

**PHYSICAL EDUCATION (048)**

Class : XII Sci/Com/Hum

Date : **03/07/2025**

Admission No.:

Duration: 1 Hrs

Max. Marks: **25**

Roll No.:

General Instructions:

- 1. The question paper consists of 3 sections and 14 Questions.**
- 2. Section A consists of question 1-5 carrying 1 mark each and is multiple choice questions. All questions are compulsory.**
- 3. Sections B consist of questions 6-11 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. All questions are compulsory.**
- 4. Sections C consist of Question 12-13 carrying 3 marks each and are short answer types and should not exceed 100-150 words. All questions are compulsory.**

Section-A

1. Lateral curve in your spine is known as: (1)
 - a. Kyphosis
 - b. Scoliosis**
 - c. Lordosis
 - d. Knock-knee
2. Which tournament is less expensive in comparison to other forms of tournament? (1)
 - a. League tournament
 - b. Challenge tournament
 - c. Combination tournament
 - d. Knock-out tournament**
3. Match the list-A with B and select the correct answer from the code given below: (1)

List-A		List-B	
(a)	Cyclic	(i)	Resolve Dispute
(b)	Technical committee	(ii)	Outside Institute
(c)	Extramural	(iii)	To avoid to meet in 1 st round
(d)	Seeding	(iv)	League tournament

List-A	
(1)	d-iii, c-ii, b-i, a-iv
(2)	d-ii, c-iii, b-i, a-iv
(3)	d-iii, c-ii, a-i, b-iv
(4)	d-iv, b-iii, c-ii, a-i

4. In bow legs, there is/are: (1)
- a. **Wide gap between the knees**
 - b. Plain foot sole
 - c. Knees colliding with each other
 - d. Both legs curving inwards
5. The 4th bye is given to the _____. (1)
- a. 1st team of the upper half
 - b. 1st team of the lower half

- c. Last team of the lower half
- d. Last team of the upper half

Section-B

6. What do you mean by 'S' shaped deformity? (2)

Ans: Scoliosis is the 'S' shaped deformity because in this deformity 'S' shaped curve is visible in the vertebral column.

7. In which condition, League tournament are better than knock-out tournament? (2)

Ans: League tournament provides better opportunity to perform skills, technique but knock-out tournament given limited chance to perform. In knock-out tournament if a team loses once, it gets eliminated immediately.

8. What are the causes of knock-knee? (½×4=2)

Ans: The causes of knock-knee are:

- a. Weakness of muscles and ligaments
- b. Overweight body
- c. Lack of balanced diet
- d. Lack of vitamin D, calcium and phosphorus.

9. Calculate the number of matches if the number of teams are 12 in league tournament. (2)

Ans: Total number of teams = 08

Format = League tournament

$$\begin{aligned}
 \text{No. of matches if the number of teams are even} &= N(N-1)/2 \\
 &= 8(8-1)/2 \\
 &= 8(7)/2 \\
 &= 56/2 = 28 \text{ Matches}
 \end{aligned}$$

10. Define kyphosis and bow legs. (1+1=2)

Ans: Kyphosis is a deformity of the spine in which there is an increase of exaggeration of a backward curve or a decrease of a forward curve. It is also called round upper back.

Bow legs is a deformity just the reverse of the knock-knee position. In fact, if there is a wide gap between the knees, the deformity can be observed easily when individual walks or runs.

11. Write any two advantages and disadvantages of league tournaments. (1+1=2)

Ans: Advantages of League Tournament:

- a. Only strong or deserving team gets a victory in the tournament.
- b. Every team gets a full opportunity to show its efficiency or performance.
- c. Sports and games can be made more popular through league tournament owing to a maximum number of matches.

Disadvantages of League Tournament:

- i. It requires more time to conduct.
- ii. It requires more arrangement for sports officials, teams, players.
- iii. Most of the teams become psychologically down due to their defeat again and again.

Section-C

12. Explain the causes, precautions and remedies of Bow Legs. (1+1+1=3)

Ans: Causes: The main cause of bow legs is the deficiency of calcium and phosphorus in bones. Long bones of legs become soft, hence they are bent outward. The chances of bow legs also increase when children become overweight. This deformity may be due to the deficiency of Vitamin 'D'. Improper way of walking and forcing the baby to walk at a very early age may also lead to bow legs.

Precautions:

- a. Don't let the children be overweight.
- b. Don't force the baby to walk at a very early age.
- c. Balanced diet should be given to children.
- d. There should not be any deficiency of calcium, phosphorus and vitamin 'D'.

Remedies:

- a. Vitamin 'D' should be taken in required amount.
- b. Balanced diet should be taken.
- c. Bow legs can be corrected by walking on the inner edge of the feet.
- d. Walking by bending the toes inward.

(OR)

Explain the causes, precautions and remedies of Knock-Knees.

Ans: Causes:

- i. Due to heredity
- ii. Due to weak muscles and ligaments
- iii. Due to excessive weight
- iv. Due to unbalanced diet
- v. Due to lack of Vitamin-D

Precautions:

- i. Don't sit, walk or stand in bent position.
- ii. Avoid tight fitting clothes.
- iii. Avoid sitting on improper furniture.
- iv. Keep a pillow between the knees and stand straight for some time.
- v. Wear good quality and comfortable footwear.

Remedies:

- i. Take a balanced diet.
- ii. Reduce extra weight by regular exercising.
- iii. Do Padmasana regularly.
- iv. Horse riding is a good exercise.

13. Briefly explain and draw a knock-out fixture of 23 teams. (1½+1½=3)

Ans: Knock out Tournament: This is the most popular form and most of the tournaments organized are based on this type. In a knock out tournament any team which loses out of an opponent is automatically eliminated from the tournament. Hence, the defeated team does not get a second chance to compete in the tournament. Only the winning teams continue to compete and get opportunities for further competition.

Fixture of 23 teams:

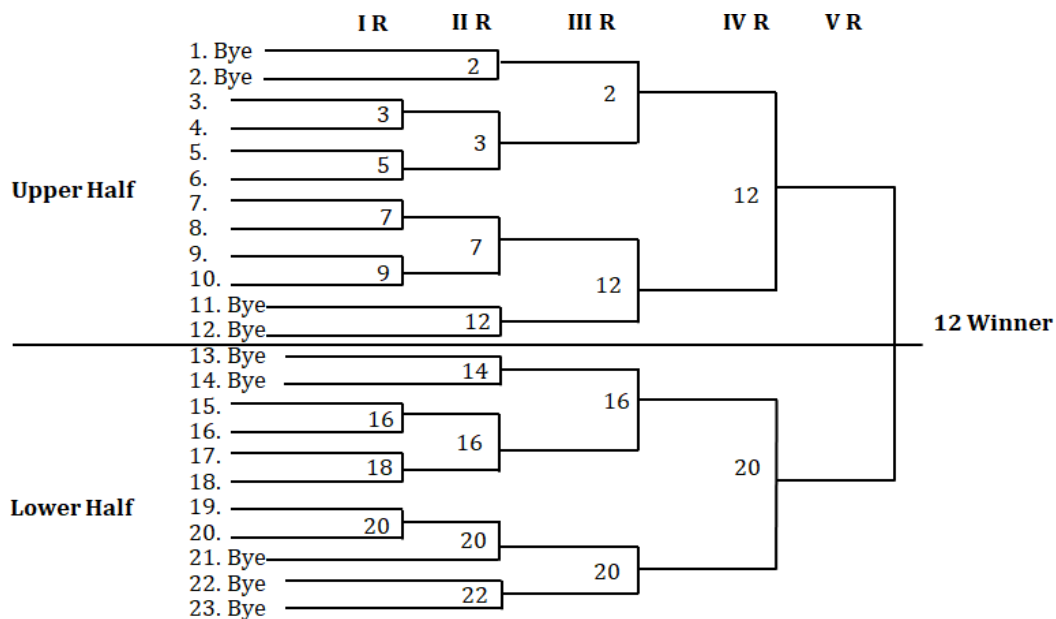
1. No of teams = 23
2. Half division:

$$\text{Upper Half} = N + 1 / 2 = 23 + 1 / 2 = 12 \text{ teams}$$

Lower Half = $N - 1 / 2 = 23 - 1 / 2 = 11$ teams

3. No. of matches = $N - 1 = 23 - 1 = 22$ matches

4. No. of rounds = $2^5 = 2 \times 2 \times 2 \times 2 \times 2 = 5$ rounds



(OR)

Explain cyclic method of league tournament for 4 teams.

Ans: Solution: Total number of teams = 4

Total number of matches = $N(N-1)/2 = 4(4-1)/2 = 4(3)/2 = 12/2 = 6$

Total number of rounds = $N - 1 = 4 - 1 = 3$ Rounds

*****ALL THE BEST*****