



Delhi Public School, Howrah

PERIODIC TEST - III (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

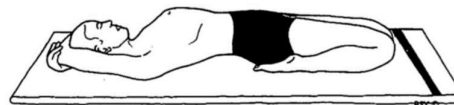
General Instructions:

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 one of the following methods is not used for preparing fixtures in round robin tournament?
a. Combination method b. Tabular method
c. Staircase method d. Cyclic method
2. Identify the formula to determine number of matches in league fixture for even number of teams.
a. $(N+1)/2$ b. $(N-1)/2$ c. $N(N+1)/2$ d. $N(N-1)/2$
3. At global level, it is estimated that one in four adults and _____ percent of adolescents do not engage in enough physical activity.
a. 61 b. 71 c. 81 d. 91
4. If the menstruation cycle does not begin at puberty, the condition is called _____.
a. Primary amenorrhea b. Secondary amenorrhea
c. Oligomenorrhea d. Dysmenorrhea
5. Identify this pranayama from the figure given below:



- a. Matsyasana b. Supta Vajrasana c. Ardha Matsyasana d. Supta Vakrasana
6. _____ asana is also called as 'Camel Pose'.
a. Ardha Matsyendrasana b. Chakrasana c. Halasana d. Ustrasana
7. F (11-13), sports class in Para-athletics is related to _____.
a. Visual impairment b. Leg impairment c. Limb deficiency d. Intellectual impairment
8. Find out the fat-soluble vitamin from the given option.
a. Vitamin A b. Vitamin B c. Vitamin C d. All of these

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): Carbohydrates acts like a fuel in human body. It is also needed for the formation of fats.

Reason(R): Carbohydrates is a compound component which is formed by the chemical composition of carbon, hydrogen and oxygen.

- 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. | 600 m. Run / Walk | 1 | Flexibility |
| ii. | Sit and Reach | 2 | Upper muscular strength |
| iii. | Push Ups | 3 | Strength and endurance of abdominal muscles |
| iv. | Partial Curl Ups | 4 | Aerobic capacity |

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

11. Glucose is a type of _____.

- a. Complex carbohydrates
- b. Simple carbohydrates
- c. Fats
- d. Proteins

12. Johnson – Metheny test battery consist of total _____ number of items.

- a. 4
- b. 5
- c. 6
- d. 9

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

| | LIST-1 | | LIST-2 |
|------|---------------------|---|-------------------------|
| i. | Law of inertia | 1 | Dynamic friction |
| ii. | Law of reaction | 2 | Starting in Roman Rings |
| iii. | Sliding friction | 3 | Law of momentum |
| iv. | Law of acceleration | 4 | In high jump take off |

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

14. Fracture where a part of broken bone enters another bone is called _____ fracture.

- a. Simple
- b. Compound
- c. Impacted
- d. Green stick

15. The amount of oxygen which can be absorbed and consumed by the working muscles from blood is called-

- a. Oxygen intake
- b. Oxygen uptake
- c. Oxygen transport
- d. Energy reserved

16. Friction plays the least important role in which of the following sports?

- a. Football
- b. Hockey
- c. Basketball
- d. Ice Skating

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

| | LIST-1 | | LIST-2 |
|------|---------------|---|-------------------|
| i. | Endomorph | 1 | Mask |
| ii. | Persona | 2 | Round body |
| iii. | Neuroticism | 3 | Kind and friendly |
| iv. | Agreeableness | 4 | Moody and tense |

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

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): Sledging in cricket is to cause psychological discomfort for a batsman.

Reason(R): Sledging is an example of Instrumental Aggression.

- 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. Identify the test batteries of 'SAI KHELO INDIA TEST', which is used to measure physical fitness for class 4 to 12 students. 2
- 20. After a certain period of training session you wants to change the activity for your team. That is why you decided to include circuit training for betterment of your team. How you will explain about this training? 2
- 21. State the aim of First-Aid. 2
- 22. What is the meaning of the yogic word "Uttanmandukasana"? 2
- 23. There are so many types of personality defined by physical educationist. State the types of personalities explained by Carl Jung in your own words. 2
- 24. Identify the sources and functions of Thiamine (Vitamin B1). 2

SECTION: C

- 25. If you chose a team as a selector, according to you what will be the process of talent identification? 3
- 26. What are the cycles through which one athlete can reach on his top level of performance? 3
- 27. Explain the following terms with proper example. 3
 - a. Isotonic exercise b. Isometric exercise c. Isokinetic exercise
- 28. As a sports person you should know the benefits of self-talk. How you will tell the benefits to your teammates? 3
- 29. Inclusive education provides a student training for real life situations as all students, with or without disabilities, learn to interact and work collectively. As a PE student what do you feel about the need and effect of inclusive education in students' life? 3
- 30. Elucidate the technique, benefits and contraindication of Ardha-halāsana. 3

SECTION: D

31. The senior citizen's fitness test (SFT) was developed by Rikli and Jones for older people aged between 60 to 94 years. The purpose of the test was to evaluate functional ability and monitor the physical fitness status of older people and to identify problems and work on the weakness. This test should not be practiced by those who have any medical conditions like chest pain, dizziness, high blood pressure, heart problems etc.

1X4 = 4

- i. The main purpose of _____ to assess the strength of the upper body.
 - a. 8 ft. up and go test b. Six min. walk test c. Chair stand test d. Arm curl test
- ii. The main purpose of _____ to measure the flexibility of the lower body.
 - a. Chair stand test b. Chair sit and reach test c. Arm curl test d. Six min. walk test
- iii. The main purpose of _____ to test the flexibility of the upper body specially shoulder.
 - a. Back scratch test b. Six min. walk test c. Chair stand test d. Chair sit and reach test
- iv. The main purpose of _____ to test the strength of the lower body specially the legs.
 - a. Chair sit and reach test b. Back scratch test c. Chair stand test d. 8 ft. up and go test

32. Personality type refers to the psychological classification of different types of people. Personality types are distinguished from personality traits, which come in different degrees. There are many theories regarding personality types, and each theory contains several and sometimes many sub theories. For example, according to type theories, there are two types of people, introverts and extroverts. According to trait theories, introversion and extroversion are part of a continuous dimension with many people in the middle. The major theories include dispositional (trait) perspective, psychodynamic, humanistic, biological, behaviorist, evolutionary, and social learning perspective. However, many researchers and psychologists do not clearly subscribe to any one perspective, but instead take a heterogeneous approach.

1x4 = 4

i. _____ personalities are suppressing their emotions to such an extent that they end up suffering from depression.

- a. Type A b. Type B c. Type C d. Type D

ii. _____ personalities are generally patient, relaxed and live with lower stress level due to the lack of urgency and competitiveness in their approach.

- a. Type A b. Type B c. Type C d. Type D

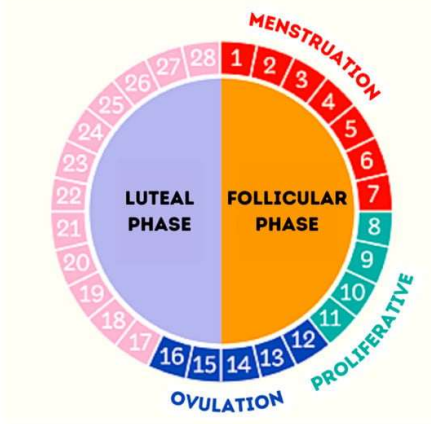
iii. _____ personalities are outgoing and extroverted.

- a. Type A b. Type B c. Type C d. Type D

iv. _____ personalities are tended to be quieter, however this is mostly due to emotional suppression than a relaxed attitude.

- a. Type A b. Type B c. Type C d. Type D

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



1X4

i. _____ is characterized by heavy and long term or continuous menstrual bleeding.

- a. Amenorrhea b. Menorrhagia c. Polymenorrhea d. Metrorrhagia

ii. _____ is a term used to describe a menstrual cycle that is shorter than 21 days.

- a. Polymenorrhea b. Amenorrhea c. Oligomenorrhea d. Menorrhagia

iii. _____ refers to missed, delayed or erratic periods or abnormal bleeding patterns.

- a. Oligomenorrhea b. Polymenorrhea c. Metrorrhagia d. Amenorrhea

iv. _____ is known as missed periods or absence of a normal monthly period or menstrual cycle.

- a. Metrorrhagia b. Menorrhagia c. Oligomenorrhea d. Amenorrhea

SECTION: E

34. Flexibility has an important inter-relationship with other factors that improve performance. Hence, it is essential to determine different aspects to a lesser or greater extent. Identify the various method through which one can improve his/her flexibility. 5

35. Explain all the guiding principles which determine the degree of stability. 5

36. Classify the Non-Nutritive factors that interfere with nutrient absorption. 5

37. As a player, what should be your meal before playing a match? 5