



ST. VIVEKANAND MILLENNIUM SCHOOL
HMT Township, Pinjore

Half yearly Examination, October 2025

Level: Excellent

Subject: Physical Education (048)

Class: XII

Time allowed : 3 hours

MM : 70

General Instructions :

- All questions are compulsory.

SECTION – A

- 1 Establish standards for work performance, measuring performance and comparing it to the set standards and taking corrective actions is part of: 1
a) Planning b) Directing c) Organizing d) Controlling
- 2 In which of the following functions of sports event management “recruitment process” take place? 1
a) Planning b) Staffing c) Controlling d) Directing
- 3 IPL cricket tournament is an example of: 1
a) League tournament c) Knockout tournament
b) Combination tournament d) Challenge tournament
- 4 If you want to be on the top position in games and sports, you have to adhere to proper sports planning. The attainment of good performance in the field of games and sports depends on effective planning. 1
Following are the objectives of planning except:
a) Goal orientation b) marketing strategies
b) Facilitate reaction d) Formation of rule and regulation
- 5 Sensory motor development of a child is dependent upon..... 1
a) Environment b) Endurance
c) Nutrition d) Sensory impairment
- 6 Fine motor development uses the muscles for carrying outactivities. 1

- a) Small, posture and balance maintenance
b) Large, posture and balance maintenance
c) Larger, precise
d) Smaller, precise
- 7 Which one of the following activity is related to fine motor development? 1
a) Speaking b) Running c) Hopping d) Swimming
- 8 Polyuria is associated with: 1
a) Excessive sweat c) less urination
b) Excessive saliva d) excessive urination
- 9 Which asana can be suggested as preparatory asanas for Pawanmuktasana: 1
a) Tadaasana b) Bhujangasana
c) Matsyasana d) Pashcimottanasana
- 10 At what point is blood pressure considered high: 1
a) 80 over 120 b) 130 over 80
c) 140 over 90 d) 210 over 120
- 11 The Special Olympic Bharat was formed and registered in: 1
a) 1998 b) 2001 c) 2003 d) 2004
- 12 The word “Paralympic” was officially used in: 1
a) 1988 b) 1980 c) 1992 d) none of these
- 13 How many games are included in Special Olympic Bharat? 1
a) 15 b)24 c) 20 d) 18
- 14 When was camp Shriver started for CWSN? 1
a) 1982 b) 1964 c) 1970 d) 1962
- 15 Read the following statements – Assertion (A) and Reason (R). 1
Choose one of the correct alternatives given below:
Assertion (A): People with intellectual disabilities can learn, enjoy and benefit from participation in sports with proper help and encouragement.
Reason (R): Consistent training helps these people develop their sports skills and provides incentives for personal growth.
In the context of 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, 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.

16 Which is not an item of Rikli and Jones Test? 1

- a) 6 minutes' walk test
- b) 8 foot up and go test
- c) Partial curl up
- d) arm curl test

17 Read the following statements – Assertion (A) and Reason (R). 1

Choose one of the correct alternatives given below:

Assertion (A): Cardiovascular fitness is essential for us to perform aerobic activities.

Reason (R): Aerobic activities can be performed if the heart and the lungs supply oxygen tissues to the muscles tissues.

In the context of 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, 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.

18 The weight of dumbbells in arm curl up test for men is: 1

- a) 5 pounds
- b) 4 pounds
- c) 8 pounds
- d) 10 pounds

SECTION – B

19 What is a zone to zone marking in tournament? 2

20 Write any four importance of during meal for athlete? 2

21 What is binge eating disorder? 2

22 Write short note on Deaflympics. 2

23 Write the list of test items in Rikli & Jones test and SAI Khelo India fitness test 5 to 8 years & 9 to 18 years. 2

SECTION – C

24 Explain the concept of classification and divisioning in sports. 3

25	Describe the implementations for Inclusion in Sports.	3
26	What is fats and their types?	3
27	What is food intolerance and explain their causes.	3
28	What do you understand test? Explain the cardiovascular fitness test.	3

SECTION – D

29	What is league tournament? Draw a fixture 12 teams with help of tabular method.	4
30	Explain the concept of female athlete triad.	4
31	What is minerals? Explain their types.	4

SECTION – E

32	Explain in detail community sports program.	5
33	Describe the concept of special consideration in women.	5
34	Explain the procedure and scoring method of Johnson-Methney test of motor educability.	5

