

BRAIN INTERNATIONAL SCHOOL
SUBJECT: PHYSICAL EDUCATION (048)
DECEMBER REVISION ASSIGNMENT
CLASS: XII

1. It is a function of guiding, inspiring and instructing people to accomplish organizational goals.
a) Planning b) Organizing c) Directing d) Controlling

2. FIFA World cup is world largest event in term of viewership in the world. In Football World Cup a particular type of combination fixtures are drawn. In primary round there are eight groups from A to H, each group consists of four teams. Every team in the group has to play with the other three teams in the group. Top two teams from each group qualify for pre-quarterfinals based on the points table and then the knockout round starts till the finals.

Which type of combination tournament fixture is used for FIFA Football World Cup?

- a) Knockout cum League c) League cum league
b) League cum knockout d) Knock out cum knockout

3. Minimum duration of activity should be _____ per week at vigorous intensity in adults above 65 years of age.

- a. 75 minutes b. 150 minutes c. 300 minutes d. 450 minutes

4. Which yogasana from the following would you suggest to an individual having Lordosis?

- a. Chakrasana c. Bhujangasana
b. Shalabhasana d. Paschimottanasana

5. The asana shown below is useful for the prevention and treatment of which lifestyle disease?



- a. Diabetes b. Asthma c. Hypertension d. All of these

6. Match List – I with List – II and select the correct answers from the codes given below:

List – I		List – II	
1	Katichakrasana	i.	Crocodile pose
2	Shalabhasana	ii.	Raised legs pose in supine position
3	Uttanpadasana	iii.	Sideward bending pose
4	Makrasana	iv.	Locust pose

Codes				
	i	ii	iii	iv
a.	2	3	4	1
b.	4	3	2	1
c.	2	4	1	3
d.	3	4	2	1

7. Rule used by Special Olympics to achieve the intentions of fairness is referred as :

- a. Maximum Effort Rule
- b. Minimum Effort Rule
- c. Honest Effort Rule
- d. Single best Effort Rule

8. Given below are the two statements labelled Assertion (A) and Reason (R).

Assertion (A) – Thick and strong muscles are very helpful in endurance activities.

Reason (R) - Glycogen is generally stored in muscles and liver. Regular exercise helps the body to increase the storage of glycogen which may give continuous energy for 90 to 120 minutes.

In the context of the two statements given above, 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 a correct explanation of (A)
- c) (A) is true, but (R) is false.
- d) (R) is true, but (A) is false.

9. Body needs vitamins and minerals because

- a. They provide energy to the body.
- b. They repair the worn out tissues.
- c. They help to carry out metabolic reactions.
- d. They insulate the body's organs

10. Which one of the statement is NOT true for pre exercise or pre event meal

- a. Meals should be taken about 2-4 hours before exercise.
- b. Any newer food or foods with known allergies or known to cause gastrointestinal upsets should be avoided.
- c. A meal comprising high-carbohydrate, moderate protein and low fibre and low-fat foods providing 500-1000 kcal should be consumed.
- d. Dinner on the previous night of the competition should be avoided.

11. What is the formula for computing BMR for female?

- a. $[10 \times \text{weight (kg.)}] + [6.25 \times \text{height(cm)}] - (5 \times \text{age}) + 5$
- b. $[10 \times \text{body weight (kg.)}] + [6.25 \times \text{height(cm)}] - (5 \times \text{age}) - 161$
- c. $\frac{\text{Weight (Kg)}}{\text{Height (m)} \times \text{Height (m)}}$
- d. $\frac{\text{Waist circumference (cm)}}{\text{Hip circumference (cm)}}$

12. VO₂ max. is related to which system of the body?

- a. Muscular System
- b. Respiratory system
- c. Cardiovascular system
- d. Excretory system

13. Straight push ups is an example of which class of lever?

- a. First class lever
- b. Second class lever
- c. Third class lever
- d. Fourth class lever

14. The force produced when the surfaces of two objects comes to contract of each other & tends to move but there is no relative motion between them is known as

- a. Static friction
- b. Sliding friction
- c. Rolling friction
- d. Fluid friction

15. Which of the following is a legitimate behavior?

- a. Hostile aggression
- b. Instrumental aggression
- c. Assertiveness
- d. Proactive aggression

16. One of the popular PETTLEP model is practice for _____ .

- a. Developing Self-Esteem
- b. Mental Imagery
- c. Promoting Self talk
- d. Goal setting

17. Under which kind of strength would you put shotput?

- a. Maximum strength
- b. Explosive strength
- c. Strength endurance
- d. Elastic strength

18. Match List – I with List – II and select the correct answers from the codes given below:

List – I		List – II	
1	Meso cycle	i.	3 to 10 days
2	Macro cycle	ii.	3 to 6 weeks
3	Transitional periods	iii.	3 to 12 months
4	Micro cycle	iv.	Rest and recovery days

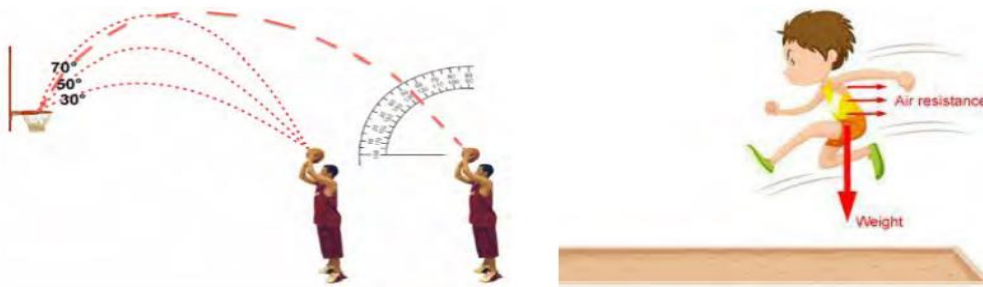
Codes				
	i	ii	iii	iv
a.	2	3	4	1
b.	4	3	2	1
c.	2	4	1	3
d.	3	4	1	2

19. Write the important functions of carbohydrates.
20. Enlist any four changes occur in human body due to ageing.
21. Give a brief introduction of any four skin injuries.
22. Differentiate between Intrinsic and Extrinsic motivation.
23. Identify the importance of talent identification in sports and games?
24. Draw a fixture of 10 teams on single league basis according to tabular method.
25. Give a brief introduction of deaflympics.
26. Name any three Fat soluble vitamins and write its functions and sources.
27. Describe the long term effects of exercises on muscular system.
28. Rajeev is secretary of a housing society. He observed that people in his society are not fit. They are not engaged in any kind of sports, exercise and physical activities. So he decided to organized community sports program in order to spread awareness about the health among his society members.

On the basis of above case, answer the following question:

- i) Community sports are a society-based practice of connecting and engaging people with opportunities to participate in _____ and _____ activities.
- ii) Who can participate in community sports program?
- | | |
|--------------------|------------------------------------|
| a. School children | c. socially vulnerable populations |
| b. Adults | d. All of these |
- iii) Why Rajeev want to organize such community program in his society?
- iv) Which of the following community sports program can be organized 'to promote brotherhood'?
- | | |
|------------------|---------------------------|
| a. Run for fun | c. Fun for specific cause |
| b. Run for Unity | d. Health Run |

29. While explaining how to release basketball at a correct angle to successfully score points the basketball coach showed students this picture. Basketball players wanted to know more about projectiles therefore the coach explained to them the factors affecting flight of an object.



- An ideal angle of release for perfect projectile is _____ degrees.
- If the initial velocity is low the object will cover _____ distance.
- If the weight of the object is more the impact of gravity will be _____

OR

Increasing the height of release improves the _____ distance an object can be projected.

- The larger the surface area, the _____ air resistance will affect the object.

30. School management needs to recognize the essential place of physical activity in the education of children with special needs. In order to develop lifelong habits for fitness and to provide them with many opportunities of socialization, schools need to understand that physical education is not a secondary subject but it is just as important as other skills.



- i. What are the two important roles of physical activities for the children with special needs?
- ii. What should be the ideal environment of physical activities for the children with special needs?
- iii. What types of equipment are required for the children with special needs?
- iv. School management understands the value of physical education in order to develop _____ for fitness among the children with special needs.

31. What are the common symptoms of diabetes? Describe the technique to do bhujangasana.

32. Name the test include in Rikli and Jones Senior Citizen Fitness test and explain the procedure of conducting any two tests.

33. Discuss any five factors (in detail) that affect projectile trajectory.

X-----X-----X