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**INDIAN SCHOOL SALALAH**  
**FIRST TERM EXAMINATION – SEPTEMBER 2024**  
**PHYSICAL EDUCATION (048)**



**Class: XII**  
**Time: 3:00 Hrs**

**Date: 30 - 09 - 2024**  
**Maximum Marks:70**

**General instructions:**

- This question paper consists of **five** section and 37 questions.
- Section A consists of questions **1 - 18** are multiple choice questions and carry 1 mark each. All questions are compulsory.
- Section B consists of questions **19 -24** carrying 2 marks each are very short answer types and should not exceed 60-90 words. Attempt **any 5**.
- Section C consists of questions **25 -30** carrying 3 marks each are short answer types and should not exceed 100 -150 words. Attempt **any 5**.
- Section D consists of case studies questions **31 -33** carrying 4 marks each and are case studies.
- Section E consists of questions **34 -37** carrying 5 marks each are long answer type and should not exceed 200-300 words. Attempt **any 3**.

**SECTION- A**

1. A man measures his B.M.I. value which comes out to be 23.1 then under which of the following category does he belong?
  - a) Underweight
  - b) Normal
  - c) Overweight
  - d) Obesity class 1
2. Which of the following asana is not recommended for diabetes patients?
  - a) Bhujangasana
  - b) Pawanmuktasana
  - c) Paschimotanasana
  - d) Tadasana
3. Adults should do at least \_\_\_\_\_ minutes of moderate intensity aerobic physical activity.
  - a) 40-80
  - b) 100-120
  - c) 150-300
  - d) 300-400

4. Given below are two statements labelled Assertion (A) and Reason (R)

**Assertion (A)** Basic endurance is called anaerobic endurance.

**Reason (R)** Endurance is the ability to sustain an activity for a longer period.

- a) Both (A) and (R) are true and (R) is the correct explanation to (A)
- b) Both (A) and (R) are true and (R) is not correct explanation to (A)
- c) (A) is true but (R) is false
- d) (A) is false but (R) is true

5. Friction is

- a) A necessary evil
- b) a foe
- c) Both a and b
- d) None of these

6. Johnson Methney Test battery does not consist of

- a) Front Roll
- b) Back Roll
- c) Straddle
- d) Half- turns

7. Which is not the type of Flexibility?

- a) Active
- b) Static
- c) Ballistic
- d) Passive

8. Which one of the following causes asthma attacks?

- a) Genetic factor
- b) Allergy
- c) Exercising in cold air
- d) All of these

9. Which of the following is not the type of dynamic strength

- a) Maximum strength
- b) Static Strength
- c) Explosive strength
- d) Strength endurance

10. Which one of the following factors leads to osteoporosis among women athletes?

- a) Insufficient calcium in diet
- b) Intake of less calories
- c) Intensive exercises

d) All of above

11. Which of the following tests is also known as Fullerton Functional Test of Senior citizens?

- a) Cardiovascular Test
- b) Rockport 1 mile Test
- c) Harvard Step Test
- d) None of these

12. Which of the following is also known as isotonic strength

- a) Static Strength
- b) Dynamic strength
- c) Isokinetic Strength
- d) All of them

13. It refers to the motion of an object projected into the air at an angle of is called

- a) Trajectory
- b) Projectile
- c) Motion
- d) Angle

14. Which of the following is a cause of flat foot?

- a) Weak muscles of foot
- b) Rapid increase in body weight
- c) Carrying heavy weight
- d) All the above

15. Choos the correct matching

I	Garudasana	1	Rounded shoulder
II	Gomukhasana	2	Lordosis
III	Chakrasana	3	Bowlegs
IV	Naukasana	4	Knock knee

- a) I-3, II-4, III-1, IV-2
- b) I-1, II-3, III-4, IV-2
- c) I-4, II-2, III-1, IV- 3
- d) I-2, II-3, III-4, IV- 1

16. Kyphosis is also known as\_\_\_\_\_.

- a) Hollow back
- b) Hunch Back
- c) Curve Back
- d) Both a and b

17. The force which opposes the relative motion between the surfaces of two object is known as \_\_\_\_\_
- a) Frictional force
  - b) Gravitational force
  - c) Applied force
  - d) Tension force
18. Ability to achieve maximum speed from stationary position is called
- a) Speed endurance
  - b) Acceleration ability
  - c) Locomotor ability
  - d) Movement speed

### **SECTION -B**

19. Explain the procedure and rules of chair sit and reach test.
20. What is obesity? Name any two asana which reduces fats.
21. Discuss the WHO guidelines on physical activity for children 3-4 years of age.
22. Define lever. Discuss any one type of lever with an example.
23. Write any four advantages of Fartlek Training method.
24. Toms weighs 65 kgs and stand 1.5. What is his BMI

### **SECTION- C**

25. “Yoga is a way of healthy life.” Critically explain.
26. Discuss causes, precautions and remedies of flat foot.
27. What do you mean by cardiovascular fitness? Explain the procedure of Harvard Step Test.
28. What is Equilibrium? Explain the types of equilibrium.
29. Define coordinative ability. Describe any two types of coordinative abilities.
30. Why biomechanics is important for physical education teacher? Discuss.

### **SECTION- D**

31. Read the below passage and answer the following questions-

Yoga is vital for healthy and happy life. When we do yoga postures our body gets sufficient stretching and strain. Stretching is very important for active and healthy lifestyle. Secondly when we do yoga blood circulation and pulse rate maintain normal. Yoga and asana give peace of mind. That's why yoga is important. Yoga is the only form of physical exercise which brings a change in your overall personality.

It is not just for body to weight loss, better immune system, but it develops our personality as well. It revitalises and reenergise both mind and body if one is committed and pursues it regularly. In a nutshell how we breathe, is necessary for life, in the same way, yoga is necessary to channelize our body and mind. It enlightens our inner chakras and make the body functioning systematically.

- a) Why yoga is important for happy life?
- b) How does yoga help to develop our personality?
- c) Asana gives \_\_\_\_\_ of mind and improves \_\_\_\_\_ appearance.
- d) Differentiate between yoga and asana.

**OR**

Based on the picture given below answer the following questions.



1.

- a) Identify the yoga pose.
- b) It is helpful in curing or managing which disease?
- c) Describe any two benefits of the same.
- d) Mention the contraindications of the same asana.

32. Ram is going regularly to the park near his home in the morning. He found that many old people have some or other type of fitness problems in terms of flexibility and strength. He decided to check the fitness level of such people.

- (a) Which test is useful for measuring of old people fitness test?
- (b) How can Ram measure flexibility of old people.
- (c) Mention the name of test for measuring the strength of old aged people.
- (d) How Ram will measure the endurance of the old people.

33. The teacher as well as coaches always make their best effort to improve the performance of their students in various competitive games and sports. They can help to improve the performance of students if they have adequate knowledge of biomechanics.

- a) The more force one exerts on the downward bounce, the higher the ball bounces into the air. Which law is this statement being referred to?
- b) The acceleration of an object depends directly upon the net force acting upon the object and inversely upon the object's \_\_\_\_\_.
- c) The study of human body and various forces acting on it is called \_\_\_\_\_.
- d) High jumper can jump higher of a solid surface because it opposes his/her body with as much force as she/he is able to generate. This example refers to
  - 1) Law of conservation
  - 2) Law of inertia
  - 3) Law of action and reaction
  - 4) Law of gravity

### **SECTION –E**

34. Explain any two tests for the assessment of fitness of students in the age group of 5 to 8 years stated in SAI Khelo India Fitness Test.

35. Discuss the physical, social and psychological benefits of sports participation of women in detail.

36. Explain any five factors affecting projectile trajectory.

37. Explain the different training cycles with suitable example.