



REVISION SHEET

SUBJECT: PHYSICAL EDUCATION

CLASS-XII

TERM 1

MCQ

1. One gram of carbohydrate contains Calories :
(a) 2 (b) 3 (c) 4 (d) 5
2. Psychological benefits of women participation in sports includes :
(a) Cooperation (b) Emotion Control (c) Physical Fitness (d) Communication
3. One of the possible causes for obesity could be ?
(a) Heredity (b) Excessive eating (c) Fast metabolism (d) Both (a) and (b)
4. Lordosis is a problem of the
(a) Lower Back (b) Middle Back (c) Upper Back (d) Shoulders
5. A healthy, normal menstrual period is called :
(a) Menorrhagia (b) Menarche (c) Eumenorrhea (d) Amenorrhea
6. Which one of the following vitamins is helpful in the clotting of blood ?
(a) Vitamin E (b) Vitamin K (c) Vitamin A (d) Vitamin C
7. The asanas which help to increase the concentration power are called as :
(a) Relaxative asanas (b) Cultural asanas (c) Dhyanatmak asanas (d) Corrective asanas
8. Works like Preparation and maintenance of the ground are done by :
(a) Refreshment committee (b) Ground and equipment committee (c) Announcement committee (d) Finance committee
9. Glucose, fructose, sucrose and maltose are called carbohydrates.
(a) complex (b) simple (c) saturated (d) unsaturated

10. Yogasutra was compiled by :

- (a) Patanjali (b) Gheranda (c) Shivananda (d) Svatmarama

11. Iron is a part of :

- (a) trace minerals (b) macro minerals (c) vitamins (d) carbohydrate

12. Fats and oils come under :

- (a) protective or regulatory foods (b) energy giving foods (c) bodybuilder group (d) routine foods

13. 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. Following are the objectives of planning, except :

- (a) Goal orientation (b) Making strategies (c) Facilitate recreation (d) Formation of rule and regulation

14. Anthocyanins give colour to

- (a) roots (b) coffee (c) wheat (d) grapes

15. Rate at which the activity is being performed is known as :

- (a) Volume (b) Intensity (c) Type of Activity (d) Frequency

16. Approximately, how much carbohydrate is required for strength dominant sports ?

- (a) 40% (b) 55% (c) 70% (d) 80%

17. Special Olympics organisation holds competitions :

- (a) Local (b) Regional (c) National (d) All of the above

18. Which is not a spinal curvature deformity ?

- (a) Scoliosis (b) Lordosis (c) Kyphosis (d) Knock knees

19. What is the main work of Finance committee in the tournament ?

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| (a) Registration of participants | (b) Publicity of the tournament | (c) Prepare budget of the tournament | (d) Make transport arrangements |
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20. Female athlete triad is a syndrome characterized by :

- (a) Osteoporosis (b) Amenorrhea (c) Eating disorder (d) All of the above

21. Which is the first step used in classification for Paralympics ?

- (a) Medical Assessment (b) Functional Assessment (c) Observation (d) Competition

22. Which of the following is a Micro nutrient ?

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

23. Scoliosis is a postural deformity related to

(a) Muscles (b) Shoulders (c) Legs (d) Spine

24. What is nutrition?

(a) Essential substances of food like proteins, fats, carbohydrates, etc. (b) Consuming correct ratio of nutrients (c) Dynamic process in which consumed food is digested (d) Both (a) and (b)

25. Which of the following strategies is considered to make physical activities accessible for children with special needs ?

(a) Regular Medical check-up (b) Special environment according to their needs (c) Adapted Physical education activities (d) All the above

26. How many types of Asanas are there in Yoga ?

(a) 3 (b) 4 (c) 5 (d) 12

27. Which of the following pranayama is helpful to reduce obesity ?

(a) Kapalbhati Pranayama (b) Anulom Vilom Pranayama (c) Surya Bhedana Pranayama (d) Sitali Pranayama

28. Which asana does not have a back bend ?

(a) Tadasana (b) Tadasana (c) Bhujangasana (d) Ushtrasana

29. Which organisation is responsible for selecting athletes to represent India at the Paralympic Games ?

(a) International Co-ordinating Committee Sports for the Disabled (b) National Sports Federation (c) Paralympic Committee of India (d) Sports Authority of India

30. Choose odd one from the check list of organizing a sports event :

(a) Accommodation (b) Place of event (c) Art integration (d) Sponsorship

VERY SHORT ANSWER

1. Suggest any two strategies to make physical activities accessible for CWSN.

2. State complex carbohydrate types.

3. What do you mean by Disability ?

4. Explain the meaning of Combination Tournament. Name any two types of combination tournaments.

5. What do you mean by Spinal Curvature deformities ?

6. What is Menopause ?
7. Briefly explain 'Health Run'.
8. What is the duration of normal menstrual cycle ?
9. Define Management. Who helps in managing sports events?
10. When was Special Olympics Bharat formed ?
11. What is the role of Physical Education teachers in promoting inclusion in sports ?
12. Enlist two sources for calcium and iron separately.
13. List the various types of tournaments.
14. Name the deformity for which horse riding can be used as a corrective measure.
15. What is the difference between Classification and Divisioning in disability sports?
16. Write down the causes of round shoulders.
17. What do you mean by intramurals ? Write one advantage of this type of competition.
18. What did the introduction of the Right to Education ensure? Which age group does it cover?
19. What is Asthma ?
20. Differentiate between knockout and league tournament.

SHORT ANSWER

1. League tournament is a better way to judge the best team of the tournament. Comment.
2. Describe 'Maximum Effort Rule' used in the Special Olympics.
3. What are the different types of Arthritis ?
4. Explain about the procedure and advantages of "Bhujangasana".
5. Write the functions of Vitamin D and Vitamin K and mention their sources.
6. Explain the process of divisioning.
7. What do you understand by intramural and extramural sports ? Write any two objectives for each.
8. Explain any three strategies to make Physical Activities Accessible for CWSN. Or Explain strategies to make Physical Activities Accessible for CWSN.
9. In sports such as Boxing and Wrestling, the players tend to lose weight sharply. Explain the pitfalls of dieting. Or What are the pitfalls of dieting ? Explain any four pitfalls of dieting. Or Explain various pitfalls of dieting. Or "Dieting programmes having weight loss as an objective, are a failure." Justify this statement by highlighting the bad effects of such dieting.
10. What are the causes of Diabetes ?

11. Devise a plan of physical activities in accordance with World Health Organization guidelines for adults aged 65 and above.
12. There are 11 teams participating in a Knock-out Tournament. Explain the procedure to calculate number of 'Byes' and also with the help of diagram allot 'Byes'.
13. Write the advantages of league tournament.
14. Write about the deformities of spinal curvature.
15. Which type of food should we take during a competition ?
16. How is water useful for us ? Explain briefly.
17. Explain the procedure and benefits of Vajrasana.
18. What type of meal should we take before the competition ?
19. Explain the physical activities that can be undertaken to correct flat foot deformity.
20. Write the advantages and disadvantages of knock-out tournament.

LONG ANSWER

1. Suggest any five physical exercises as corrective measures for kyphosis and lordosis.
2. How does Classification work ? Explain in detail.
3. Explain the strategies to make physical activities accessible for children with special needs.
4. Differentiate between Scoliosis and Lordosis deformities. Suggest corrective measures for Knock knee and Flat foot deformities.
5. What do you mean by balanced diet ? Explain the factors which affect the balanced diet.
6. Define spinal curvature deformities and list their causes and precautions.
7. Define Management. Explain in detail the functions of sports events management.
8. What are the signs and symptoms of Food Intolerance ? Discuss its causes and management.
9. Suggest five exercises as corrective measures for Round shoulders and Kyphosis.
10. What do you mean by Yoga ? Outline the importance of Yoga.
11. Describe the procedure for performing Gomukhasana along with its benefits and contradictors.
12. Describe the procedure for performing Shalabhasana along with its benefits and contradictors.
13. Discuss the various methods used for drawing fixtures in league tournament.
14. Explain the need of Inclusive Education. What measures can be taken for better implementation of Inclusive Education ?

15. What do you mean by 'Healthy-Weight' ? Explain the methods to control 'Healthy Body Weight to lead healthful-living'.

16. Maulik is working on a project to collect data for students who are obese in his school. He plans to give students a detailed explanation on eating for weight control. List and explain the points that he can tell the students in his presentation.

17. Mridul is working on a project to collect data for students who are underweight and are doing some kind of dieting in her school. She plans to give students a detailed explanation on pitfalls of dieting. List and explain the points that she can tell the students in her presentation.

18. How can you modify your diet for weight control ?

19. Explain Paralympic Movement in detail.

20. What are fats ? Write a detailed note on its types. Also mention its functions.

REASONING QUESTIONS

1. Given below are two statements, one labelled as Assertion (A) and the other as Reason (R).

Assertion (A): Food myths are traditional, conventional or common misconceptions about food.

Reason (R): People believe in these myths as they are followed by generations.

In the context of above two statements which one of the followings 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.

2. Given below are two statements, one labelled as Assertion (A) and the other as Reason (R).

Assertion (A): Vitamins are compounds of carbon which are essential for the normal growth and working of the body.

Reason (R): Vitamins are required by our body in large quantities.

In the context of above two statements which one of the followings 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.

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

Assertion (A) : In a normal standing posture, both knees touch each other, while there is a gap of 3-4 inches between the ankles.

Reason (R) : It is due to Genu Valgum and it can develop due to an injury or infection in the knee or leg, rickets, severe lack of vitamin D and calcium, obesity, or arthritis in the knee.

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

- (a) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of the Assertion (A).
- (b) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).
- (c) Assertion (A) is true, but Reason (R) is false.
- (d) Assertion (A) is false, but Reason (R) is true.

4. Given below are two statements, one labelled as Assertion (A) and the other as Reason (R).

Assertion (A) : Pregnant women should practise ardh chakrasana.

Reason (R) : Every asana can be done by anyone.

In the context of above two statements which one of the followings is correct :

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
- (b) Both (A) and (R) are false.
- (c) (A) is true but (R) is false.
- (d) (A) is false but (R) is true.

5. Given below are two statements labelled Assertion (A) and Reason (R) : (C.B.S.E. 2024)

Assertion (A) : Menarche is usually considered the point of sexual maturity for girls.

Reason (R) : Menstrual dysfunction is an abnormal condition in a woman's menstrual cycle.

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

- (a) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of the Assertion (A).

- (b) Both Assertion (A) and Reason (R) are true and Reason (R) is not the correct explanation of the Assertion (A).
- (c) Assertion (A) is true, but Reason (R) is false.
- (d) Assertion (A) is false, but Reason (R) is true.

6. Given below are two statements, one labelled as Assertion (A) and the other as Reason (R). (C.B.S.E. 2021)

Assertion (A): Planning is the foremost function in sports.

Reason (R): Planning gives a view of future course of action.

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

7. Given below are two statements, one labelled as Assertion (A) and the other as 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 above two statements which one of the followings 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.

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

Assertion (A) : Bulimia is an abnormal eating disorder characterised by binge eating followed by purging behaviours.

Reason (R) : Bulimia is considered abnormal because it leads to severe physical and mental health consequences due to the cycle of binge eating and purging.

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, 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.

9. Given below are two statements, one of which is labelled as Assertion (A) and other is labelled as Reason (R).

Read both the statements carefully :

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

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

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

- (a) Both Assertion (A) and Reason (R) are true and Reason (R) is the correct explanation of the Assertion (A).
- (b) Both Assertion (A) and Reason (R) are true, but Reason (R) is not the correct explanation of Assertion (A).
- (c) Assertion (A) is true, but Reason (R) is false.
- (d) Assertion (A) is false, but Reason (R) is true.

10. Read the following statements labelled Assertion (A) and Reason (R). Choose one of the correct alternatives given below: (C.B.S.E. SQP 2025)

Assertion (A): Planning should be the first step for organizing a tournament.

Reason (R): A tournament can be conducted without planning.

In 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.