MID-TERM EXAMINATION

Question Paper 2024-25

NCERT BASED SYLLABUS

FOR CBSE AND STATE BOARD
FOLLOWING NCERT

Mid Term Exam Question Paper 2024-25

Date: 27.09.2024 | **Midterm Examination-2024** | **Time: 3 Hrs**

Class: XII | **Subject: Physical Education** | **M:M: 70**

Name: _____ | **SET-A** | **Roll No.: _____**

General Instructions:

(1) *This question paper consists of **5** sections and **37** questions.*

(2) ***Section-A** consists of questions **1-18** carrying **1** mark each and are multiple choice questions. All questions are compulsory.*

(3) ***Section-B** consists of questions **19-24** carrying **2** marks each and are very short answer types and should not exceed 60-90 words. Attempt any five.*

(4) ***Section-C** consists of questions **25-30** carrying **3** marks each and are short answer types and should not exceed **100-150** words. Attempt any five.*

(5) ***Section-D** consists of questions **31-33** carrying **4** marks each and are short answer types and should not exceed **150-180** words. There is internal choice available.*

(6) ***Section-E** consist of questions **34-37** carrying **5** marks each and are long answer types and should not exceed **200-300** words. Attempt any three.*

SECTION-A (Multiple Choice Questions (MCQs) (1 × 18 = 18)

Q.1. Which of the following is not a function of sports event management? **(1)**

(a) Organising (b) Directing (c) Supervising (d) Staffing

Q.2. Abnormal curve of the spine at the front is called **(1)**

(a) Scoliosis (b) Kyphosis (c) Lordosis (d) Psoriasis

Q.3. The symptoms of obesity includes **(1)**

(a) Gaining weight (b) Retardness (c) Laziness (d) All of these

Q.4. Which of the following organisations helps in promoting Adaptive Sports? **(1)**

(a) Special Olympics (b) Deaflympics (c) Paralympics (d) All of these

Q.5. Which one of the following is not example of macro mineral? **(1)**

(a) Copper (b) Calcium (c) Iodine (d) Cobalt

Q.6. Which of the following are water soluble vitamins? **(1)**

(a) vitamin D & K (b) vitamin B & C (c) vitamin A & E (d) vitamin A & C

Q.7. Who introduced Paralympics? **(1)**

(a) Sir Bradman (b) Sir C E Skinner (c) Sir Steve Redgrave (d) Sir Ludwig Guttmann

Q.8. Which of the following asana is not used for cure Asthama? **(1)**

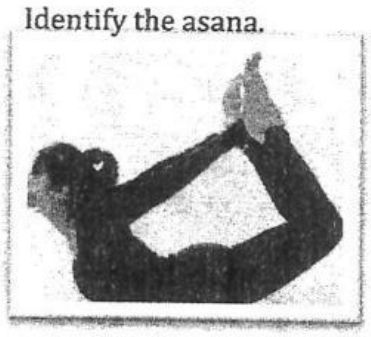
(a) Tadasana (b) Dhanurasana (c) Parvatasana (d) Bhujangasana

Q.9. Regular physical exercise results in _____ **(1)**

(a) improved functional status (b) quality of life

(c) improved cognitive abilities (d) All of these

Q.10. Identify the asana. **(1)**



(a) Paschimottanasana

(b) Halasana

(c) Vajrasana

(d) Dhanurasana

Q.11. How many matches will be played in the knock-out tournaments if there are 19 teams? **(1)**

(a) 18 (b) 17 (c) 20 (d) 16

Q.12. In which kind of deformity, the gap between ankles goes on increasing and an individual faces difficulty during walking and running? **(1)**

(a) Bow legs (b) Knock knee (c) Flat foot (d) Scoliosis

Q.13. There are _____ elements of yoga. **(1)**

(a) 6 (b) 7 (c) 8 (d) 9

Q.14. The following are macro nutrients, except **(1)**

(a) Carbohydrates (b) Fats (c) Vitamins (d) Proteins

Q.15. Where was the first special Olympic games held in 1968. **(1)**

(a) Shanghai (b) Los Angeles (c) Chicago (d) New York

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Q.16. Match the following: (1)

	List-I (Committee)		List-II (Function)
(A)	Staffing	(i)	Organise an activity in order to reach a particular goal
(B)	Directing	(ii)	All the processes that leaders create to monitor success
(C)	Controlling	(iii)	Letting staff know what needs to be done
(D)	Planning	(iv)	Identifying key staff positions

Codes

	A	B	C	D
(a)	(i)	(ii)	(iii)	(iv)
(c)	(ii)	(iii)	(iv)	(i)

	A	B	C	D
(b)	(iv)	(iii)	(ii)	(i)
(d)	(iii)	(iv)	(i)	(ii)

Q.17. (1)

	List-I (Postural Deformities)		List-II (Causes)
(A)	Knock Knee	(i)	weakness of muscles and ligaments
(B)	Round shoulders	(ii)	Use of poor quality footwear
(C)	Flat Foot	(iii)	carrying heavy load on shoulders
(D)	Bow legs	(iv)	Putting extra weight on leg muscles

Codes

	A	B	C	D
(a)	(i)	(iii)	(ii)	(iv)
(c)	(iv)	(iii)	(ii)	(i)

	A	B	C	D
(b)	(ii)	(i)	(iii)	(iv)
(d)	(iii)	(iv)	(i)	(ii)

Q.18. Assertion (A): Risk of cancer can be reduced by eating more colourful vegetables, fruits and other plant foods that have certain phytochemicals in them. (1)

Reason (R): Non-nutritive components of diet is a part of balanced diet.

In the context of above two statements, which one of the following is correct.

Codes

(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) A is false, but R is true.

SECTION-B (Attempt any 5 questions)

Q.19. What do you understand by controlling? (2)

Q.20. What are causes of round shoulders? (2)

Q.21 What is Osteoporosis? (2)

Q.22. Which asanas are beneficial for curing asthma? (2)

Q.23. How Physical Activity develop social behaviour in CWSN. (2)

Q.24. What is balanced diet? (2)

SECTION-C (Attempt any 5 questions)

Q.25. Describe any three committees for the organisation of sports events. (3)

Q.26. What is the meaning of Female Athlete Triad? Explain any two. (3)

Q.27. What is Obesity? Write ways to prevent obesity. (3)

Q.28 Explain the procedure, benefits and contraindications of any one asana used to cure diabetes. Draw a stick diagram also. (3)

Q.29. What is Paralympics? Briefly explain its importance. (3)

Q.30. Explain any five essential elements of diet. (3)

SECTION-D (Internal Choices Available)

Q.31. Posture plays a very significant role in our daily activities. Correct posture means the balancing of body in accurate and proper manner. Various type of postural deformities can be identified in individuals. A postural deformity refers to the deformation in the skeletal structure or where the body parts are not aligned to each other. (4)

(i) Mention two causes of knock-knees.

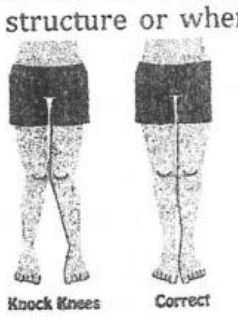
(ii) Name one of the best exercises for correcting knock-knee deformity.

(iii) Knock-knee syndrome caused by the deficiency of _____.

(iv) Which asanas can be performed to cure knock-knee deformity?

OR

Knock-knees is known as _____.



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Q.32. In relation to the pictures, answer the following questions. **(4)**

DIABETES



(i) In Type I diabetes, the body is unable to produce _____.

(ii) Name any one asana which is used to prevent and cure diabetes.

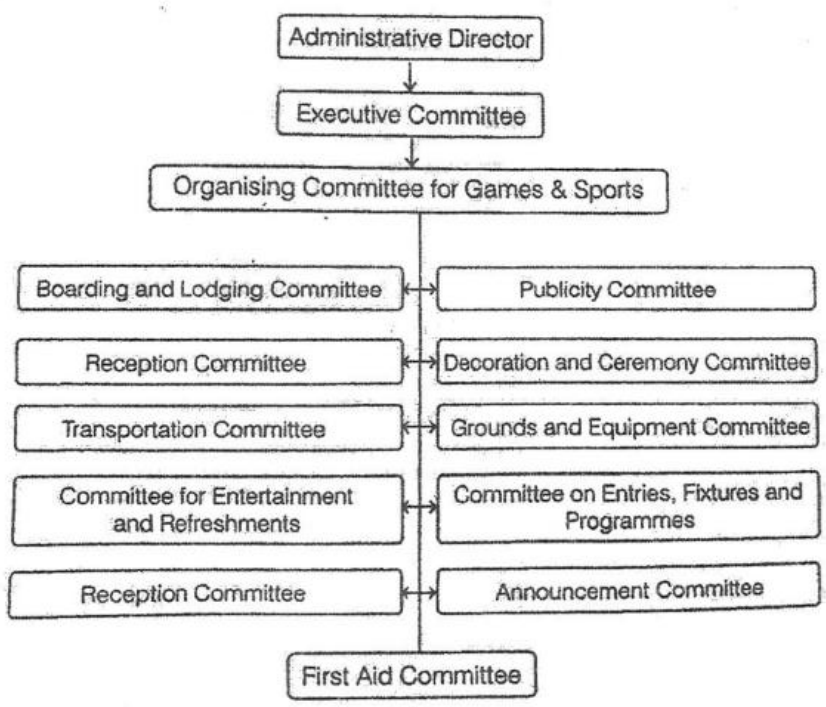
(iii) Mention any two symptoms of diabetes.

(iv) To prevent and cure diabetes, we should reduce the consumption of _____.

OR

Diabetes can lead to _____.

Q.33. While organising sports events for the Annual Sports Day. Arjun and Ravi being the captain and vice-captain of sports, formed various committees as shown below. **(4)**



On the basis of above given picture, answer the following questions.

(i) The members of _____ committee are responsible for welcoming guests and spectators.

(ii) The _____ committee is responsible for liaison with print media.

(iii) Purchase of sports equipment is a work of the _____ committee.

(iv) Publication of rules and regulations should be done _____.

OR

To prepare a proper score sheet for record is _____ responsibility.

SECTION-E (Attempt any 3 questions)

Q.34. Draw a knock-out fixture of 21 teams mentioning the steps involved. **(5)**

Q.35. Suggest physical exercise and asanas as corrective measure for 'Kyphosis and Lordosis'. **(5)**

Q.36. "Asanas can be used as preventive measure". Comment. **(5)**

Q.37. Explain five strategies to make physical activities accessible for children with special needs. **(5)**

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