

Bhavan's Tripura Vidyamandir
1st Terminal Examination: (2025-2026)

Class: 12

Time: 3 Hours

Name of the student:

Subject: Physical Education

Total: 70 Marks

Roll:

Section:

INSTRUCTIONS:

- 1) The question paper consist of 5 section and 37 question.
- 2) Section A consist of question 1 -18 carry 1 mark.
- 3) Section B consist of question 19 to 24 caring 2 Marks.
- 4) Section C consist of question 25 to 30 caring 3 Mar's.
- 5) Section D consist of question 31 to 33 carrying 4 Marks.
- 6) Section E consist of question 34 to 37 carrying 5 marks.

SECTION A

- 1) The basic function of management is---
A) controlling B) Budgeting C) marketing D) planning
- 2) Publication of rules and regulation should be done -
A) Pre event B) During event C) Post event D) Anytime during the event.
- 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) Which of the following is not spinal curvature deformity?
A) Kyphosis B) Lordosis C) Scoliosis D) Flat foot
- 11) Scoliosis is a postal department related with ?
A) Foot B) Leg
C) Vertebral column columr D) Hand

12) Which of the following is a micro nutrient?

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

13) Which of the following test is for senior citizens

- A) Rock port test B) Rickly and Jones test
C) Harvard step test D) flamingo balance test.

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) Sir and reach test measure

- A) Endurance B) Flexibility C) Strength D) Speed

SECTION B

19) Short note- sports day

20) Special olympic game

21) Menarche and sports

22) Eating disorder

23) Sai khelo India fitness test

24) Diet during sports

SECTION C

25) Write the various sports committee and their responsibility.

26) What is asthma?write the causes and precaution of asthma

27) Write the nutritive and non-nutritive component of diet.

28) Write the effect of exercise on cardiovascular system.

29) Write the importance of diet in sports.

30) Write the reasons for less participation women in sports?

SECTION D

31) Draw a fixture of a knockout team for 19 teams.

32) 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 off 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?

33) 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) kyposis B) knock knee C) Scolosis D) lordosis

2) What is the causes of scolosis ?

- A) wrong exercise B) caring heavy bag C) illness D) Both a and b

3) Corrective measure to be taken for remedies of scolosis 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

34) Write the effect of exercise on muscular system

35) Write the advantage of physical activity for children with special need

36) What is inclusion? Explain the nee.d for inclusion.

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