INDIAN SCHOOL AL WADI AL KABIR

CLASS XII UNIT TEST

Max Marks:30   **SUBJECT-PHYSICAL EDUCATION (048)**   **Time: l hr,**
Date- 25/05/2025

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General instructions:

1. Section A consists of multiple-choice questions, carries 1 mark each. All questions are compulsory.
2. Section B consists of 3 questions amongst which 2 questions have to be attempted; each question carries 4 marks and should have 60-80 words.
3. Section C consists of 3 questions amongst which 2 questions have to be attempted; each question carries 5 marks and should have 100-120 words.

SECTION A

Q 1. The basic function of management is: 1
   a. controlling
   b. budgeting
   c. planning
   d. Organizing

Q 2. In _____, there is wide gap between the knees.   1
   a. Kyphosis
   b. Lordosis
   c. Scoliosis
   d. Bow leg

Q 3. The first women participated in _____ Olympic.   1
   a. 1912
   b. 1900
   c. 1909
   d. 1908

Q 4. After losing a match, a team will be eliminated from the _____ .   1
   a. Round Robin tournament
   b. League tournament
   c. Knockout tournament
   d. None of above

Q 5. Common postural deformities of spine are   1
   a. Kyphosis
   b. Scoliosis
   c. Lordosis
   d. All of these

Q 6. If Number of team is 17, the teams in lower half will be   1
   a. 9
   b. 8
   c. 10
   d. 11

Q 7. Knock knee is also known as   1
    a. Genu valgum
    b. Genu varum
    c. Pes planus
    d. Scoliosis

Q 8. In _____Tournament, every team plays with every other team twice.   1
    a. League
    b. Single league
    c. Double league
    d. None of these

Q 9. What is female Athlete triad?   1
    a. Osteoporosis
    b. Amenorrhea
    c. Eating disorders
    d. All of these

Q 10. In knockout tournament, if 11 teams are participating then number of byes in upper half is _____.   1
    a. 5
    b. 4
    c. 3
    d. 2

Q 11. Dhanurasana and Bhujangasana are the best corrective measures for _____.   1
    a. Kyphosis
    b. Lordosis
    c. Scoliosis
    d. None of these

Q 12. Formula for calculating number of matches in single league fixture is   1
    a. n-1
    b. $n(n-1)/2$
    c. n/2
    d. n(n-1)

SECTION B (any two)

Q 13. Write a short note on Menarche & Osteoporosis.   4

Q 14. Picture Based (Identification) Question.   4
    Identify the type of deformities and write their names.

    (a)   (b)   (c)   (d)
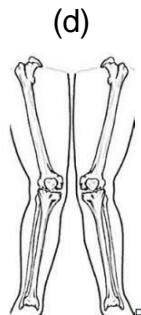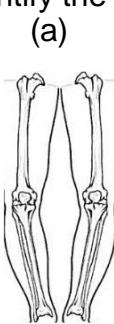
Q 15. The data of students participating in games of a school is given below: 4

Index	
▓	Cricket
⧅	Volleyball
△△△	Judo
∞∞	Handball
‖‖	Kho-Kho
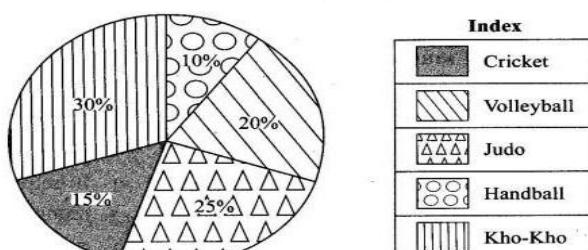
A) If total number of students participating in cricket are 30, how many
   students are participating in Kho-Kho?

   a) 60   b) 50   c) 40   d) 45

B) In which game the participation is maximum?

   a) Cricket   b) Kho-Kho   c) Judo   d) Handball

C) What is the percentage of students participating in Judo and Handball?

   a) 40%   b) 30%   c) 100%   d) 35%

D) In which game the participation is minimum?

   a) Volleyball   b) Kho-Kho   c) Judo   d) Handball

SECTION C (any two)

Q 16. Write a short note on the term "Knockout". Make a knockout fixture for 15
      teams.   5

Q 17. Explain in detail the various postural deformities?   5

Q 18. What is league tournament? Draw a league fixture of 5 teams (cyclic method) with
      all the steps involved.   5

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