



Because of Today, Tomorrow Will Be Better

# RK Academy

One Step Ahead To Your Success...



CLASS – XII  
SUB – PHE

FM – 70  
TIME – 3 HRS

## SECTION -A

- Q1 In a knock out tournament of 21 teams the total matches in round one will be  
a.20 b. 11. c. 4. d. 5
- Q2. Which one of the following is not related with the spinal curvature deformities?  
a. Kyphosis b. Bow legs c. Lordosis. d. Scoliosis
- Q3. In which eating disorder an individual binges and purges?  
a. Anorexia. b. Bulimia c. 'a' and 'b'. d. None of these
- Q4. If the number of matches in a single league tournament is 21, then What about number of teams.  
a. 09. b. 07. c. 08. d. 10
- Q5. Flat Foot is also known as  
a. Pes Planus. b. Genu Varum c. Genu Valgum. d. Knock Knee
- Q6. Read the following statements- Assertion (A) and Reason (R). Choose one of the correct alternatives given below  
Assertion(A): Lordosis is the problem in Lumber spine.  
Reason(R): All the exercises of backward bending are helpful as corrective measure  
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
- Q7. Given deformity is also named as:  
a. Pigeon Toes. b. Genu Valgum c. Pes Planus. d. Scoliosis
- Q8. If Sohan's BMI range is in between 26 to 30 he will be in..  
a. Underweight. b. Obese Range c. Overweight. d. All of the above
- Q9. IPC was formed in  
a. 1960. b. 1962 c. 1970. d. 2019
- Q10. Sit and Reach test is meant for  
a. Speed. b. Flexibility c. Endurance. d. Strength
- Q11. Chair Sit and Reach test is meant for testing flexibility of  
a. Boy of 18 years. b. Girl of 20 years c. Grand Father. d. Younger Brother
- Q12. Given test is mean to test.....of an individual  
a. Hand eye coordination. b. Balance and strength c. Agility. d. All of the above
- Q13. If there are 21 teams in knockout then the number of Byes will be  
a. 12. b. 22. c. 21. d. 11
- Q14. December 3rd is celebrated as  
a. World athletic day. b. Father's Day c. World Disability Day d. Mother's Day
- Q15. The motto of paralympics

a. Citius, Altius, Fortius.

b. Ever Onward

c. Sprint in motion.

d. Fight of Justice

Q16. Johnson and Metheny test were developed to test

a. Endurance and Strength.

b. Skill ability

c. Motor Educability.

d. Cardio-Vascular ability

### Section B (Attempt any 10 carry 3 mark)

Q21. Explain the concept of sports management in short, with their elements.

Q22. Define Lordosis. Explain how lordosis can be cured through exercises.

Q23. Explain female Athlete triad in short.

Q24. Differentiate between Paralympics and Deaf Olympics in short.

Q25. Explain the concept of Inclusion.

Q26. Write any three eligibility criteria of Paralympics.

Q27. Write the advantages of physical activities for CWSN.

Q28. Enlist the test items of SAI Fitness (Khelo India) with their purpose.

Q29. Differentiate between BMI and BMR.

Q30. Why is run for specific cause important?

Q31. Elucidate the types of friction.

Q32. What is friction? Is it advantageous and disadvantageous in the field of games and sports?

### Section C (4 marks)

Q33. In relation to the pictures, answer the following questions.



a. What is the mission of the first organization?

b. What is the Motto of the first organization?

c. Until 1965 the games in the second picture were known as \_\_\_\_\_

d. Second picture games are conducted after every \_\_\_\_\_ years.

### Section D (Attempt any 4 carrying 5 marks)

Q34. What are the various types of friction? With the help of suitable example explain why friction is necessary in sports

Q35. Explain the procedure of performing Harvard Step Test to measure cardio-vascular Fitness.

Q36. What do you understand by projectile trajectory? Explain the factors affecting projectile trajectory in sports.

Q37. Suggest any five strategies to make physical activities accessible for children with special needs.

Q38. Prepare a knockout fixture of 15 teams mentioning all the steps involved.