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**INDIAN SCHOOL MUSCAT
HALF YEARLY EXAMINATION
PHYSICAL EDUCATION**

CLASS: XII

Sub. Code: 048

Time Allotted: 3 Hrs

29.09.2019

Max. Marks: 70

General Instructions:

- a) The question paper consists of 34 questions.*
- b) All questions are compulsory.*
- c) Answer to question 1-20 carrying 1 mark.*
- d) Answer to question 21-30 carrying 3 marks should be in approximately 80-100 words.*
- e) Answer to question 31-34 carrying 5 marks should be in approximately 150-200 words.*

1 Fill in the blanks:

1x5=5

- a. The second bye is given to the _____ team of the upper half.
- b. Tabular method is used for fixture in a _____ tournament.
- c. Our blood contains _____ percent of water
- d. Minerals and _____ are included in micronutrients.
- e. The normal blood pressure of an adult is considered _____ mm/Hg

2 Choose the correct answer

1x5=5

- a. Which one of the fibers percentage depends upon biological or heredity factors?
 - (i) Fast twitch fibers
 - (ii) Slow twitch fibers
 - (iii) Both types of fibers
 - (iii) None of the above

- b. Which one of the following is not related with spinal curvature deformities?
 - (i) Kyphosis
 - (ii) Bow legs
 - (ii) Lordosis
 - (iii) Scoliosis

- c. In most of the carbohydrates the ratio of hydrogen atoms to oxygen atoms is
 - (i) 2:1
 - (ii) 1:2
 - (iv) 1:3
 - (v) None of the above

- d. Which one of the following an example of water soluble vitamins?
- (i) Vitamin D
 - (ii) Vitamin C
 - (iii) Vitamin A
 - (iv) Vitamin E
- e. How many byes will be given if 19 teams are participating in a Knock out Tournament?
- (i) 12
 - (ii) 13
 - (iii) 14
 - (iv) 15

3 State True or False

1x5=5

- a. League tournament is also called the Berger system.
- b. Knock out tournament are less expensive in comparison to other forms of tournament
- c. A balanced diet must contain all the essential food constituents in adequate amount.
- d. Glucose, fructose, sucrose and maltose are called complex carbohydrates.
- e. Shavasana is performed in supine position.

4 Give One word answer

1x5=5

- a. What is the name of the committee that announces the date and venue of a tournament?
- b. Write down the formula for calculating the number of matches for double league tournament.
- c. In which disease the airways become blocked or narrowed causing difficulty in breathing?
- d. Which type of disability creates hindrance for an individual to store, process and produce information?
- e. In which Olympics there was no participation of women?

5 Short answer Part –I

3x10=30

- a. What is the importance of tournaments? Discuss any three points.
- b. Explain any three objectives of Intramurals
- c. What do you mean by water soluble vitamins? Explain about them in brief.

- d. Discuss any four pitfalls of dieting
- e. Describe the benefits and contraindications of Pada Hastasana.
- f. What is obesity? How can we come to know that we are obese?
- g. Mention the symptoms of ADHD in children.
- h. Discuss any three advantages of physical activities for children with special needs.
- i. Explain two factors affecting motor development.
- j. Discuss any three psychological traits of women athletes.

6 Short answer Part II

5x4=20

- a. What do you mean by knock out tournament? Draw the fixture of 28 teams on knock out basis.
- b. What is balanced diet? Explain the component of diet.
- c. Elaborate the concept of disability and disorder in detail.
- d. Elucidate the sports participation of women in India in detail

End of the Question Paper