

LIONS SCHOOL, MIRZAPUR  
HALF YEARLY EXAMINATION, 2020-21

CLASS: - XII

TIME: -3hrs.

SUB: - PHYSICAL EDUCATION (OPT) 048

M.M.: - 70

**GENERAL INSTRUCTIONS: -**

1. The question paper consists of 34 questions.
2. There are 9 internal choices.
3. All questions are compulsory.
4. Answer to multiple choice /objective types in section A question carries 1 mark each.
5. Answer to any question in section B carrying 3 marks should be in approximately 80-90 words.
6. Answer to any question in section C carrying 5 marks should be in approximately 150-200 words.

**Section- A**

- Q.1-** In knock out tournament team has to- 1  
(a) Play large number of matches (b) Play one match  
(c) Gols Bye (d) Play till they are winning
- Q.2-** The number of matches in round Robin Tournament are where 'N' is number of team is - 1  
(a)  $N \frac{(N-1)}{2}$  (b) N-1  
(c) 2N (d) N
- Q.3-** Macro-nutrients are- 1  
(a) Carbohydrates (b) Proteins  
(c) Fats (d) All of the above
- Q.4-** Pitfall of dieting is - 1  
(a) Skipping meal (b) Reducing energy Food  
(c) Drinking lot of water (d) Taking food supplements
- Q.5-** This is the amount of blood pumped out by each ventricle per minute- 1  
(a) Stroke Volume (b) Cardiac output  
(c) Pulse rate (d) Heart rate
- Q.6-** Protein sources are- 1  
(a) Dairy products (b) Fruits  
(c) Pulses (d) Butter

Or

- = Yoga means- 1
- (a) Union of Atma and Parmatma (b) Disease free life  
(b) Tension free life (d) performing Asanas
- Q.7-** Diabetes can be cured by- 1
- (a) Bhujanga Asana (b) Kapal - Bhati  
(b) Paschimottan Asana (d) All of the above
- Q.8-** Hypertension causes 1
- (a) High blood pressure in a blood vessels (b) problem in lungs  
(b) pain in Joints (d) All of the above
- Q.9-** Cognitive disability is 1
- (a) Limbs not working (b) Impairment of brain  
(b) opposite and argumentative behaviour (d) can not do physical work out
- Or
- Attention deficit hyperactive disorder symptoms are-
- (a) Opposite and argumentative behavior (b) over-sensitive  
(c) Difficulty in controlling behavior (d) Cannot think properly
- Q.10-** This is an overuse injury- 1
- (a) Tennis elbow (b) Runner's knee  
(b) Green stick fracture (d) Both (a) and (b)
- Q.11-** Five motor development is related with development of- 1
- (a) Big muscle (b) small muscles  
(b) Running muscles (d) Throwing muscles
- Or
- The lumber lordosis is also know as
- (a) Hunch back (b) Hollow back  
(d) Harvard (d) None of the above
- Q.12-** Bow legs deformity is - 1
- (a) wide gap between knees (b) knees collide with each other  
(b) sideways curve of sole (d) Bending to side ward
- Q.13-** Measurement of a test is- 1
- (a) Tool or instrument to collect data (b) subjective evaluation  
(b) scientific score (d) questionnaire
- Q.14-** 50 metre sprint test is used to measure- 1
- (a) Distance (b) Acceleration and speed  
(b) Leg strength (d) Cardiovascular endurance

- Q.15-** The purpose of sit and reach test is to check- 1  
 (a) shoulder strength (b) Endurance  
 (b) Agility (d) Flexibility of low back
- Or
- Contusion is –  
 (a) cut over skin (b) Crossing of damage of soft tissues  
 (e) Damage over muscles (d) Displacement of bones
- Q.16-** The types of fracture- 1  
 (a) Hair line fracture (b) stress fracture  
 (b) oblique fracture (d) All of the above
- Q.17-** How many rounds will take place if 13 teams participating in a single league tournament? 1  
 (a) 12 (b) 13  
 (b) 4 (d) None of these
- Q.18-** Which of the following blood vessels carries oxygenated blood from the heart- 1  
 (a) Artery (b) Vein  
 (b) capillary (d) All of these
- Q.19-** Gomukhasana and Padmasana are performed to correct which postural deformity- 1  
 (a) Flat foot (b) scoliosis  
 (b) Knock knees (d) Bow Legs
- Q.20-** Senior citizen fitness tests were designed by- 1  
 (a) Krauswerber (b) Rock Port  
 (b) Harvard (d) Reikli and Jones

### **Section- B**

- Q.21-** What is a knock-out tournament? Mention any two disadvantages of knock – out tournament. 3
- Q.22-** Draw a fixture of 6 teams on league basis following the cyclic method. 3
- Or
- What changes take place in cardiovascular system by doing regular exercise? 3
- Q.23-** Explain pitfalls of dieting. 3
- Q.24-** How can Yoga help in preventing diabetes? 3

Or

What are the benefits of Bhujangasana?

- Q.25-** Explain types of disability. 3
- Q.26-** Mention any three causes of OCD. 3
- Q.27-** Suggest four corrective exercises for flat feet. 3
- Q.28-** What is scoliosis? Mention any two corrective exercises for it. 3

Or

Give a brief account on Kyphosis.

- Q.29-** Give any three reasons for less participation of women in sports. 3
- Q.30-** Explain the procedure of six-minute walk test. 3

### **Section- C**

- Q.31-** Draw a knock out fixture of 21 teams mentioning all the step involved. 5

Or

What should be the objectives of planning?

- Q.32-** What are the effects of regular exercise on the respiratory system. 5
- Q.33-** What is Harvard step Test? Mention the equipment required the perform it and explain its procedure. 5

Or

What is hypertension? Explain the procedure benefits and contraindications of any two asana recommended to cure hypertension.

- Q.34-** Describe the preventive steps for sports injuries. 5