

Roll No.

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Candidates must write the Set No. on the title page of the answer book.

DAV PUBLIC SCHOOLS, ODISHA ZONE
HALF YEARLY EXAMINATION, 2023-24

- Please check that this question paper contains **04** printed pages.
- Set number given on the right hand side of the question paper should be written on the title page of the answer book by the candidate.
- Check that this question paper contains **37** questions.
- Write down the Serial Number of the question in the left side of the margin before attempting it.
- 15 minutes time has been allotted to read this question paper. The question paper will be distributed 15 minutes prior to the commencement of the examination. The students will read the question paper only and will not write any answer on the answer script during this period.

CLASS- XII

SUB : PHYSICAL EDUCATION (048)

Time: 3 Hours

Maximum Marks : 70

General Instructions :

1. The question paper consists of 5 sections and 37 questions.
2. Section A consists of questions 1-18 carrying 1 mark each and multiple choice questions.
3. Section B consists 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. Section C consists of questions 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5
5. Section D consists of question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
6. Section E consists of questions 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3

SECTION-A

1. Identify the Asana:

1



- | | |
|--------------------|-------------------|
| a) Bhadrasana | b) Pawanmuktasana |
| c) Paschimottasana | d) Ustrasana |
2. Which of the races is run “to promote brotherhood”?
- | | |
|------------------|---------------------------|
| a) Run for Fun | b) Run for specific cause |
| c) Run for Unity | d) Health Run |

1

14. Given below are two statements, one is labelled as **Assertion (A)** and the other is labelled as **Reason(R)**. 1
- Assertion (A):** Paralympics games are held for athletes with mobility disabilities.
Reason(R): Paralympics games do not help in the promotion of adaptive sports.
- a) Both (A) and (R) are true and (R) is the correct explanation of (A).
 b) Both (A) and (R) are true but (R) is not correct Explanation of (A).
 c) (A) is true, but (R) is false.
 d) (A) is false, but (R) is true.

15. Amenorrhea is a condition of _____. 1
- a) Irregular menstrual cycle b) Normal menstrual cycle
 c) Absence of menstrual cycle d) None of the above

16. The ability to tolerate higher concentration of ____ can help in improving endurance performance. 1
- a) Lactic acid b) Acetic acid c) Hydrochloric acid d) Sulphuric acid

17. Which postural deformity has convexities right or left? 1
- a) Flat foot b) Knock knees c) Kyphosis d) Scoliosis

18. Which type of injury usually occurs in Boxing?
- a) Incision b) Contusion c) Strain d) Sprain

SECTION-B

19. Find the difference between Bye & Seed. 1+1
20. Write the functions and the main sources of carbohydrates. 1+1
21. Suggest exercises as a corrective measure for curing Lordosis. 1+1
22. Write any 4 symptoms of food intolerance. 0.5 X 4
23. Justify the statement “A game for each and each for game”. 2
24. Write a brief note on Basal metabolic rate. 2

SECTION-C

25. What do you understand by hypertension? Describe the procedure for performing any one yogic asana which reduces hypertension. 1+2=3
26. Draw a flow chart of Nutritive components of Diet. 3
27. What is Inclusion? Discuss the need of Inclusive education. 1+2
28. Explain any three physiological factors determining strength. 1+1+1
29. What is Harvard Step Test? Find the Cardio Vascular Fitness Index score of a person after completion of a period of 5 minutes and pulse count of 1 - 1.5 minutes after exercise is 90. 1+2
30. Explain any three effects of eating disorder among female athletes? 1+1+1=3

SECTION-D

31. Study the picture given below and answer the questions. 1x4

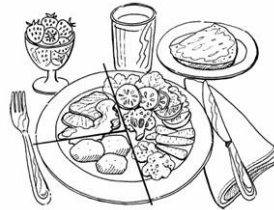


- a) Both the test shown in the picture are conducted to check _____ fitness.
 b) The height of the bench used in the first picture is _____ for male.
 c) The name of the test done in the first picture is _____
 d) The test shown in the first picture was developed by _____.

OR

How many times pulse rate is taken to estimate the fitness level?

32. A balanced diet refers to the intake of food constituting all the necessary nutrients. Ram shares his knowledge of 'food and nutrition' with neighbors while visiting his grandparents in a village. Ram notices that few people living in that village are suffering with goiter and severe anemia.



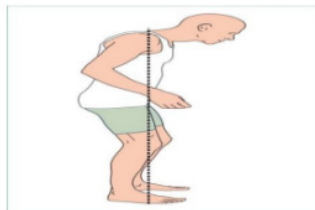
1x4

1. Minerals are placed under _____ nutrient category on basis of required quantity.
2. Goiter is caused due to deficiency of _____.
3. Low levels of _____ will lead to Anemia.
4. From the above picture, it can be derived that exercise along with _____ is required.

OR

Iron is a part of _____ mineral.

33. Sheetal spent her weekend checking the health status of all the security guards of her huge gated community as a part of project work assigned by PE teachers. She found out that more than half of them have shown a significant deformity in the upper part of their vertebral column. 1x4



1. The term used to define this deformity is _____
2. This deformity is mainly caused due to _____
3. The Asana which help in rectifying such conditions are _____
4. Due to Covid Pandemic, most of the children attending online classes with bad sitting posture may experience _____ postural deformity.

SECTION-E

34. With all calculations, draw a tabular fixture of 7 teams. 1+4=5
35. What is soft tissue injury? Describe any four types of soft tissue injuries in detail. 1+4
36. Discuss the Asanas helpful for a person suffering from Back pain & Arthritis. 0.5x4+2+1=5
Write down the benefits and contraindications of Ardha Chakrasana.
37. In what ways does participation in sports and games benefit a person with disability? 1x5
