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INDIAN SCHOOL SALALAH
FIRST TERM EXAMINATION – SEPTEMBER 2026



Class: XII

PHYSICAL EDUCATION (048)

Date: 20/09/2026

Time: 3 Hrs

Maximum Marks: 70

GENERAL INSTRUCTIONS:

1. The question paper consists of 5 sections and 37 Questions.
2. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory
3. Sections B consist 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. Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. **Attempt any 5.**
5. 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 are long answer types and should not exceed 200-300 words. **Attempt any 3.**

SECTION A

1. How many matches are played in a single league tournament involving 6 teams?
a) 12 b) 15 c) 18 d) 30
2. Collecting feedback and analyzing the overall success of a sports event is performed by the:
a) Technical Committee c) Pre – Event Committee
b) Marketing Committee d) Post – Event Committee
3. Intramural activities are conducted:
a) Between different countries c) Within an institution
b) Between different institutions d) Only at national level
4. Match Column A (Postural deformity) with Column B (Corrective measures) and choose the correct option given below:

Column A		Column B	
1.	Lordosis	a.	Push ups
2.	Knock Knees	b.	Standing heels up and down
3.	Flat Foot	c.	Horse riding
4.	Round Shoulders	d.	Halasana

Options:

- a) 1-d, 2-c, 3-b, 4-a
- b) 1-d, 2-a, 3-c, 4-b

- c) 1-b, 2-a, 3-d, 4-c
- d) 1-c, 2-d, 3-b, 4-a

5. The recommended physical activity for children aged 5–17 years should primarily be:
- a) Passive recreational activities
 - b) Vigorous intensity only
 - c) Light intensity only
 - d) Moderate to vigorous intensity

6. **Assertion (A):** Amenorrhea can occur in female athletes.

Reason (R): Excessive training and inadequate energy intake can disturb normal menstrual function.

In the context of the above two statements, which one of the following is correct?

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

7. Identify the following asana:



- a) Ardha matsyendrasana
- b) Gomukhasana

- c) Mandukasana
- d) Uttan mandukasana

8. Vakrasana involve:

- a) Forward bending
- b) Backward bending

- c) Twisting of the spine
- d) Balancing on one leg

9. Which of the following asanas should be avoided during pregnancy?

- a) Vajrasana
- b) Tadasana

- c) Bhujangasana
- d) Shavasana

10. The process of grouping athletes in Special Olympics according to their performance level is called:

- a) Classification
- b) Divisioning

- c) Seeding
- d) Categorization

11. Which of the following best describes the principle behind inclusion in sports?

- a) Sports environments and activities can be adapted to meet individual needs
- b) Students must adapt themselves completely to existing sports conditions
- c) CWSN should participate only in disability-specific competitions
- d) CWSN should be given exemption from sports

12. Match List I with List II and select the correct answer from the code given below:

List I		List II	
1.	Summer Olympics	a.	For the athletes with physical, vision and some intellectual impairments
2.	Paralympics	b.	For elite athletes only
3.	Special Olympics	c.	For the athletes with hearing impairment
4.	Deaflympics	d.	For children and adults with intellectual disabilities who are at least 8 years old

Code:

a) 1-d, 2-c, 3-b, 4-a

c) 1-b, 2-a, 3-d, 4-c

b) 1-d, 2-a, 3-c, 4-b

d) 1-c, 2-d, 3-b, 4-a

13. Which nutrient is primarily responsible for growth and repair of body tissues?

a) Carbohydrates

b) Fats

c) Protein

d) Vitamins

14. The scientific name of Vitamin C is:

a) Ascorbic acid

b) Retinol

c) Calciferol

d) Tocopherol

15. **Assertion (A):** A balanced diet contains nutrients in appropriate proportions according to an individual's needs.

Reason (R): Nutritional requirements are almost the same for every athlete.

In the context of the above two statements, which one of the following is correct?

a) Both A and R are true, and R is the correct explanation of A

b) Both A and R are true, and R is not the correct explanation of A

c) A is true but R is false

d) A is false but R is true

16. A teacher is preparing the SAI Khelo India Fitness Test battery for students aged 9–18 years. One test is accidentally omitted from the following sequence. Identify it:

50 m Speed Test → 600 m Run/Walk → Sit and Reach Test → Partial Abdominal Curl-Up → Push-Ups/Modified Push-Ups

a) BMI

b) Arm curl test

c) Balance test

d) Step test

17. Basal Metabolic Rate (BMR) represents:

a) The minimum amount of energy expended by the body at complete rest to maintain vital functions

b) The amount of energy required to digest food consumed throughout the day

c) The maximum calories burned during vigorous physical exercise

d) The total energy expenditure during a 24-hour active cycle

18. Which specific motor stunt from the Johnson–Metheny test battery is EXCLUDED when assessing girls?
- | | |
|---------------|----------------------|
| a) Front Roll | c) Jumping half-Turn |
| b) Back Roll | d) Jumping Full-Turn |

SECTION B (Attempt any five)

19. Define Planning in sports management and state any one primary objective.
20. Mention any two psychological benefits of women's participation in sports.
21. Which asana is known as the "Fish Pose," and why is it beneficial for patients with Asthma?
22. What is 'Maximum Effort Rule' in Special Olympic?
23. Define 'Pitfalls of Dieting' and state one common mistake people make during weight loss.
24. Differentiate between the Flamingo Balance Test and Plate Tapping Test on the basis of the fitness component assessed.

SECTION C (Attempt any five)

25. Draw a fixture of 7 teams on league basis according to cyclic method.

Or

Draw a knockout fixture of 21 teams.

26. Explain how the three conditions of the Female Athlete Triad are interconnected.
27. Name any three asanas useful for the prevention of hypertension. Write the procedure of performing each of them.
28. How can we make physical activities accessible for Children with Special Needs?
29. What is meant by 'a healthy weight'? Suggest some healthy strategies for weight control.
30. Explain how the Physical Fitness Index of an athlete is determined through the Harvard Step Test (Using short formula).

SECTION D

31. ABC School organized an Inter-School Basketball Tournament as part of its extramural activities. The Head of Physical Education Department carefully designed the complete program for the event well in advance, deciding on the schedule, venue and resources required. Based on this plan, he assigned specific duties to different teachers according to the work needed — some were made responsible for equipment, others for scoring and officiating. To manage the event smoothly, various committees such as the Logistics Committee, Refreshment Committee and Technical Committee were formed, each given specific responsibilities. A total of 15 teams confirmed their participation, and the tournament was conducted on a knock-out basis. At the end of the event, it was widely regarded as a success, having fulfilled the key objectives of extramural competitions.

On the basis of above case, answer the following question: (1 X 4 = 4 Marks)

- i) The HOD-PE designing the complete program for the tournament in advance reflects which function of sports event management?
- | | |
|---------------|----------------|
| a) Organizing | c) Controlling |
| b) Planning | d) Directing |
- ii) Which committee is responsible to take care of scoring and officiating?
- | | |
|---------------------------------|------------------------|
| a) Finance Committee | c) Technical committee |
| b) Ground maintenance committee | d) Logistic committee |
- iii) Fill in the blank:
The tournament was conducted on a knock-out basis with 15 teams participating, the total number of matches played would be _____ .
- iv) Answer any one of the following question:

State one responsibility each of the Logistic Committee and the Refreshment Committee formed for this tournament.

Or

State any two objectives of extramural tournaments that this event helped achieve.

- 32.** During a posture assessment camp at St. Xavier's School, the physical education department evaluated 14-year-old Kabir, 15-year-old Sneha, and 13-year-old Aarav, who were all experiencing discomfort during daily activities and physical education classes.

Kabir's Condition: Kabir presented with an excessive outward curvature of his thoracic spine (upper back), giving him a pronounced "hunchback" appearance. He frequently complained of upper back stiffness after sitting at his desk for long hours.

Sneha's Condition: Sneha exhibited an abnormal lateral (sideways) 'S'-shaped curvature of her vertebral column. One of her shoulders appeared visibly higher than the other, and her waistline was uneven.

Aarav's Condition: Aarav showed an exaggerated inward curvature of his lumbar spine (lower back), causing his abdomen to protrude abnormally forward and placing excessive stress on his lower back muscles.

On the basis of the above case, answer the following questions: (1 X 4 = 4 Marks)

- i) Kabir's hunchback appearance, characterized by an excessive outward rounding of the upper spine, is medically known as:
- | | | | |
|-------------|-------------|--------------|----------------|
| a) Kyphosis | b) Lordosis | c) Scoliosis | d) Genu Valgum |
|-------------|-------------|--------------|----------------|

- State any two common causes responsible for the development of spinal curvature deformities in growing children.

Suggest any two corrective exercises specifically used to manage Kyphosis.

33. Rahul, a Class XII athlete, was participating in a high-intensity athletics competition. Before the event, his coach advised him to take a **high-carbohydrate, moderate-protein and low-fat meal** 2–4 hours before the competition. Rahul chose pasta with fruits and curd and drank sufficient water. He avoided fried and unfamiliar foods. During the competition, he took water at regular intervals and consumed a small amount of carbohydrate-rich drink during the break. After the event, he immediately started rehydrating and consumed carbohydrate-rich foods to replenish his depleted glycogen stores. Later, he had a balanced meal containing carbohydrates and good-quality protein to support recovery.

Read the above case carefully and answer the following questions given below.

(1 X 4 = 4 Marks)

- ## Why should athletes consume sufficient fluids during and after exercise?

Or

Why should unfamiliar or difficult-to-digest foods be avoided before a competition?

SECTION E (Attempt any three)

34. Choose one suitable asana for each of the following lifestyle diseases and explain the procedure of performing the asana along with any one contraindication. The asanas selected for different lifestyle diseases should not be repeated.
a) Obesity b) Diabetes c) Asthma d) Hypertension e) Back Pain
35. What is meant by inclusion in sports? Explain the need for inclusion in sports and suggest suitable measures for its effective implementation for children with special needs.
36. Define Food Intolerance. How does it differ from a Food Allergy? Explain three common symptoms associated with food intolerance and state two ways to manage it.
37. Explain the purpose and procedure of any four test items of the Rikli and Jones Senior Citizen Fitness Test.

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