** Bhartiyam International School**

**Pre – Mid Term Assessment (2022-23)
Subject: Physical Education**

**Class: XII**

**Date: 13/07/2022 M.M: 40
Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Roll No: \_\_\_\_\_\_ Duration: 90 mins**

**INSTRUCTIONS:**

* This question paper contains four sections **A, B, C** and **D**.
* There are 19 questions in the question paper. All questions are compulsory.
* **SECTION A** **:** Q. No. 1 to 10 are multiple choice questions. 1 mark each
* **SECTION** **B** **:** Q. No. 11 to 13 are short answer type questions. 2 marks each
* **SECTION** **C** **:** Q. No. 14 to 16 are long answer type questions. 3 marks each
* **SECTION** **D** **:** Q. No. 17 to 19 are also long answer type questions. 5 marks each

**SECTION- A**

Tick the correct option.

**1.** Which of the following is the first step in sports program?

(a) Directing (b) Staffing

(c) Planning (d) Budgeting

**2.** Term ‘Administration’ and ‘Management’ are?

(a) Synonymous to each other (b) Entirely different from each other

(c) Somewhat similar to each other (d) All of the above

**3.** Sports management is?

(a) An art (b) A science

(c) Both (a) and (b) (d) None of the above

**4.** Funds for the sports programs can be collected through?

(a) Alumni association (b) Donations/gifts

(c) Funds from public sector (d) All of the above

**5.** Which of the following is the prime objective of planning in sports?

(a) Entertainment (b) For physical fitness

(c) Development of oneness (d) All of the above

**6.** Which of the following constituent of food is associated with balanced diet?

(a) Proteins (b) Carbohydrates

(c) Water (d) All of the above

**7.** Which of the following is constituent of micro nutrients?

 (a) Proteins and fats (b) Vitamins and minerals

(c) Carbohydrates and fats (d) None of the above

**8.** Proteins cannot be directly absorbed into our blood, hence our digestive system turn them into?

(a) Sucrose (b) Starch

(c) Lactic acids (d) Amino acids

**9.** Fat soluble vitamins are.

(a) Vitamin A and D (b) Vitamin B and C

(c) Vitamin B1 and B2 (d) All of the above

**10.** How many amino acids must be available in a diet?

(a) 23 amino acids (b) 9 amino acids

(c) 17 amino acids (d) None of the above

**SECTION - B**

**11.** Write down the advantages and disadvantages of knockout tournament.

**12.** What is seeding method?

**13.** What are macro nutrients also mention its types.

**SECTION – C**

**14.** Define 5 major functions of sports management.

**15.** Write down the objectives of Intramural.

**16.** Explain Carbohydrates , Fats and Proteins.

**SECTION – D**

**17.** Write down the objectives of planning.

**18.** Write in brief about Pre, During and Post tournament responsibilities of committees.

**19.** What is a balanced diet? What are the health benefits of a balanced diet?

**OR**

 Draw a fixture for 11 teams on knock-out basis (Simple Seeding 4 Teams )