

Class – 12 Physical Education IMP

1. Which of the following is a major function of sports event management?

- a) Planning
- b) Organising
- c) Controlling
- d) All of the above

2. A tournament in which every team plays against every other team is called:

- a) Knock-out tournament
- b) League tournament
- c) Combination tournament
- d) Challenge tournament

3. In a knock-out tournament, a team is eliminated after:

- a) One loss
- b) Two losses
- c) Three losses
- d) Four losses

4. The formula for calculating the number of matches in a single league tournament is:

- a) $N(N+1)/2$
- b) $N(N-1)/2$
- c) $N(N-1)$
- d) $N/2$

5. Which committee is responsible for arranging medical facilities during a sports event?

- a) Reception Committee
- b) Medical Committee
- c) Finance Committee
- d) Transport Committee

6. The main purpose of a fixture is to:

- a) Select players
- b) Schedule matches
- c) Collect funds
- d) Train officials

7. Which of the following is an example of a track event?

- a) Long jump
- b) Shot put
- c) 100 m race
- d) High jump

8. Intramural competitions are conducted:

- a) Between different countries

- b) Within an institution
- c) Between different states
- d) At international level

9. Extramural competitions are conducted:

- a) Within a class only
- b) Within a house only
- c) Between different institutions
- d) Within one team

10. Which of the following is a responsibility of the Finance Committee?

- a) Preparing budget
 - b) Providing first aid
 - c) Preparing fixtures
 - d) Arranging transport
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Unit 2: Children and Women in Sports

11. Which of the following is an important benefit of physical activity for children?

- a) Improved physical fitness
- b) Improved coordination
- c) Better social development
- d) All of the above

12. Participation in sports helps women to develop:

- a) Physical fitness
- b) Self-confidence
- c) Social skills
- d) All of the above

13. Which of the following is a physiological benefit of exercise for women?

- a) Improved cardiovascular fitness
- b) Reduced physical fitness
- c) Reduced bone strength
- d) Increased fatigue only

14. Menstrual dysfunction in female athletes may be associated with:

- a) Excessive training
- b) Inadequate nutrition
- c) Low energy availability
- d) All of the above

15. The female athlete triad traditionally includes eating disorders, amenorrhea and:

- a) Obesity
- b) Osteoporosis

- c) Hypertension
- d) Diabetes

16. Which exercise is particularly useful for developing bone strength?

- a) Weight-bearing exercise
- b) Sleeping
- c) Watching television
- d) Sitting

17. Regular physical activity during childhood helps in developing:

- a) Motor skills
- b) Coordination
- c) Fitness
- d) All of the above

18. Which of the following should be encouraged among women in sports?

- a) Equal opportunities
- b) Participation
- c) Fitness and health awareness
- d) All of the above

19. Physical activity during pregnancy should generally be:

- a) Avoided completely in every case
- b) Planned according to medical advice and individual condition
- c) Extremely intense
- d) Unsupervised

20. Which of the following is a social benefit of women's participation in sports?

- a) Increased confidence
- b) Social interaction
- c) Leadership development
- d) All of the above

Unit 3: Yoga as Preventive Measure for Lifestyle Disease

21. Yoga is useful in preventing lifestyle diseases because it can help improve:

- a) Physical fitness
- b) Stress management
- c) Flexibility
- d) All of the above

22. Which lifestyle disease is commonly associated with high blood pressure?

- a) Hypertension
- b) Anaemia
- c) Myopia
- d) Fracture

23. Which asana is commonly recommended for improving digestion?

- a) Vajrasana
- b) Tadasana
- c) Vrikshasana
- d) Trikonasana

24. Which asana is traditionally associated with relaxation?

- a) Shavasana
- b) Chakrasana
- c) Dhanurasana
- d) Bakasana

25. Which pranayama is commonly associated with stress reduction and relaxation?

- a) Anulom-Vilom
- b) Sprinting
- c) Sit-up
- d) Push-up

26. Obesity is generally associated with:

- a) Excess accumulation of body fat
- b) Low body temperature
- c) Increased height
- d) Improved flexibility

27. Which yoga practice can help in managing stress?

- a) Meditation
- b) Pranayama
- c) Relaxation techniques
- d) All of the above

28. Which asana is commonly associated with improving balance and concentration?

- a) Vrikshasana
- b) Shavasana
- c) Pawanmuktasana
- d) Makarasana

29. Diabetes mellitus is primarily related to problems involving:

- a) Blood glucose regulation
- b) Bone structure
- c) Hearing
- d) Vision only

30. Yoga should be practiced:

- a) Without any attention to technique
- b) According to proper technique and individual ability
- c) Only during illness
- d) Only once a month

31 The main objective of a knockout tournament is to:

- (a) Give every team equal matches (b) Eliminate the losing team after each round (c) Conduct league matches only (d) Increase the number of fixtures

32 Which committee is primarily responsible for preparing the fixtures in a sports tournament?

- (a) Finance Committee (b) Reception Committee
(c) Fixture Committee (d) Medical Committee

33 A bye in a knockout tournament is given when:

- (a) A team refuses to play (b) The number of teams is not a power of two (c) There is no ground available (d) A match is drawn

34 Which of the following is a common physiological benefit of regular physical activity for women?

- (a) Reduced bone density (b) Improved bone health
(c) Increased fatigue only (d) Reduced muscular strength

35 Which exercise is generally recommended to improve flexibility?

- (a) Stretching (b) Sprinting (c) Shot put (d) Weight lifting only

36 Which yoga asana is commonly recommended for management of diabetes?

- (a) Mandukasana (b) Shavasana (c) Tadasana only (d) Chakrasana only

37 Which asana is commonly associated with improving digestion and helping manage obesity? (a) Vajrasana

- (b) Padmasana (c) Tadasana (d) Matsyasana

38 CWSN stands for:

- (a) Children With Special Needs (b) Children With Sports Nutrition
(c) Children With Social Needs (d) Children With School Norms

39 The Paralympic Games are primarily meant for athletes with:

- (a) Only hearing impairment (b) Disabilities
(c) Only visual impairment (d) No physical disabilities

40 The nutrient mainly responsible for body building and repair of tissues is:

- (a) Protein (b) Fat (c) Water (d) Minerals

41 Which nutrient is the primary source of energy for high-intensity physical activity?

- (a) Carbohydrates (b) Vitamins (c) Minerals (d) Water

42 Which of the following is a micronutrient?

- (a) Protein (b) Carbohydrate (c) Vitamin C (d) Fat

Assertion (A): A league tournament generally requires more matches than a knockout tournament. Reason (R): In a league tournament, teams usually play against several or all other teams. (a) Both A and R are true and R is the correct explanation of A (b) Both true but R is not correct explanation (c) A true, R false (d) A false, R true

Assertion (A): Yoga can help in preventing lifestyle-related diseases. Reason (R): Yoga may improve flexibility, stress management and overall physical fitness. (a) Both A and R are true and R is the correct explanation of A (b) Both true but R is not correct explanation (c) A true, R false (d) A false, R true

43 Which committee generally looks after first aid and health facilities during a sports event?

- (a) Medical Committee (b) Publicity Committee
(c) Finance Committee (d) Transport Committee

44 A balanced diet is one that:

- (a) Contains only proteins (b) Contains nutrients in appropriate proportions (c) Avoids all fats
(d) Contains only carbohydrates

45 Which of the following is an important objective of physical education for CWSN?

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|---------------------------------|----------------------------------|
| (a) Exclusion from activities | (b) Inclusion and participation |
| (c) Avoiding social interaction | (d) Only competitive performance |

IMP QUESTIONS

1. Differentiate between a knockout tournament and a league tournament on any two points.
 2. What is meant by intramural and extramural activities? State one benefit of each.
 3. Mention any two physical benefits of participation in sports for women.
 4. Write any two yoga practices/asanas useful in the management of hypertension.
 5. What is meant by inclusive physical education? Mention two ways to include CWSN in sports activities.
 6. Define a balanced diet. Mention any two factors affecting the dietary requirements of a sportsperson.
- 7.**
8. Explain the importance of planning and organizing a sports event. Mention any three functions involved in sports event management.
 9. Explain the concept of seeding in a knockout tournament. Why is it useful?
 10. Explain any three common physiological benefits of regular physical activity for women.
 11. Explain how yoga can help prevent or manage obesity and diabetes. Mention suitable practices/asanas.
 12. Explain any three strategies for making physical activities accessible and enjoyable for Children With Special Needs (CWSN).
 13. Explain the importance of carbohydrates, proteins and fats in the diet of a sportsperson.
- 14.**
15. A school is organizing an inter-house basketball tournament with 8 teams. The sports committee wants the event to be completed quickly. Teams are placed in pairs and the losing team is eliminated after each round.
 - (i) Identify the type of tournament. (1)
 - (ii) How many matches will be required to decide the winner? (1)
 - (iii) What is a bye and when is it required? (1)
 - (iv) Name the committee responsible for preparing the fixtures. (1)
 16. Riya has a sedentary lifestyle and has been advised to improve her physical fitness. Her teacher introduces her to regular yoga practice, including selected asanas and relaxation techniques. She also learns that regular physical activity can support women's health.
 - (i) State one benefit of yoga for stress management. (1)
 - (ii) Name one yoga asana commonly recommended for obesity. (1)
 - (iii) Mention one benefit of regular exercise for bone health in women. (1)
 - (iv) Why should yoga practices be performed with proper technique? (1)
 17. A school is conducting an inclusive sports programme. Students with different abilities are given modified equipment, appropriate rules and peer support. The physical education teacher also discusses balanced nutrition with the students.
 - (i) What is the main aim of inclusive physical education? (1)
 - (ii) Give one example of modifying equipment for CWSN. (1)
 - (iii) Name one nutrient that helps in tissue repair and growth. (1)
 - (iv) Why is hydration important for a sportsperson? (1)
- 18.**
19. Explain the procedure for conducting a knockout tournament. Also explain the importance of fixtures, seeding and byes in the successful organization of the tournament.

20. Discuss the importance of physical activity and sports participation for women. Explain any five physiological, psychological or social benefits and mention suitable precautions for participation.
21. Explain the role of yoga as a preventive measure for lifestyle diseases. Discuss suitable yogic practices/asanas for managing any two of the following: obesity, diabetes, hypertension, asthma or back pain.
22. Explain the concept of a balanced diet for sportspersons. Discuss the role of carbohydrates, proteins, fats, vitamins, minerals and water, and explain the importance of nutrition before, during and after exercise.