



INDIAN SCHOOL AL WADI AL KABIR

ASSESSMENT-1

Subject: Physical education (048)

SET: 1

Class: XII

Date: 28/09/2026

Max. Marks: 70

Time: 3 Hrs.

General Instructions:

Read the following instructions very carefully and follow them:

1. The question paper consists of 5 sections and 37 Questions.
2. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory
3. Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
4. Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
5. Sections D consist of Question 31-33 carrying 4 marks each and are case studies.
6. Section E consists of Question 34-37 carrying 5 marks each and are long answer types and should not exceed 200-300 words. Attempt any 3.

SECTION A (Multiple Choice Questions)		
Q. No.	Questions	Marks
Q 1.	Which function of management involves recruitment, selection, and training of personnel for sports events? (a) Directing (b) Staffing (c) Organising (d) Planning	1
Q 2.	Formula for calculating total number of matches in a single league tournament with N teams is: (a) $N - 1$ (b) $\frac{N(N - 1)}{2}$ (c) $2^n - 1$ (d) $\frac{N(N + 1)}{2}$	1
Q 3.	"Run for Fun" is organized primarily to: (a) Win cash prizes (b) Select elite athletes (c) Promote health, fitness, and joy among participants (d) Raise funds for national defence.	1
Q 4.	According to WHO exercise guidelines, children aged 5–17 years should perform at least:	1

	(a) 30 minutes of moderate activity daily (b) 60 minutes of moderate-to-vigorous physical activity daily (c) 150 minutes of aerobic activity per week (d) 300 minutes of vigorous activity weekly	
Q 5.	Increased outward curvature of the thoracic spine leading to a 'hunchback' appearance is known as: (a) Lordosis (b) Scoliosis (c) Kyphosis (d) Knock Knees	1
Q 6.	Absence of menstrual periods for three or more consecutive months in female athletes is termed: (a) Menarche (b) Dysmenorrhea (c) Amenorrhea (d) Osteoporosis	1
Q 7.	Assertion (A): Gomukhasana is beneficial in managing Asthma. Reason (R): It expands chest muscles and improves pulmonary function. (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.	1
Q 8.	Which asana is performed in a prone lying position to manage back pain? (a) Paschimottanasana (b) Bhujangasana (c) Halasana (d) Pawanmuktasana	1
Q 9.	Shavasana and Nadi-Shodhana Pranayama are primarily recommended to control: (a) Diabetes (b) Obesity (c) Hypertension (d) Flat Foot	1
Q 10.	Special Olympics International was founded by: (a) Ludwig Guttmann (b) Eunice Kennedy Shriver (c) Henri Dixon (d) Pierre de Coubertin	1
Q 11.	In a knockout tournament, a bye is given to a team when: a) The team has lost the previous match b) The number of participating teams is not a power of two c) The team is strong d) The team is the host	1
Q 12.	Which nutrient is primarily responsible for growth and repair of body tissues? a) Protein b) Vitamin c) Mineral d) Water	1
Q 13.	Which of the following is a non-nutritive component of diet? (a) Carbohydrates (b) Roughage (Fiber) (c) Proteins (d) Fats	1

Q 14.	Food Intolerance is caused by: (a) Immune system reaction to food proteins (b) Inability to digest certain foods due to enzyme deficiency (c) Overeating fiber (d) Excessive water intake during meals	1
Q 15.	What is the main objective of an Intramural tournament? (a) Win national trophies (b) Promote maximum participation among students within an institution (c) Earn commercial revenue (d) Select international players	1
Q 16.	Which posture corrective measure is most effective for Bow Legs? (a) Walking on outer edges of feet (b) Walking on inner edges of feet or using a wedge (c) Performing Halasana (d) Skipping rope continuously	1
Q 17	The Female Athlete Triad consists of Osteoporosis, Amenorrhea, and: (a) Diabetes (b) Eating Disorders (c) Hypertension (d) Postural Deformities	1
Q 18.	Which of the following is a macronutrient? (a) Vitamin C (b) Iron (c) Protein (d) Calcium	1
	SECTION B (Very Short Answer Type Questions, Attempt any 5.)	
Q 19.	Differentiate between Intramural and Extramural tournaments on the basis of meaning and scope.	2
Q 20.	Briefly explain WHO physical activity guidelines for adults aged 18–64 years.	2
Q 21.	Write the procedure and one contraindication of <i>Katichakrasana</i> .	2
Q 22.	Define <i>Inclusion</i> in physical education for CWSN.	2
Q 23.	Distinguish between Macro and Micro nutrients with suitable examples.	2
Q 24.	Explain any two common food myths prevalent among athletes.	2
	SECTION C (Short Answer Type Questions, Attempt any 5.)	
Q 25.	Draw a knock-out fixture for 11 teams showing clear distribution of byes across upper and lower halves.	3
Q 26.	Detail the psychological and social benefits of women's participation in sports.	3
Q 27.	Mention the causes, symptoms, and two corrective exercises for <i>Scoliosis</i> .	3
Q 28.	Explain the roles of the International Paralympic Committee (IPC) and Deaflympics in promoting disability sports.	3
Q 29.	Describe three major pitfalls of extreme dieting for weight loss.	3
Q 30.	Explain the procedure, any two benefits and one contraindication of Tadasana.	3
	SECTION D (Case Study Based Questions)	
Q 31.	Read the following case carefully and answer the questions that follow: The Physical Education Department of a school is organising an inter-house athletics competition. Before the event, the organising committee prepares the schedule, arranges equipment, appoints officials and allocates duties. During the	4

	event, officials ensure that the competitions are conducted according to the rules. After the event, the committee collects feedback and prepares a report. (1x4) 1) Which function of sports event management is mainly concerned with preparing the schedule and determining objectives? a) Planning b) Staffing c) Directing d) Controlling 2) Which function involves appointing suitable officials and allocating duties? a) Planning b) Staffing c) Controlling d) Organising 3) Explain any two responsibilities of a committee before the sports event. 4) Mention any one responsibility of an any committee after the event.	
Q 32.	Read the following case carefully and answer the questions that follow: A school has started a programme to encourage students with different abilities to participate in physical activities. The teachers modify activities, provide appropriate equipment and ensure that all students get opportunities to participate. Students are grouped according to their functional abilities wherever required so that competition remains fair. (1x4) 1) The process of grouping athletes according to functional ability is called: a) Division b) Classification c) Seeding d) Selection 2) Which organisation is associated with sports for athletes with intellectual disabilities? a) Special Olympics b) Deaflympics c) Paralympics d) Olympic Council 3) Explain the meaning of inclusion in sports. 4) Mention one strategy that can make physical activities accessible for children with special needs.	4
Q 33.	Read the following case carefully and answer the questions that follow: A student athlete follows a balanced diet consisting of carbohydrates, proteins, fats, vitamins, minerals and adequate water. Before competition, the athlete consumes an easily digestible meal. During prolonged activity, adequate fluids	4

	and suitable energy sources are taken. After competition, the athlete focuses on recovery by consuming appropriate nutrients and fluids. (1x4) 1) Which nutrient is the main source of energy during physical activity? a) Carbohydrate b) Protein c) Vitamin d) Mineral 2) Which phase of sports nutrition focuses mainly on recovery? a) Pre-competition b) During competition c) Post-competition d) None of these 3) Explain the importance of pre-competition nutrition. (1) 4) Mention one important requirement of post-competition nutrition.	
	SECTION E (Long Answer Type Questions, Attempt any 3.)	
Q 34.	Explain the functions of sports event management under the following headings: (1x5) 1. Planning 2. Organising 3. Staffing 4. Directing 5. Controlling	5
Q 35.	What are postural deformities? Explain any four common postural deformities along with their respective corrective measures. (1+4)	5
Q 36.	Draw a league fixture (Tabular) of 9 teams showing all the steps and calculation.	5
Q 37.	(a) What is a Balanced Diet? (1) (b) Explain the role of water and roughage as non-nutritive components of diet. (2) (c) Differentiate between Food Allergy and Food Intolerance. (2)	5