

Bhavan's Tripura Vidyamandir
1st Terminal Examination : (2024-2025)

Class:- 12

Time:- 3 Hours

Name of the student :

Subject:- Phy. Edcn

Total :- 70 Marks

Stream: Roll:

- 1) The question paper consist of five section and 34 question.
2) Section A consist of question 1 -18 carry 1 mark.
3) Section B consist of question 19 to 23 caring 2 Mark's.
4) Section C consist of question 24 to 28 caring 3 Mark's.
5) Section D consist of question 29 to 31 carrying 4 Mark's.
6) Section E consist of question 32 to 34 carrying 5 marks.
7) Section B - E internal choice available.

Section A

1) Purchase of sports equipment is a work of the --- committee

- A) technical B) logistics C) marketing D) finance

2) Posture is an index of -

- A) personality B) health C) character D) fitness.

3) Which of these races is run to promote brotherhood?

- A) run for fun B) run for specific causes C) run for unity D) health run

4) Paralympic game was first organised in -

- A) 2010 B) 1960 C) 1896 D) 1982

5) The basic function of management is

- A) controlling B) budget C) planning D) organising

6) Eunice Kennedy Shriver is associate with -

- A) special Olympic B) Summer Olympic
C) ancient Olympic D) Deaf Olympic

7) What is the normal heart beat in a minute?

- A) 72) minutes B) 60) minutes
C) 120) minutes D) 90) minutes

8) The first Paralympic game where held in -

- A) 1960 B) 2010 C) 1982 D) 1906

9) Deformity of the leg is known as

- A) scoliosis B) lordosis C) knock knee D) kyposis

10) How many calories per day are required for a person?

- A) 1500-2000 B) 2000-2500 C) 2500-3000 D)3000-3500.

11) Posture is index of?

- A) personality B) health C) character D) fitness

12) Which of the following is a micro nutrient?

- A) carbohydrate B) fats C) water D) vitamin.

- 13) In which country was the first aid word first used
A) USA B) China C) England D) Germany.
- 14) Which of the following is not a symptoms of food intolerance?
A) headache B) vomiting C) stomach pain D) happiness.
- 15) Maximum carbohydrate are obtained from?
A) Whole grain food B) fish C) plant oil D) nuts
- 16) International yoga day is celebrated on.
A) 21 Jun B) 21 may C) 21 March D) 21 July.
- 17) role of water in human body is to.
A) regulate body temperature. B) give energy
C) repair cell D) protect from disease
- 18) The committee responsible for print media.
A) technical committee B) marketing committee
C) reception committee D) finance committee

Section B

- 19) Short note- sports day
20) Run for unity
21) Menarche and sports
22) Eating disorder
23) Special Olympic game Or Diet during sports

Section C

- 24) Write the various sports committee and their responsibility.
25) What is asthma? Write the causes and precaution of asthma
26) Write the causes and prevention of sports injuries.
27) Write the effect of exercise on cardiovascular system.
28) Write the importance of diet in sports.

Or

Write the reasons for less participation women in sports?

Section D

- 29) Draw a fixture of a knockout team for 19 teams.
30) Ramdas is a physical education teacher. There is an acute shortage of sports facilities in his school. In order to create interest among the student in sports he want to organise sports competition which require minimum resource and can be completed in less time.

- 1) Which type of tournament can be organised in case facilities are limited?
 A) knockout B) league
 C) intramural competition D) extra mural competition.
- 2) What type of activity he should organise?
 A) major game B) minor game C) athletics meet D) all of these.
- 3) What is the purpose of organising sports competition?
 A) Create interest B) physical fitness C) value development D) all of these.
- 4) If he organise athletics meet what is the primary requirement?

31) Rajan and Himanshu are good friends they walk to school together every day while talking to each other. Rajan notice that from the past few day Himanshu is not able to walk and carry his bag comfortable at he used to do earlier. There is a change in his body poster he is inclined towards left side while working. Rajan took Himanshu to the physical education teacher who identified postural deformity in Himanshu and suggested remedial exercise to correct it.

- 1) Which postural deformity make Himanshu inclined towards his left while working?
 A) kyphosis B) knock knee C) Scolosis D) lordosis
- 2) What is the causes of scoliosis?
 A) wrong exercise B) caring heavy bag C) illness D) Both a and b
- 3) Corrective measure to be taken for remedies of **scoliosis** is?
 A) Bending in the opposite directions of deformity.
 B) lying with support of pillow
 C) exercise on wall bar
 D) all of these
- 4) **Scoliosis** is a postural deformity related with
 A) Foot B) leg C) vertebral column D) Hand

Or

RAM is a secretary of state basketball association. He has given the responsibility to organise a sub junior National tournament. He wants to organise the event at large scale and distribution the work in various committee. He delegate the duties to different individual with authority and responsibility.

- 1)----- promote is responsibility to make the event awareness.
 A) publicity committee B) Hospitality
 C) Registration committee D) Transport committee
- 2)----- is the process of identifying and grouping the work to be performed.
 A) planning B) directing
 C) organising D) controlling
- 3) The reception committee for the tournament responsible for-
 A) welcome the participant B) Arranging accommodation
 C) proper upkeep of the venue D) welcome the spectators.
- 4) If the responsible of the committee to fix venue, date, and time, of the four events it is a ----
 A) post meeting committee B) pre meeting committee
 C) during sports committee D) all the above

Section E

- 32) Write the effect of exercise on muscular system
- 33) Write the advantage of physical activity for children with special need
- 34) What is inclusion? Explain the need for inclusion

Or

What is diabetes write the causes, symptoms and precaution of diabetes.