

Roll Number		
-------------	--	--

Code Number 48



## INDIAN SCHOOL MUSCAT HALF YEARLY EXAMINATION

### PHYSICAL EDUCATION

CLASS: XII

Sub. Code: 048

Time Allotted: 3 Hrs

25.09.2017

Max. Marks: 70

#### General Instructions:

- All questions are compulsory.
- Answer to questions carrying 1 mark should not exceed 30 words each.
- Answer to questions carrying 3 marks should not exceed 90 words each.
- Answer to questions carrying 5 marks should not exceed 150-200 words each

---

Q.1	What do you understand by Seeding?	1
Q.2	What do you mean by macro and micro nutrients?	1
Q.3	Mention any five benefits of Vajrasana.	1
Q.4	Define disability.	1
Q.5	What do you mean by spinal curvature deformities?	1
Q.6	What is osteoporosis?	1
Q.7	What is Kraus-Weber test?	1
Q.8	Which test would you suggest for your grandparents to test lower body flexibility?	1
Q.9	Define anaemia	1
Q.10	What do you mean by correct posture?	1
Q.11	What do you mean by cognitive disability?	1
Q.12	Draw a fixture of 11 teams on knockout basis	3
Q.13	Discuss any four pitfalls of dieting.	3

- |      |  |     |
|------|--|-----|
| Q.14 | What do you mean by diabetes? Name the asanas which are helpful for preventing diabetes.   | 3   |
| Q.15 | Explain about Sensory Processing Disorder (SPD)  | 3   |
| Q.16 | Suggest four corrective measures for flatfoot.   | 3   |
| Q.17 | Briefly discuss about any three reasons of less participation of women in sports.  | 3   |
| Q.18 | Explain in brief the Harvard Step Test   | 3   |
| Q.19 | <p>Sports are good for all age groups. Competitive sport is a showcase of power at the international arena. Supremacy over the other country is indirectly shown by standing at the top of medal tally. To achieve this target few countries are imparting very strict training to growing children. Over the years many organizations have raised their voice against the intensity with which training is scheduled for making an international athletes</p> <p>On the basis of the above passage, answer the following questions:<br/>           (a) Elaborate any two physiological benefits of exercise in children.<br/>           (b) What are the disadvantages of giving high intensity training to the growing children?</p> | 1+2 |
| Q.20 | While specifying all calculations, prepare a 'knock-out fixture' for 21 teams  | 5   |
| Q.21 | What do you mean by food myths? Explain any six food myths prevailing in contemporary society.   | 5   |
| Q.22 | What do you mean by Back Pain? Discuss the procedure and benefits of Shalabhasana.   | 5   |
| Q.23 | What is Oppositional Defiant Disorder? Discuss its causes in detail.   | 5   |
| Q.24 | Discuss the physical exercises as corrective measure for kyphosis, lordosis and scoliosis  | 5   |
| Q.25 | "Equal opportunities should be provided to women in sports and here should not be any discrimination" explain your views in the light of this statement.   | 5   |
| Q.26 | Describe the procedure for administering Rikli and Jones Sr. Citizen Fitness Test.   | 5   |

**End of the Question Paper**