



OSDAV Public School, Kaithal
2nd Unit Test (July, 2024)
Class: XII
Subject: Physical Education

SET-A

Time:

M.M.: 35

General Instructions:-

All questions are compulsory.

The question paper consists of 5 sections and 18 Questions.

Section A consists of question 1-11 carrying 1 mark each and are multiple choice questions.

Section B consists of question 12 carrying 4 marks and is case study.

Section C consists of question 13-14 carrying 2 marks each and are very short answer type and should not exceed 60-90 words.

Section D consists of question 15-16 carrying 3 marks each and are short answer type and should not exceed 100-150 words.

Section E consists of question 17 -18 carrying 5 marks and are long answer type and should not exceed 200-300 words.

Q.No	Questions	Marks
Section -A		
1	Which of the following asanas gives a posterior stretch to the spinal column ? a) Sukhasana. b) Paschimottanasana. c) Shavasana d) Gomukhasana.	1
2	The persistent poor posture in any activity or situation may cause a) undue fatigue in walking. b) postural deformities. c) distortion in limb alignment. d) inferiority complex	1
3	Minimum duration of activity should be ----- per week at vigorous intensity in adult above 65 years of age. a) 75 minutes. b) 150 minutes. c) 300 minutes d) 450 minutes	1
4	The main aim of physical activities during 5 to 17 years of age groups is to improve cardiorespiratory and muscular fitness, bone health and to reduce symptoms of anxiety and depression. Rate at which activity is performed is known as: a) Volume. b) intensity c) type of activity. d) frequency .	1
5	Given below are the two statements labelled Assertion (A) and Reason (R). Assertion (A): Lordosis is abnormal curvature in lumbar region of the spine. Reason (R): Medical name for Lordosis is genu valgum. In the context of the above two statements, which one of the following is correct? (a) Both (A) and (R) are true and (R) is the correct explanation of (A). (b) Both (A) and (R) are true and (R) is not the correct explanation of (A). (c) (A) is true but (R) is false. (d) (A) is false but (R) is true.	1
6	Which of the following Asana is not used to cure asthma A) Tadasana B) Dhanurasana C) parvatasana D) Bhujangasana	1
7	At what point is blood pressure considered high? A)80/120 B)130/80 C)140/90 D)210/120	1
8	Mirabai Chanu is from a very simple family but she always used to dream big . Though she knew that her family would not be able to afford her nutrition still she continued to pursue her dreams and finally the day came when she won the silver medal in weight - lifting in the Tokyo Olympics. The woman who won two medals in the Olympics is -----. (A)P.V.Sindhu B) Lolvina Borgohain (C) Sakshi Malik D) Mirabai Chanu	1

9	'Sway Back' is also known as: A) Lordosis B) Kyphosis C) Scoliosis D) Round shoulder	1																																																		
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11	'Sway Back' is also known as: A)Lordosis B)Kyphosis C) Scoliosis D) Round shoulder	
Section B		
12	Deepak and Divyansh are good friends. They walk to school together everyday while talking to each other. Deepak noticed that from the past few days Divyansh is not able to walk and carry his bag comfortably as he used to do earlier. There is a change in his body posture, he is inclined towards the left side while walking. Deepak took Divyansh to the physical education teacher who identified scoliosis deformity in Divyansh and suggested remedial exercises to correct it. (i) Which postural deformity makes Divyansh inclined towards his left while walking? (a) Kyphosis (b) Knock Knee (c) Scoliosis (d) Lordosis (ii) What are the causes of scoliosis? (a) Wrong exercise (b) Carrying heavy bag (c) Illness (d) Both (a) and (b) (iii) Corrective measure to be taken for remedies of scoliosis is/are (a) Bending in the opposite direction of deformity (b) Lying with support of pillow (c) Exercises on wall bar (d) All of these (iv) Scoliosis is a postural deformity related with: a)foot b) leg c) vertebral column d) hand	4*1=4
Section C		
13	Write down the causes of round shoulders?	2
14	Explain the procedure of Pawanmuktasana.	2
Section D		
15	Prepare a chart of exercise guidelines for Children under 5 years of age.	3
16.	Write about the deformities of spinal curvature.	3
Section E		
17	Explain Female Athlete Triad in detail.	5
18.	Explain the concept of Seeding. Draw a Special Seeding fixture of 19 teams	5

O.S.D.A.V. Public School Kaithal
 July Exam. (2024)
 Physical Education
 Answer Key/Marking Scheme
 SET A

Question	Answer	Mark Distribution
Section A		
1	b) Paschimottanasana	1
2	b) postural deformities.	1
3	a)75 minutes	1
4	b) intensity	1
5	(c) (A) is true but (R) is false	1
6	C) parvatasana	1
7	(C)140/90	1
8	(A) P.V.Sindhu	1
9	(A) Lordosis	1
10	(A) Knock out tournament	1
11	(D) i-3, ii-1, iii-2, iv-4	1
Section B		
12	(i) c)Scoliosis ii) d) Both a and b iii) d) All of these iv) c) vertebral column	1 x 4
Section C		
13	The causes of round shoulders are : (1) Due to heredity (2) By wearing tight clothes (3) By sitting on improper furniture (4) By walking, sitting in bent position (5) Lack of proper exercise (6) Pure posture habits	½ x 4
14	1)Lie on your back. 2)Exhale and, while inhaling, slowly raise the legs to a 90 degree angle from the ground. 3)Bend both the legs at the knees and rest the abdomen keeping the knees and ankles together. 4) Hold the knees with both arms, clasping opposite elbows. 5) Bend the neck and place the chin on the knees, continue to	2

maintain the asana, breathing normally.
 6) Straighten the neck and lower the head back on the ground.
 7) Release the arms and place them beside the body.
 8) While inhaling, straighten both the legs

Section D

15

Age	Sedentary Behaviour	Physical Activity	Sleep
Less than 1 year	Not be restrained for more than 1 hour at a time. Encourage reading and storytelling when sedentary. Screen time is not recommended.	Physically active several times a day through interactive floor-based play including 30 minutes of tummy time.	14–17 hours (0–3 months of age), 12–16h (4–11 months of age) of good quality sleep, including naps.
1-2 years	Not restrained for more than 1 hour at a time or sit for extended periods of time. No screen time for 1-year-olds. For 2 years, sedentary screen time should be no more than 1 hour. Encourage reading and storytelling.	At least 180 minutes in a variety of types of physical activities including moderate to vigorous-intensity physical activity, spread throughout the day.	11-14 hours of good quality sleep, including naps, with regular sleep and wakeup times.
3-4 years	Not restrained for more than 1 hour at a time or sit for extended periods of time. Sedentary screen time should be no more than 1 hour; less is better. Encourage reading and storytelling.	At least 180 minutes in a variety of types of physical activities at any intensity, of which at least 60 minutes is moderate to vigorous intensity physical activity, spread throughout the day.	10–13h of good quality sleep, which may include a nap, with regular sleep and wake-up times.

3

16

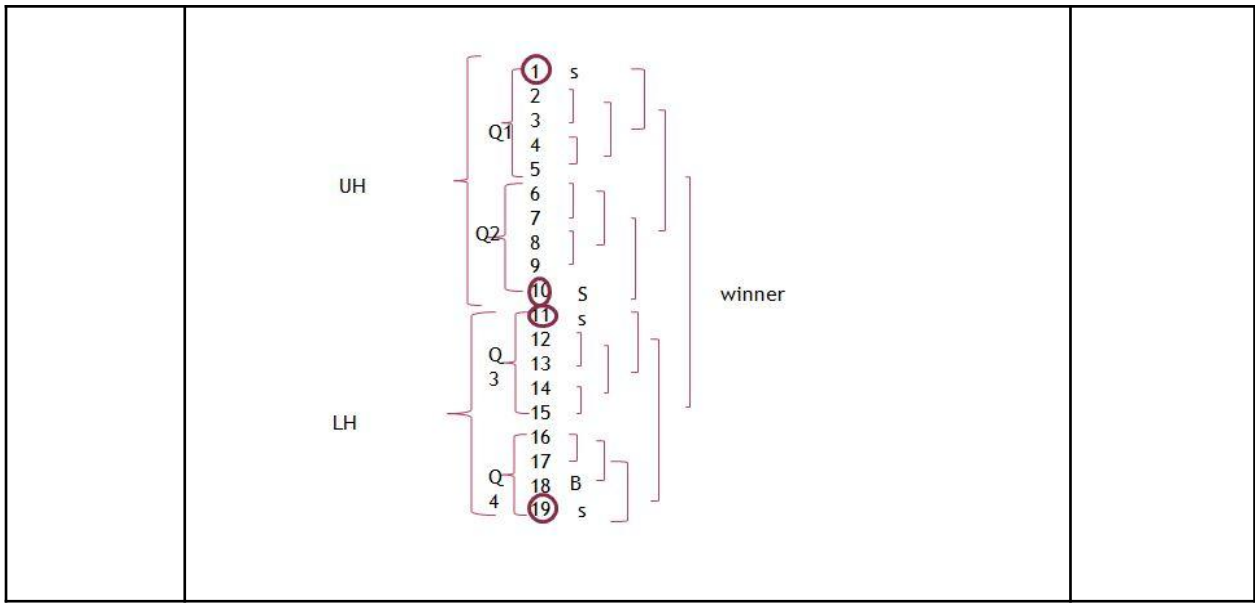
Ans. The deformities of spinal curvature are as follows:

(a) Kyphosis: Kyphosis is rounding of the upper back. Some rounding is normal but the term "Kyphosis" Usually refers to an exaggerated rounding, more than 50 degrees. This disformity is also known as Hunchback or round upper back.

(b) Lordosis: Lordosis is an abnormal curvature of the spine at the front. It is a postural deformity in which the lumbar spine bends in front beyond the normal level. Thus, the abdomen is ahead of the

3

	body and shoulders come outward and sideward. (C) Scoliosis is a sideways curvature of the spine. Scoliosis causes one shoulder down and other raised up . Body weight is shifted to sideward and it causes a lot of pressure to one side of the foot	
	Section E	
17	Ans. [For explanation see Textbook Page No. 60-62 Topic 2.5 Female Athletes Triad (Osteoporosis, amenorrhea and Eating Disorders)]	5
18	<p>1.N=19</p> <p>2.No of special seeded teams =4</p> <p>3.No of teams playing in 1st round=19-4=15</p> <p>4.NB=16-15=1</p> <p>5.Division of byes=</p> <p style="padding-left: 40px;">UH=NB-1/2=0</p> <p style="padding-left: 40px;">LH=NB+1/2=1+1/2=1</p> <p style="padding-left: 40px;">Q3=NB-1/2=1-1/2=0</p> <p style="padding-left: 40px;">Q4=NB+1/2=1+1/2=1</p> <p>6.Division of teams-</p> <p style="padding-left: 40px;">UH=N+1/2=19+1/2=10</p> <p style="padding-left: 40px;">Q1=5</p> <p style="padding-left: 40px;">Q2=5</p> <p style="padding-left: 40px;">LH=N-1/2=19-1/2=9</p> <p style="padding-left: 40px;">Q3=5</p> <p style="padding-left: 40px;">Q4=4</p> <p>7. NM=N-1=19-1=18</p> <p>8. NR=32=2x2x2x2x2=5</p>	5



O.S.D.A.V. Public School Kaithal
 July Exam. (202\$)
 Physical Education
 Answer Key/Marking Scheme
 SET B

Question	Answer	Mark Distribution
Section A		
1	(A) Knock out tournament	1
2	(D) i-3, ii-1, iii-2, iv-4	1
3	b) Paschimottanasana	1
4	b) postural deformities.	1
5	a)75 minutes	1
6	b) intensity	1
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