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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. Sections 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) Pawanmuktasana  
c) Gomukasana

- b) Mandukasana  
d) Matsyasana

2. Which of the races is run “to promote brotherhood”?

1

- a) Run for Fun  
c) Run for Unity

- b) Run for specific cause  
d) Health Run

3. Which is the first step used in classification for Paralympics 1  
 a) Medical Assessment b) Functional Assessment  
 c) Observation d) Competition

4. What is the test duration for the Arm curl test? 1  
 a) 30 sec (b) 2 min c) 1 min (d) Number of repetitions

5. **Given below are two statements, one of which is labelled as Assertion (A) and the other is labelled as Reason (R).** 1

**Assertion (A):** Consuming food that are low in calories and fat, and increasing in physical activities will help in maintaining a healthy weight

**Reason (R):** There are several ways of assessing a healthy body weight which includes weight and height chart, BMI or fat percentage

Which one of the following statement is correct?

- 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 the correct explanation of (A)  
 c) (A) is true, but (R) is false  
 d) (A) is false, but (R) is true
6. Which asana improves efficiency of liver? 1  
 a) Vajrasana b) Makarasana c) Tadasana d) Ardhmatsyendrasana

7. Match the following: 1

- |                           |                           |
|---------------------------|---------------------------|
| I. Chair stand test.      | 1. Lower body strength    |
| II. Arm curl test.        | 2. Aerobic Endurance      |
| III. Back scratch test.   | 3. Upper body strength    |
| IV. Six-minute walk test. | 4. Upper body flexibility |

- a) I-1,II-3,III-4,IV-2 b) I-2,II-3,III-1,IV-4  
 c) I-1,II-3,III-2,IV-4 d) I-2,II-3,III-4,IV-1
8. What is the formula of calculating number of matches in League fixture ? 1  
 a)  $N + \frac{1}{2}$  b)  $N \frac{(N-1)}{2}$  c)  $N - \frac{1}{2}$  d)  $N \frac{(N+1)}{2}$

9. \_\_\_\_\_ is not an item in Rikli & Jones test? 1  
 a) 8 foot Up and Go b) Sit and Reach c) Arm Curl d) Back Scratch

10. VO<sub>2</sub> max is related to \_\_\_\_\_ 1  
 a) Muscular system b) Respiratory system  
 c) Cardiovascular system d) Energy production system

11. If 19 teams participating in knock out tournament, out of which 4 teams are to be seeded, then find out the formula to calculate the number of byes in lower half. 1

- a)  $N - \frac{1}{2}$  b)  $\frac{NB-1}{2}$  c)  $\frac{NB+1}{2}$  d)  $N(N - \frac{1}{2})$
12. This is swayback abnormal inward curvature of the lumbar spine. 1



- a) Lordosis b) Kyphosis c) Scoliosis d) Miosis

13. Which of the following is a function of muscles? 1  
 a) Oxygen intake b) Oxygen Transport  
 c) Structure and support d) Blood flow

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. Kyphosis is also known as \_\_\_\_\_ 1  
 a) Hollow back            b) Hunch back            c) Curve back            d) Both (a) and (b)
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. Raman is suffering from knock knees for which he is advised to 1  
 a) Walk on inner edge of foot            b) Walk on outer edge of foot  
 c) Walk on heels            d) Walk on toes
18. Which type of injury usually occurs in Boxing? 1  
 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. Discuss the WHO guidelines on physical activity for children 3-4 years of age. 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. Explain the procedure and scoring of plate tapping test. 1+1=2

#### SECTION-C

25. Discuss the procedure and benefits of SuptaVajrasana. 1.5+1.5=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. Discuss any three effects of exercise on cardio-respiratory system. 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

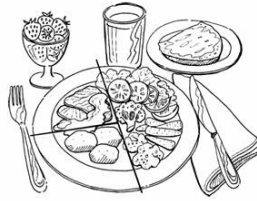


- a) Both the test shown in the picture are conducted to check \_\_\_\_\_ fitness.  
 b) The height of the bench used in the first picture is \_\_\_\_\_ for male.  
 c) The name of the test done in the first picture is \_\_\_\_\_  
 d) The test shown in the first picture was developed by \_\_\_\_\_.

**OR**

How many times/time 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.



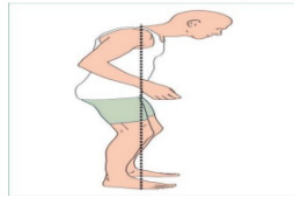
**1x4**

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 fixture of 19 teams participating in the knockout Tournament with four teams are seeded. **3+2=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 ArdhaChakrasana.
37. In what ways does participation in sports and games benefit a person with disability? **1x5**

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