



# B.K. BIRLA CENTRE FOR EDUCATION

SARALA BIRLA GROUP OF SCHOOLS  
A CBSE DAY-CUM-BOYS' RESIDENTIAL SCHOOL  
PHYSICAL EDUCATION



Class : **XII Sci/Com/Hum**

Date : **03/07/2025**

Admission No.:

Duration: **1 Hrs**

Max. Marks: **25**

Roll No.:

## General Instructions:

- The question paper consists of 3 sections and 13 Questions.
- Section A consists of question 1-5 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
- 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.
- 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

- Lateral curve in your spine is known as: (1)
  - Kyphosis
  - Scoliosis
  - Lordosis
  - Knock-knee
- Which tournament is less expensive in comparison to other forms of tournament? (1)
  - League tournament
  - Challenge tournament
  - Combination tournament
  - Knock-out tournament
- 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 <sup>st</sup> 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

- In bow legs, there is/are: (1)
  - Wide gap between the knees
  - Plain foot sole
  - Knees colliding with each other
  - Both legs curving inwards
- The 4<sup>th</sup> bye is given to the \_\_\_\_\_. (1)
  - 1<sup>st</sup> team of the upper half
  - 1<sup>st</sup> team of the lower half
  - Last team of the lower half
  - Last team of the upper half

### **Section-B**

6. What do you mean by 'S' shaped deformity? (2)
7. In which condition, League tournament are better than knock-out tournament? (2)
8. What are the causes of knock-knee? ( $\frac{1}{2} \times 4 = 2$ )
9. Calculate the number of matches if the number of teams are 12 in league tournament. (2)
10. Define kyphosis and bow legs. (1+1=2)
11. Write any two advantages and disadvantages of league tournaments. (1+1=2)

### **Section-C**

12. Explain the causes, precautions and remedies of Bow Legs. (1+1+1=3)  
(OR)  
Explain the causes, precautions and remedies of Knock-Knees.
13. Briefly explain and draw a knock-out fixture of 23 teams. (1½+1½=3)  
(OR)  
Explain cyclic method of league tournament for 4 teams.

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