



Delhi Public School, Howrah

PERIODIC TEST - II (2024-2025)

Care must be taken not to write anything on the question paper. All the questions must be attempted in the correct sequence.

SUBJECT: PHYSICAL EDUCATION (048)

Time: 3 Hours

Class- XII

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. Section 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. Section 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. Section D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
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

Answer the following by choosing the most appropriate options:

1. Which is not a part of sports event management?
a. Staffing b. Collecting c. Organizing d. Controlling
2. The _____ number of byes is given to the first team of the lower half.
a. First b. Second c. Third d. Fourth
3. Identify the postural deformity which may also be caused due to rickets.
a. Flat foot b. Round Shoulders c. Kyphosis d. Knock Knees
4. According to WHO, recognize the age group of children and youth.
a. 5-15 yrs b. 5-17 yrs c. 5-21 yrs d. 5-25 yrs
5. Identify this pranayama from the figure given below:



- a. Ustrasana b. Garudasana c. Uttana Mandukasana d. Chandra Bhedana
6. Which of the following asana is known as crocodile pose?
a. Makarasana b. Dhanurasana c. Trikonasana d. Ardha Matsyendrasana

7. "Flame of Hope" is related to _____.
- a. Summer Olympics b. Winter Olympics c. Paralympics d. Special Olympics
8. The first Deaflympics was held in-
- a. 1986 b. 1990 c. 1920 d. 1924
9. Given below are two statements labelled as Assertion (A) and Reason(R). Based on the statement select the correct option that are given below.

Assertion (A): Proteins help in the transportation of materials throughout the body.

Reason(R): Proteins play a significant role in regulating the concentrations of acids and bases in our blood and other body fluids.

- 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. Both (A) and (R) are false.

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

	LIST-1		LIST-2
i.	Vitamin B12	1	Thiamin
ii.	Vitamin B3	2	Biotin
iii.	Vitamin B7	3	Cobalamin
iv.	Vitamin B1	4	Niacin

	CODE			
	i	ii	iii	iv
a.	4	3	1	2
b.	2	3	4	1
c.	1	2	3	4
d.	3	4	2	1

11. Which is not a fat-soluble vitamin?

- a. A b. K c. C d. D

12. There are _____ number of cycles in Plate Tapping Test.

- a. 20 b. 25 c. 30 d. 45

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

	LIST-1		LIST-2
i.	Sit and Reach Test	1	Wells and Dillon
ii.	Harvard Step Test	2	Rikli and Jones
iii.	Fullerton Functional Test	3	Motor Educability
iv.	Johnson-Metheny	4	Brouha and others

	CODE			
	i	ii	iii	iv
a.	1	4	2	3
b.	4	1	2	3
c.	4	1	3	2
d.	1	2	3	4

14. White muscle fibres are better adapted to perform _____.

- a. Slow contraction b. Fast contraction c. Medium contraction d. Less contraction

15. The functional efficiency of a muscle depends upon its _____.

- a. Fibre quality b. Nerve stimulation c. Girth d. Tonus

16. Hairline fracture is also known as _____.

- a. Transverse b. Greenstick c. Oblique d. Stress

17. Friction always acts _____ the motion of an object.

- a. in the same direction as b. perpendicular to
 c. opposite to d. at a 45 degree angle to

18. Given below are two statements labelled as Assertion (A) and Reason(R). Based on the statement select the correct option that are given below.

Assertion (A): Biomechanics is the study of forces and their effects on living systems.

Reason(R): Biomechanics is not a sub-discipline of physical education.

- 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. Both (A) and (R) are false.

SECTION: B

- 19. Appraise the effects of exercise on cardiovascular system. 2
- 20. Generalize the logo of Deaflympics. 2
- 21. Every sports person experiences friction during his various activities. Discuss any four ways in which friction may be reduced to make it more advantageous for the sports activity. 2
- 22. Reframe the role of family and school for encouraging the CWSN child for inclusive education. 2
- 23. Identify the root word of 'Scoliosis'? What will be the corrective measures of it? 2
- 24. Recognise the pitfalls of dieting. 2

SECTION: C

- 25. As a PE student you have to arrange a Harvard step test in your school. Write the procedure of the test with the equipment list and scoring technique. 3
- 26. Define the terms: Oligomenorrhea, Polymenorrhea, Menorrhagia. 3
- 27. Construct a plate tapping test based on the SAI Khelo India guidelines. 3
- 28. Tabulate any six types of soft tissue injuries. 3
- 29. As a sports person, you must be well-versed in all aspects of your sport. So, when you are playing or moving during the game, consider the significance of the Centre of gravity at the time and explain it using scientific principles. 3
- 30. Point out the application of the Newtons Law's in sports. 3

SECTION: D

31. Sports participation and exercise engagement have always witnessed an interruption among athletes towards active participation or lead to painful experience due to some or the other form of injuries. The injuries may be due to incorrect movement, hitting or colliding with equipment or aggressive sporting actions like diving and sliding, overtraining or lack of conditioning. All these injuries caused due to different reasons may not be of the same type, which means they may need different remedies and specific understanding towards each injury to avoid and prevent such injuries. The injury in sports and exercise refers to the physical damage caused to tissue, bone, or any other organ of the body while in action and further leading to withdrawal from participation or experience pain while performing movement actions. 1X4

- a. _____ injuries are sustained from an external force causing injury at a point of contact.
 - b. _____ usually involve the athlete damaging the soft tissues such as ligaments tendons or muscles of the body through internal or external force.
 - c. Any injuries to skin muscles or ligaments are _____ injuries.
 - d. The injuries which occur to bones and cartilages are called _____.
- OR,**
- d. _____ Injuries are sustained from continuous or repetitive stress, incorrect technique, or equipment or too much training.

32. The human leverage system is built for speed & range of movement at the expense of force. Short force arms & long resistance arms require great muscular strength to move like biceps & triceps attachments biceps force arm is 1 to 2 inches triceps force arm less than 1 inch. Human leverage for sports skills requires several levers; throwing a ball involves levers at the shoulder, elbow & wrist joints. The longer the lever, the more effective it is in imparting velocity. A tennis player can hit a tennis ball harder with a straight-arm drive than with a bent elbow because the lever is longer & moves at a faster speed. Long levers produce more linear force and thus better performance in some sports such as baseball, hockey, golf, field hockey, etc.

1x4

- Kicking a football is an example of _____ class lever.
- Hockey stick for playing Hockey is a _____ class lever.
- At the time of jumping phase during Long Jump, you are using _____ class lever.
- While doing free style swimming, you are using _____ class lever.

OR,

- Human's foot during walk acting as a _____ class lever.

33. Carefully study the picture given below and answer the following questions with reference to the picture.

Lifestyle Disease



1X4

- Yogmudra can be used to cure _____.
- Suryabedhan pranayama can be used to cure _____.
- Sarla Matyasana can be used for _____.
- Paschimottasana can cure _____.

SECTION: E

34. You're watching a baseball match. A batter hits a baseball, when the ball is in flight path. As a student of PE you can understand all those things which can affect the ball's projectile motion. Describe those factors which can affect that projectile trajectory of the ball. Provide a suitable explanation to your description.

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35. Suppose you are a sports nutritionist for the West Bengal softball team. You heard that your team players are maintaining their nutrition on the basis of a few myths. Now you have arranged a session on food myths. How can you explain this recurrent issue?

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36. Distinguish the function and the food sources of any five micro minerals.

5

37. You are the in charge of a club sports committee and your club is arranging a volleyball tournament. After few days your club secretary instructs you to make a knockout fixture with 24 teams. Now formulate a fixture with all the procedure.

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