



विद्या सर्वार्थ साधिका

# ANANDALAYA

## MID TERM EXAM

Class : XII

Subject: Physical Education

Date : 27/09/2019

M.M: 70

Time: 3 Hour

### General Instructions:

1. All questions are compulsory.
2. Answer for the questions carrying 1 mark can be write in one word or approximately 20- 30 words.
3. Answer for the questions carrying 3 marks should be approximately 80-90 words.
4. Answer for the questions carrying 5 marks should be approximately 150-200 words.

- Q1. Horse riding is one of the best exercise for correction of which deformity (1)  
(a) Bowleg (b) Knock knee (c) Kyphosis (d) Lordosis
- Q2. What is the weight of Medicine ball in General Motor Fitness Test (1)  
(a) Boys 4 kg, Girls 1kg (b) Boys 2 kg, Girls 1.5 kg  
(c) Boys 2.5 kg, Girls 1 kg (d) Boys 3 kg, Girls 1 kg
- Q3. How many Bye will be given if 19 teams are participating in knock-out tournament (1)  
(a) 11 (b) 13 (c) 10 (d) 8
- Q4. In 2008 Olympic how many female sports person participated from India? (1)  
(a) 4 (b) 11 (c) 26 (d) None of the above
- OR**
- The number women participants in the field of sports was very limited before \_\_\_\_\_
- Q5. Minimum Muscular Fitness Test is also known as (1)  
(a) Kraus Weber Test (b) Motor Fitness Test  
(c) Rikli and Jones Test (d) Harward Step Test
- Q6. Osteoporosis refers to decreased \_\_\_\_\_ (1)
- Q7. Test and Measurement helps in: (1)  
(a) Assessment of status (b) Assessing the differences  
(c) Drawing conclusions (d) All of above
- Q8. Fullerton Functional Test is also known as (1)  
(a) Senior Citizen Test (b) Rikli and Jones  
(c) Harward Step Test (d) Rockport one Mile Test
- Q9. Geographical and climatic conditions should be considered when planning (1)  
(a) Indoor activity (b) Outdoor activity (c) Child activity (d) Old people activity
- Q10. Postural adaptation of spine in lateral direction is called (1)  
(a) Spinal (b) Flat foot (c) Round shoulder (d) Scoliosis
- Q11. \_\_\_\_\_ disorder may affect a sense such as touch, sight, taste or movement. (1)
- Q12. Run for Specific Cause is a run which is organized for a \_\_\_\_\_ (1)
- Q13. Write the full form of ADHD. (1)

- Q14. Which one is the advantage of round robin tournament? (1)  
 (a) Time consuming (b) Expensive (c) More no. of official (d) Decides the strong team
- Q15. Which committee is responsible for preparing the grounds or field. (1)
- Q16. Mithali Raj is related to which game? (1)
- Q17. Formula for calculating Number of rounds in single league tournament? (1)  
 (a)  $N(N-1)$  (b)  $N-1$  (c)  $N+1$  (d)  $N(N-1)/2$
- Q18. The best asana for strengthening the back muscles (1)  
 (a) Shavasana (b) Vakrasana (c) Shalabhasana (d) Vajarasana
- Q19. Give the names of Eating disorder. (1)
- Q20. The primary aim of intramural competition is (1)  
 (a) To provide opportunity for mass participation of students  
 (b) To participate in inter school competition  
 (c) To provide intra school competition  
 (d) All of the above
- Q21. Explain the three factors affecting motor development. (3)
- Q22. Draw a fixture of 7 teams on league basis following the cyclic method. (3)
- Q23. Discuss the detail of 'Barrow's Motor Ability Test' to measure motor fitness. (3)
- Q24. Briefly explain the causes of ADHD and ODD. (3)
- Q25. Discuss the six physical benefits of exercise to children's. (3)
- Q26. Briefly explain the concept of Disorder. (3)
- OR**
- Explain in brief 'The Harvard Step Test.
- Q27. What are the causes of Lordosis? Can a strict exercise regime help to overcome the problem of Lordosis, How? (3)
- Q28. Briefly explain the causes and preventive exercises for flat foot and knock knees. (3)
- Q29. Discuss the objectives of extra murals in detail. (3)
- Q30. Explain the any three committees required to organize Annual Sports Day event. (3)
- Q31. What do you mean by tournament? Elucidate the importance of tournament in detail. (5)
- Q32. What do you mean by fixtures? Draw a knock out fixture of 25 teams mentioning all the steps. (5)
- Q33. What do you mean by the term 'Female Athlete's Triad'? Explain Osteroporosis and Anenorrhoea in detail. (5)
- Q34. 'The participation of women in sports is not very significant even now'. Discuss the varied reasons of less participation of women in sports? (5)