Hg systolic and 50-90 mm/Hg diastolic

Q3.   Formula to calculate the bye is-

a) Number of team subtracted from the next number
b) Number of team added to the next number
c) As per number of team
d) None of these

Q4.   The total number of matches for knockouts to be played in single tournament is determined by the formula

a) $\frac{N-1}{2}$ b) N – 1   c) $\frac{N-2}{2}$ d) $\frac{N+1}{2}$

Q5.   In what ratio fats are composed of the elements carbon, oxygen and hydrogen?

a. 12: 67: 12   b. 76:12: 12   c. 12:12: 12   d. 12:76: 14

Q6   What is the other name for Vitamin C?

a) Lactic acid   b. Phosphoric acid   c. Nitric acid   d. Ascorbic acid

Q7   Which One of the following is not a pre-work of finance committee of a tournament?

a) To get details of approximate expenses under various heading.

b) To get approvals and sections from higher authorities.

c) Plans for raising funds.

d) Plans for the good meals to the team.

Q8   Which asana is also called the upward salute pose?

a) Hastasana   b. Shavasana   c. Bhujangasana   d. Tadasana

Q9   Which of the Cs is not a part of the process of planning a sport event?

a) Coordination   b. Control   c. Clarify   d. Culmination

Q10   How many teams will be placed in third quarter if 31 teams are participating in knockout tournament?

a) 6   b) 7   c) 8   d) None

Q11   What is the other name of vitamin B1 is.....

a) Thiamin (B1)   b) Niacin (B3)   c) Riboflavin (B2)   d) Pyridoxine

Q12   In most of the carbohydrates, the ratio of hydrogen atoms to Oxygen atoms is

a) 2:1   b) 1:2   c) 1:3   d) None of these

Section -B

Q13   Define Sports Management?

Q14   List the goals of nutrition during competitions?

Q 15 What is the calorific value of water?

Q16   Enlist the points to keep in mind while performing Vajrasana?

Section -C

Q17. Below given is the BMI data of a school's health check-up

^ 1st Qtr   ■ 2nd Qtr   ‖ 3rd Qtr   = 4th Qtr

18.5-24.9   <18.5   25-29.9   30-34.9
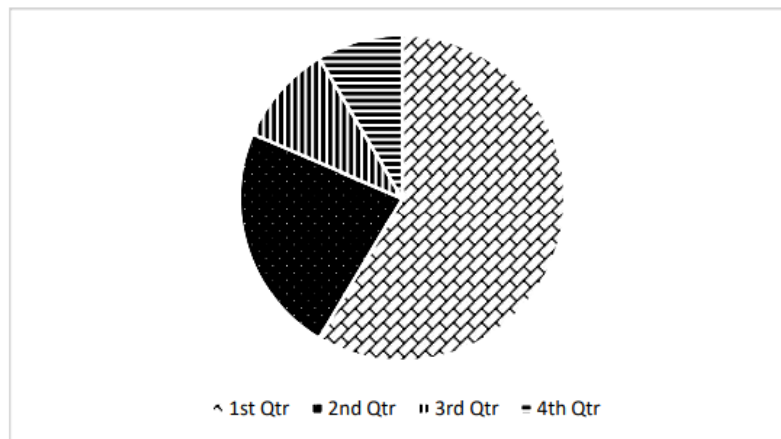
On the basis of the above data; answer the following questions:

A. In which category does the major student population falls into?

a) Obese   b) Normal weight   c) Underweight   d) Over weight

B. The school has to develop an activity-based program to decrease the number of:
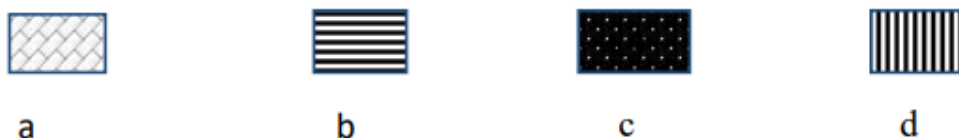
a   b   c   d

C. Which category is related to underweight?

| a | b | c | d |

Q18. Raman is a student of class XII and is suffering from Obesity. During a recent medical check-up at school, he was advised to practice yogasana (as given in the syllabus) and participate in sports activities for curing it.

Based on this case answer the following questions:

1. The yoga instructor at the school has asked Raman to perform
   a) Bhujangasana   b) Pawanmuktasana   c) Vajrasana   d) Chakrasana

2. The BMI index for an Obese person is
   a) 30 >25   b) 25 < 30   c) 22>25   d) 23>27

3. Due to the Obesity; Raman is also suffering from knock knees for which he is advised to
   a) Walk on inner edge of foot   b) Walk on outer edge of foot
   c) Walk on heels   d) Walk on toes

Q19 There are 11 teams participating in a Knock-out Tournament. Explain the procedure to calculate number of 'Byes' and also with the help of diagram allot 'Byes'.

OR

Compare any three Fat soluble vitamins on the basis of their sources and benefits.

Q 20. Write in brief about 'Run for Fun' health programme.

Q 21. Discuss the role of fats on the performance of sports person.

OR

Mention the disorder and write the correct asana to lead a healthy life.

Q 22. Discuss about meal intake guidelines for pre, during and post sports event.

Q 23. What is the difference between planning and controlling the event?

Q 24. What are deficiency diseases? Name the deficiency diseases caused by some vitamins.

Q 25. Explain the benefits of Surya-bedhan Pranayama.

Q 26. Draw a fixture of 9 volleyball teams on league basis following the stair case method.

Section -D

Q 27. Draw a knockout fixture for 25 teams with all steps involved.

Q 28. Describe the procedure for performing Kapal-Bharti along with its benefits and contraindications.

OR

Explain Macro Nutrients and their role in our Diet.

Q 29. 'It resembles a rainbow and also forms a semi-circular shape called Chakra asana. Write down the technique used and its advantages for school children."

OR

Write about various committees and their responsibilities.

Q 30. Explain various types of extramural tournaments or competitions.