

## O. P. JINDAL SCHOOL, SAVITRI NAGAR

## **Periodic Test 1 2025 –26**

## Class: XII

MM: 20

## **Subject: Physical Education**

Time: 1 Hr.

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**General Instructions:**

***\*All the questions are compulsory.***

**\*Questions of 1marks will in form of MCQ.**

**\*Question of 2 marks will be answer in 50-60 words**

*\*Questions of 3marks will be answer in 90-100 words.*

1.Pre works of Organizing secretary are 1

- a.Good Planning                    b.Staff grouping and their cooperation
- c.Raising Funds                    d.All of above

2.Tournament technical committee works are 1

- a.To look after the stay arrangements of players    b.To provide transportaion to the players
- c.To conduct matches as per rules of the game.    d.To provide first-aid to the players during match

3.League tournament is also termed as..... 1

- a.Seeding tournament                    b.Round Robin Tournament
- c.Challenge tournament                    d.Elimination Tournament

4.Match List I with List II. 1

<b>List I(No.of teams in league tournament)</b>	<b>List II(No.of Matches)</b>
1. 6 teams	i) 28
2. 8 teams	ii) 120
3. 13 teams	iii) 15
4. 16 teams	iv) 73

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

5. The main cause of Kyphosis is: 1

a. Wrong Sitting posture                    b. Wrong foot wear

c. Wrong sleeping posture                    d. Wrong walking style

6. Menarche starts at: 1

- a.8 to 10 Yrs
- b.10 to 15 Yrs
- c.17 to 19 Yrs
- d.20 Onward

7. Abnormal curve of spine at front is called..... 1

- a.Scoliosis
- b.Kyphosis
- c.Lordosis
- d.Knock-Knees

8. Given below are two statements labeled as Assertion(A) and Reason(R). 1

**Assertion (A):** In Osteoporosis the bone becomes weak.

**Reason (R):** Extra calcium should be taken by female during female athlete triad problem.

In the context of above two statements ,which one of the following is correct?

- a. Both A and R are true and R 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

9. What do you mean by Correct Posture? 2

10.What do you mean by Menstrual Dysfunction. 2

11.Explain the meaning of Sports Management. 2

12.Draw the Fixture of 17 Teams by Knock –out method. 3

13.What is ‘Amenorrhea’ in female Athlete triad? 3

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