**JB ACADEMY**
**PHYSICAL EDUCATION(048)**
**SESSION (2022-23)**

TIME ALLOWED: 3 HRS                                                    MAX. MARKS: 70

**GENERAL INSTRUCTIONS:**

*1)*    *The question paper consists of 5 sections and 37 Questions.*
*a)*    *Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.*
*b)*    *Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.*
*c)*    *Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.*
*d)*    *Sections D consist of Question 31-33 carrying 4 marks each and are case studies.*
*e)*    *Section E consists of Question 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.*

**(SECTION -A)**

Q1. Identify the asana:



a)    Paschimottanasana                          b)    Halasana
c)    Supta Vajrasana                             d)    Ushtrasana

Q2. No of matches in single league tournament of 7 teams
a)    42                                          b)    21
c)    6                                           d)    84

Q3.  Which of the following procedure is not used in knock-out tournament fixture.
a)    Bye                                         b)    Staircase
c)    Special seeding                             d)    Seeding

Q4. Which of the following components of the female athlete triad is covered by absence of menstrual periods?
a)    Amenorrhea                                  b)    Osteoporosis
c)    Eating disorder                             d)    All of the above

Q5.  Abnormal curve of the spine at the front is called
a)    Scoliosis                                   b)    Kyphosis
c)    Lordosis                                    d)    Psoriasis

Q6. Which of the following organization do not promote adaptive sports
a)    Deaflympic                                  b)    Paralympic

c)     A and B

d)     Olympics

Q7. IPC was formed in
a)     22$^{nd}$ September 1989
b)     22$^{nd}$ September 1986
c)     22$^{nd}$ August 1989
d)     22$^{nd}$ August 1986

Q8. The first Paralympic games were organised in
a)     Greece
b)     Rome
c)     UAE
d)     Germany

Q9. Scientific name of Vitamin B12 is
a)     Thiamine
b)     Riboflavin
c)     Cobalamin
d)     Ascorbic acid

Q10. Carbohydrates which are soluble in water and crystalline in structure.
a)     Simple
b)     Complex
c)     Compound
d)     Complicated

Q11. Which amongst these is not a micro mineral?
a)     Iodine
b)     Magnesium
c)     Iron
d)     Copper

Q12. Which asana is helpful in increasing height?
a)   Sukhasana
b)     Tadasana
c)   Bhujangasana
d)     Vajrasana

Q13. How many byes will be given if there are 17 teams?
a)   1            b)8            c)15            d)12

Q14. How many rounds will be played in the knockout tournaments if there are 34 teams?
     a)  8            b)7            c)5            d)6

Q15.Watching others play and enjoy which in turn motivates the Child with special need to participate is a part of which kind of strategy?
     a)  Mental
b)     Physical
     c)  Psychological
d)     Social

Q16. Match the following:
     I.     Garudasana.         1.Round shoulder
     II.    Gomukhasana.        2. Lordosis
     III.   Chakrasana.         3. Bow legs

IV.    Naukasana.          4. Knock knees

    a) I-3,II-4,III-1,IV-2          b) I-1,II-3,III-4,IV-2
    c) I-4,II-2,III-1,IV-3          d) I-2,II-3,III-4,IV-1

Q17. In bow leg there is/are
a) Plain foot                b)     Inward leg curve
c) Wide gap btw the knees    d)     Knee collide

Q18. Weakening of bones due to loss of bone density and improper bone formation is known as__
    a) Amenorrhea          b)     Anorexia Nervosa
    c) Osteoporosis         d)     Lordosis

**(SECTION B)**

Q19. State two contraindication of Tadasana.

Q20.What is Inclusive education?

Q21. Enlist two sources of calcium and iron separately.

Q22. What is the motto of Deaflympic?

Q23. What do you mean by menarche?.

*Q24. What should be the basic nutrient in a weightlifter's diet and why?

**(SECTION C)**

Q25. Create a mind map including any six advantages of physical activities for children with special needs.

Q26. What are carbohydrates? Differentiate between its types.

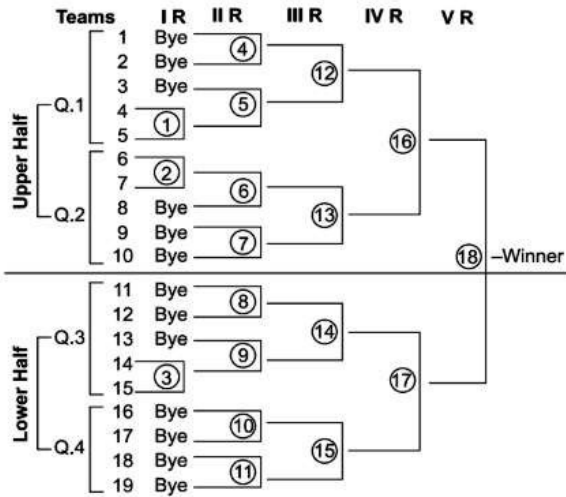Q27. Define bye. Explain the rules of giving bye with help of an example.

Q28. Explain cyclic method of league tournament for 4 teams.

Q29. Explain Hastasana and its benifits.

Q30. What is the meaning of female athletes Triad? Explain any two in brief.

**(SECTION D)**

31.



On the basis of above given fixture answer the following questions:     (4X1=4)

a)  total number of matches in 2<sup>nd</sup> round are _____

b)  What is the formula for calculating the total number of matches?

c)  The fourth round in this case can also be called as_____

d)  What is the formula for calculating the number of byes

    Pg.3

Q32. Define tournament. Write difference between league and knock-out tournament.

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 E)**

Q34. Explain any five essential elements of diet.

Q35. Explain five strategies to make physical activities accessible for children with special need.

Q36. Explain any five common postural deformities.

Q37. What do you mean by Fixture? Draw a fixture of 13 teams in knock-out tournament.