

NORTH EX PUBLIC SCHOOL
(Senior secondary, Affiliated to CBSE)
School block Jain nagar, sector-38 Rohini Delhi 81
Half Yearly Examination, 2023-24
Subject-Physical Education
Class XII

Time allowed:- 3 hour.

Max marks:-70

GENERALINSTRUCTIONS:-

- 1) The question paper consist of five sections and 37 questions.
- 2) Section A consist of questions 1-18 carrying 1 marks each and is multiple choice questions. All questions are compulsory.
- 3) Section B consist of question 19-24 carrying 2 marks each and are very short answer type and should not exceed 60-90 words. Attempt any five.
- 4) Section C consist of questions 25-30 carrying 3 marks each and are short answer type and should not exceed 100-150. Attempt any 5.
- 5) Section D consist of questions 31-33 carrying 3 marks each and are CASCE STUDIES. There is internal choice available.
- 6) Section E consist of questions 34-37 carrying 5 marks each and are short answer type should not exceed in 200-300 words. Attempt any 3.

Section-A

Q1. Micro elements are found in less quantity and are less than.

- a. 0g
- b. 2g
- c. 4g
- d. 5g

Q2. What source of vitamin A?

- a. Tomato
- b. Meat
- c. Butter
- d. Fish

Q3. Deficiency oh which of the following leads to tickets?

- a. Iron
- b. Iodine
- c. Calcium
- d. Chromium

Q4. Pellagra is caused by the deficiency of vitamin

- a. B1
- b. B12
- c. B2
- d. B3

Q5. Water made up of

- a. H₂O
- b. CO₂

- c. Ho₂
- d. Ch₂

Q6. The main source of vitamin C is

- a. Guava
- b. Egg
- c. Banana
- d. Milk

Q7. Red blood cell contains 70% of

- a. Copper
- b. Iron
- c. Magnesium
- d. Calcium

Q8. Glucose energy is stored only on

- a. Fat
- b. Glycogen
- c. Sucrose
- d. Fiber

Q9. The food components present in surge is

- a. Fat
- b. Protein
- c. Vitamin
- d. Carbohydrates

Q10. Which year first games were organized?

- a. 1948
- b. 1952
- c. 1956
- d. 1960

Q11. After how many years games organized

- a. 2
- b. 4
- c. 6
- d. 8

Q12. When international committee of sports for the dwarf was formed?

- a. 1920
- b. 1924
- c. 1928
- d. 1932

Q13. Which year the name of deaflympics came into existence?

- a. 2000
- b. 2001
- c. 2002
- d. 2003

Q14. A short person is eligible to participate in Deaflympics who is having hearing loss of

- a. 55dB or greater

- b. 25dB or lesser
- c. 15db to 45 d
- d. None of them

Q15. How many games are included in special Olympics Bharat

- a. 15
- b. 24
- c. 20
- d. 18

Q16. When special Bharat came into existence?

- a. 2000
- b. 2001
- c. 2002
- d. 2003

Q17. Which of the following vitamins helps in preventing from heart attack?

- a. E
- b. A
- c. B
- d. C

Q18. Which is micro element of fire

- a. Vitamin
- b. Carbohydrates
- c. Protein
- d. Fats

Section-B

Q19. Write the name of the organization promoting disability sports.

Q20. What is that oath of special Olympics.

Q21. What is the meaning of Paralympics?

Q22. Define the term inclusion of sports.

Q23. Define nutrition.

Q24. Name micro nutrition.

Section-C

Q25. What are proteins?

Q26. Write the source of fats.

Q27. Define main source of carbohydrate.

Q28. What are the functions of vitamin A.

Q29. What do you mean by minerals.

Q30. Write the cause of food intolerance.

Section-D

Q31. Below given the percentage of healthy diet for sports.

1. 25% Protein
2. 15% fat
3. 60% carbohydrate

On the basis of above data answer the following questions

1. Which factor play a very important role in the site?
 - A. Protein
 - B. Fats
 - C. Vitamins
 - D. Carbohydrate
2. Which 2 factors contributing less then or equal to40% in site?
 - A. Carbohydrate + fat
 - B. Carbohydrate +protein
 - C. Fat + protein
 - D. Protein + carbohydrate
3. Which factor required the least?
 - A. Protein
 - B. Vitamins
 - C. Fat
 - D. Carbohydrate

Q32. The international Paralympics committee is the global governing body of the Paralympic moment. It's purpose is to organize the summer and winter Paralympic games And act as the international federation for ten sports, supervising and coordinating world championship and other competition.

1. The reason Paralympic games get their name was because
2. What it's purpose.
3. What is the global governing body of the Paralympic moment?

Q33. Your friend is under a lot of stress as he is not able to play and even make a single goal in football

1. What do you suggest your friend to come out from stress?
2. Which Hassan is best for improving mental stress?
3. Bhujangasan is derived from.

Section-E

Q34. Elaborate the benefits and contraindications of shavasana.

Q35. Elaborate concept of classification and divisioning in sports.

Q36. Explain the strategies to make physical activities accessible for children with special needs.

Q37. What are proteins. Write any two dietary sources of protein.