

DEHRADUN PUBLIC SCHOOL
ASSIGNMENT (2023- 24)
SUBJECT- PHYSICAL EDUCATION (048)
CLASS- XII

UNIT I: Management of Sporting Events

Multiple choice Questions:-

Q1. What is Bye?

- a. It's a method of drawing fixture.
- b. Point system for team games.
- c. Advantage given to a team to not play in initial round.
- d. Placing of teams according to previous performance.

Q2. Which one of the following is not the function of sports management?

- a. Planning
- b. Running
- c. Controlling
- d. Organising

Q3. How many Byes are awarded in a League Tournament, when 8 teams are participating in it.

- a. 0
- b. 1
- c. 2
- d. 3

Q4. Assertion (A): Physical Education is an elective discipline.

Reason (R): Physical Education borrows principles from other allied fields.

- 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

Q5. Assertion (A): Planning is the foremost function in sports.

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

- 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

Subjective Type Questions

Q6. Discuss planning as the main function of Sports event management.

Q7. What do you mean by sports management? Elucidate any three functions of sports event management.

Q8. What do you mean by knock out tournament? Draw the fixtures of 21 teamson knockout basis.

Q9. Discuss any two functions of sports management in brief.

Case Based Question

Q10. With the aim of promoting physical fitness and healthy lifestyle amongst students the Physical education Teacher at XYZ School plans to organize intramural competitions at school. For conducting the event he has given this assignment to the students of class XII who have taken up Physical Education subject so that they can get first had experience of organizing events.

On the basis of given information answer the following questions:-

i. The work of committees is divided into_____

- a. Pre, during and post
- b. Pre and post
- c. Pre and during
- d. During and Post

ii. Match the following

- a. Technical committee
- b. Finance committee
- c. Transport committee
- d. First aid committee
- i. To provide shifting facility
- ii. To resolve dispute
- iii. To deals with money and expenditure
- iv. To provide medical facility

a. a–ii, b–iii, c–i, d–iv

b. a-iii, b-ii, c-i, d-iv

c. a-ii, b-iii, c-iv, d-i

d. a-iv, b-iii, c-i, d-ii

iii. Which is not the objective of Sports Tournament?

a. To Provide Recreation

b. To help in overall development

c. To achieve high performance

d. To provide opportunity

iv. Enlist post tournament responsibilities.

UNIT II: Children and Women in Sports

Multiple choice Questions:-

Q1. Abnormal curve of the spine at the front is called

a. Scoliosis

b. Kyphosis

c. Lordosis

d. Psoriasis

Q2. Which one of the following procedure is not a cause of flat foot?

a. Lck of vitamin D and calcium

b. Body Heaviness

c. Faulty Posture

d. Standing for a long time

Q3. League cum knock out is a part of which tournament?

a. Knock out

b. Round robin

c. Combination

d. Consolation

Q4. **Assertion (A):** Motor development refers to the development of a child's bones, muscles and his/her ability to move around.

Reason (R): Gross motor development involves the small muscles of body, especially during the movement of fingers and hands.

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

Q5. **Assertion (A):** Bow legs is the opposite to knock-knees position.

Reason (R): In this deformity, knees are wide apart.

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

Subjective Type Questions

Q6. Define spinal curvature deformities.

Q7. What do you mean by scoliosis?

Q8. What are the factors that cause hindrance in the participation of women in sports?

Q9. Discuss the causes of any five postural deformities in detail.

Case Based Question

Q10. Sheetal spent her weekend checking the health status of all the security guards of her huge gated community as a part of project work assigned by PE teachers. She found out that more than half of them have shown a significant deformity in the upper part of their vertebral column.

Based on the given passage, Answer the following questions:-

i. The term used to define this deformity is _____

a. Lordosis

b. Scoliosis

c. Kyphosis

d. Both 'a' & 'b'

ii. This deformity is mainly caused due to _____

a. Carrying heavy loads

b. Exercise

c. Strong muscles

d. Walking

iii. The asana/s which helps in rectifying such condition/s is/are _____.

a. Chakrasana

b. Dhanurasana

c. Halasana

d. Both 'a' & 'b'

- iv. Bending head backward in standing position helps in getting rid of ____
a. Lordosis b. Kyphosis c. Scoliosis d. Both 'a' & 'b'

UNIT III: Yoga as Preventive measure for Lifestyle Disease

Multiple choice Questions:-

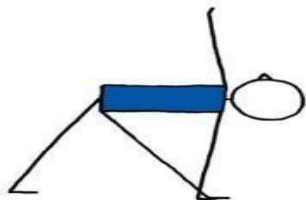
- Q1.** Which of the following asana is not used to cure asthma?
a. Tadasana b. Dhanurasana c. Parvatasana d. Bhujangasana
- Q2.** Which one of the following asana is helpful in increasing height?
a. Sukhasana b. Tadasana c. Bhujanasana d. Vajrasana
- Q3.** Which of the following is a medical condition which cause lifestyle diseases?
a. Diabetes b. Asthma c. Hypertension d. Obesity
- Q4. Assertion (A):** Pavanmuktasana helps in releasing the accumulated wind in the stomach and intestines.
Reason (R): It helps to cure acidity, digestive problems, high blood pressure and cervical spondylosis.
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
- Q5. Assertion (A):** Diabetes is really a very dangerous lifestyle disease.
Reason (R): Diabetes can lead to renal failure, loss of vision, Amputation of limbs and cardiovascular disease if it is not controlled.
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

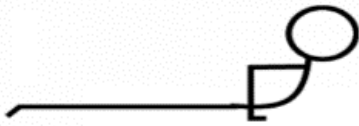
Subjective Type Questions

- Q6.** Explain Obesity.
- Q7.** Write down the procedure of Matsyasana.
- Q8.** State the benefits and contadictions of Gomukhasana in the context of Diabetes.
- Q9.** Discuss any two asanas practiced for preventing hypertension and their procedure.

Case Based Question

- Q10.** Identify the below given Asanas and write names of them.





UNIT IV: Physical Education and Sports for CWSN (Children With Special Needs- Divyang)

Multiple choice Questions:-

- Q1.** First deaflympics games was organised in the year _____.
- a. 1896 b. 1960 c. 1924 d. 1951
- Q2.** Which motor skill is involved in smashing volleyball?
- a. Gross Motor skills b. Cross Motor skills
c. Fine Motor skills d. Open skills
- Q3.** Fine motor development is involved in_____.
- a. Sitting b. Walking c. Standing d. Catching a ball
- Q4. Assertion (A):** The deaflympics was previously called as world games for the deaf.
Reason (R): Paralympics are held at an interval as Olympics that is every four years.
- 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
- Q5. Assertion (A):** Paralympic games are held for the athletes with mobility disabilities, amputation blindness and cerebral palsy.
Reason (R): Special Olympics are held for the athletes with intellectual disabilities.
- 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

Subjective Type Questions

- Q6.** Explain ADHD.
- Q7.** Write a short note on IPC.
- Q8.** Explain the strategy of inclusive classrooms. Why is it gaining popularity.
- Q9.** Discuss about 'Deaflympics' in detail.

Case Based Question

- Q10.** A teacher in a preschool noticed that a child is not singing along with other children. She is not responding even when her name is called. Then the teacher asked the child to stand next to her and repeat the rhyme along with her, while she prompted and encouraged her. With effort the child was able to sing like other children of her age.

Based on the given passage, Answer the following questions:-

- i. What do you think the child is suffering from?

- a. SPD b. ADHD c. OCD d. ODD
- ii. What could have possibly caused this disorder?
 a. Genetics b. overeating c. Accident d. Both a & c
- iii. Child's mother has the habit of washing her hands every few minutes and spends her entire day arranging things exactly the way she wants. Which of these is a possible disorder she might be suffering from?
 a. ADHD b. ASD c. OCD d. ODD
- iv. Expand OCD and ADHD.

UNIT V: Sports and Nutrition

Multiple choice Questions:-

- Q1.** Hair and nails are mostly made up of
 a. Fats b. Proteins c. Fibre d. Carbohydrates
- Q2.** The largest mineral in the human body is
 a. Iron b. Zinc c. Calcium d. Selenium
- Q3.** As components of human diet, water, fibre and phytonutrients are-
 a. Non-nutritive b. Nutritive c. Calorie-rich d. Protein-rich
- Q4. Assertion (A):** Root vegetables are the best source of carbohydrates.
Reason (R): Potatoes and sweet potatoes are rich in complex carbohydrates.
 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
- Q5. Assertion (A):** Vitamins are complex 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.
 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.

Subjective Type Questions

- Q6.** Write the sources of protein.
- Q7.** What is the main function of fluorine.
- Q8.** Explain macronutrients and their role in our diet.
- Q9.** Discuss about nutritive and non-nutritive component of diet.

Case Based Question

- Q10.** A balanced diet refers to the intake of food constituting all the necessary nutrients. Ram shares his knowledge of 'food and nutrition' with neighbors while visiting his grandparents in a village. Ram notices that few people living in that village are suffering with goiter and severe anemia.

Based on the given passage, Answer the following questions:-

- i. Minerals are placed under _____ nutrient category on basis of required quantity.
 a. Micro b. Macro c. Roughage d. Non Nutritive
- ii. Goiter is caused due to deficiency of _____.
 a. Calcium b. Iodine c. Selenium d. Iron
- iii. Low levels of this mineral will lead to Anemia.
 a. Copper b. Sodium c. Iron d. Calcium
- iv. Fresh Vegetables and Fruits are rich sources of _____.
 a. Vitamin b. Mineral c. Both a and b d. Fats

UNIT VI: Test and Measurement in Sports

Multiple choice Questions:-

- Q1.** What is the test duration for the arm curl test?
a. 1 min b. 2 min c. 30 seconds d. Number of repetitions
- Q2.** Sit and Reach test is conducted to measure _____.
a. Flexibility b. Motor Fitness c. Endurance d. Speed
- Q3.** What is equipments required for Flaming balance test?
a. Stop watch b. Table c. Disc d. Measuring tape
- Q4. Assertion (A):** Fullerton Functional test is also known as Rikli and Jones, Senior citizen Fitness test.
Reason (R): Rikli and Jones developed, Fullerton functional test.
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
- Q5. Assertion (A):** Flexibility and strength can be evaluated with partial curp up.
Reason (R): Partial curp up is not a good option for the assessment of agility.
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.

Subjective Type Questions

- Q6.** Write the component SAI Khelo India Fitness Test.
- Q7.** Write in detail about BMR with its importance and its computation.
- Q8.** Explain the procedure of six minute walk test.
- Q9.** What is the usefulness of Back scratch Test for senior citizens?

CASE- BASED QUESTION

Q10. Mr. Lakshman, aged 65 years worked as a civil engineer in a construction company. He had to walk and climb a lot, as part of his job. After retirement, he settled with his son spending time with his grandchildren. Now a days he is experiencing difficulty in doing certain chores which involves physical movement.

Based on the given passage, Answer the following questions:-

- i. Which of the following tests would you recommend to check Mr. Lakshman's fitness?
a. Harvard step test b. Rikli & jones test c. AAHPER test d. Rock port test
- ii. How many series of tests are there in the prescribed fitness test for Mr. Lakshman?
a. 8 b. 6 c. 5 d. 7
- iii. Chair sit & reach test is done to check_____.
a. Agility b. Speed c. Flexibility d. Strength
- iv. The 8 foot up & go test is performed to assess_____.
a. Agility b. Endurance c. Speed d. Strength

UNIT VII: Physiology and Injuries in Sports

Multiple choice Questions:-

- Q1.** The functional efficiency of muscles depends upon its:
a. Nerve stimulation b. Girth c. Fiber quality d. Tonus
- Q2.** Dislocation is related to
a. Bone injury b. Skin injury c. Muscular injury d. Joint injuries
- Q3.** _____ bone comes out of socket in hip dislocation.
a. Femur b. Tibia c. Fibula d. Humerus
- Q4. Assertion (A):** Sports injuries can be reduced upto some extent.
Reason (R): Proper knowledge of sports skills does not help in preventing sports injuries.
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
- Q5. Assertion (A):** Sprain is a soft-tissue injury.
Reason (R): Fracture is hard-tissue injury.
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.

Subjective Type Questions

- Q6.** What do you mean by joint injuries?
- Q7.** What do you mean by laceration? How can you treat laceration?
- Q8.** Discuss the treatment of sprain.
- Q9.** What are the effects of exercise on muscular system?

CASE- BASED QUESTION

Q10. The famous cricket star, Phillip Hughes was struck behind the ear by a ball while batting and died two days after the injury. He was wearing a helmet but the possible reason mentioned was that even when using a helmet, possibly a significant part of the neck remained exposed and the ball hit him there. And now most of the top cricketers across the world use deeper protection.

Based on the given passage, Answer the following questions:-

- Do you feel protective gears are important? Lay stress on your views.
- What first aid should be provided during injury at the superficial layer of the skin?
- What measures do you suggest to prevent sports injuries?

UNIT VIII: Biomechanics and Sports

Multiple choice Questions:-

- Q1.** Biomechanics is associated with
a. Physics b. Mechanics c. Mechanics and physics d. Mechanics and anatomy
- Q2.** Dribbling in basketball is an example of
a. Law of inertia b. Law of acceleration c. Law of gravitation d. Law of reaction
- Q3.** The study of human body and various forces acting on it is called
a. Biology b. Biomechanics c. Physiology d. Anatomy
- Q4. Assertion (A):** Biomechanics is the study of forces and their effects on living systems.
Reason (R): Biomechanics is not a sub-discipline of physical education.
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.

Q5. Assertion (A): Pushing a wall is an example of static friction.

Reason (R): Static friction is when a force applied to an object but does not cause it to move.

- 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.

Subjective Type Questions

Q6. Discuss various types of friction.

Q7. Explain the law of inertia.

Q8. What do you mean by Biomechanics? Explain in brief.

Q9. Elucidate Newton's laws of motion and their application in various games and sports.

CASE- BASED QUESTION

Q10. Sunny was a good shot-putter. His height was 5 feet 6 inches with a body weight of 75 kg. His body was muscular. He used to put the shot with Parry O'Brien technique. For the last one year his performance was stable even after his best efforts. He met our new physical education teacher to discuss about the root cause of his problem. He saw his technique of putting the shot. He was not satisfied with his technique. He suggested that this technique was not suitable for a short-statured individual. He told him to practise disco-put technique instead of Parry O'Brien technique. Approximately, after 6 months practice, Sunny's performance improved by 1.70 metre. In this way, biomechanics helped him a lot.

Based on the given passage, Answer the following questions:-

- i. What quality did Sunny possess?
- ii. What values of the new physical education teacher did impressed you?
- iii. What is biomechanics?

UNIT IX: Psychology and Sports

Multiple choice Questions:-

Q1. Trait of extrovert, introvert and ambivert is given by

- a. Jung
- b. Sheldon
- c. Woodworth
- d. Sage

Q2. Which one of the big five traits of personality is not its domain?

- a. Extroversion
- b. Agreeableness
- c. Closeness
- d. Neuroticism

Q3. What is the other name of static strength?

- a. Isotonic
- b. Isometric
- c. Isokinetic
- d. Isobaric

Q4. Assertion (A): Introverts have characteristics like shyness, social withdrawal, and tendency to talk less.

Reason (R): Emotional unstable, anxiety and sadness are the attributes of neuroticism.

- 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

Q5. Assertion (A): Sledging in cricket is to cause psychological discomfort for the batsman.

Reason (R): Sledging is an example of instrumental aggression.

- 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.

Subjective Type Questions

Q6. What do you mean by personality?

Q7. Elaborate the types of aggression in sports in brief.

Q8. Discuss goal setting and self-talk as significant psychological attributes in sports.

Q9. Elucidate the Big five personality theory.

CASE- BASED QUESTION

Q10. Rohan was a good athlete of our school. He used to undergo training regularly for the best results. In spite of his constant effort he could not succeed. He got frustrated with his poor performance and stopped expressing his feelings and meeting friends. His parents took him to a psychologist for help. After a few consultations, he was able to focus well and succeeded.

Based on the given passage, Answer the following questions:-

- i. Rohan can be motivated using
 - a. Blame
 - b. Praise
 - c. Recognition
 - d. Both b & c
- ii. Taking help of psychologist becomes _____ kind of motivation.
 - a. Intrinsic
 - b. Extrinsic
 - c. Ambivert
 - d. Both a & b
- iii. Pick the odd one out
 - a. Openness
 - b. Extroversion
 - c. Neuroticism
 - d. Ambivert
- iv. Person with emotional instability and negative emotions are termed as--
 - a. Neuroticism
 - b. Introvert
 - c. Openness
 - d. Extrovert

UNIT X: Training in Sports

Multiple choice Questions:-

Q1. Which one of the following training cycle is the shortest?

- a. Macrocycle
- b. Microcycle
- c. Mesocycle
- d. Ergocycle

Q2. Which one of the following is included under the stages of talent identification process?

- a. Talent Detection
- b. Talent Management
- c. Total Deletion
- d. Total Approval

Q3. What is the other name of static strength?

- a. Isotonic
- b. Isometric
- c. Isokinetic
- d. Isobaric

Q4. **Assertion (A):** Dynamic strength can be called isotonic strength.

Reason (R): Static strength is also called isotonic strength.

- 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

Q5. **Assertion (A):** Strength is the ability to overcome resistance or to act against resistance.

Reason (R): Strength is a physical fitness component and it acts against resistance.

- 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.

Subjective Type Questions

Q6. Discuss about three phases of macro cycle.

Q7. Define explosive strength with the help of example.

Q8. Define Speed. Explain the methods of speed development.

Q9. Explain the importance of circuit training.

CASE- BASED QUESTION

Q10. Raghu was good thrower. When he joined a new training camp, where he observed some athletes were running on uneven surfaces like bushes, rocks, pits etc. He was in dilemma. Then the coach explained about that training in detail.

Based on the given passage, Answer the following questions:-

- i. What type of training are they doing?
 - a. Fartlek training
 - b. Ballistic method
 - c. Interval training
 - d. Acceleration run
- ii. Stretching exercise improves_____.
 - a. Flexibility
 - b. Strength
 - c. Coordination
 - d. Explosive
- iii. Fartlek training is also known as
 - a. Pace runs
 - b. Speed play
 - c. Acceleration run
 - d. 400 m run
- iv. Define flexibility.