

Physical Education

Half Yearly Exam XII

2023-2024

MARKING SCHEME

Subject Code: - 048

MM: 70 Marks

Time: 3 hrs.

GENERAL INSTRUCTIONS:

- The question paper consists of 5 sections and 37 Questions.
- Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
- 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.
- 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.
- Sections D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
- 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: ANS A
Q2. Hostile Aggression is also called _____ ANS A
Q3. "How many byes will be placed in a tournament if 21 teams are participating. ANS A
Q4. what is the advantage for CWSN to involve in physical activities. ANS C
Q5. ANS A
Q 6.....is against the principles of organization? ANS D
Q7 The basic function of management is: ANS D
Q8. Which is the first step used in classification for Paralympics. ANS A
Q9. Which gland is associated with Diabetes? ANS C
Q10 National Sports Day is celebrated ANS D
Q11. Which of the following tournament helps save money. ANS A
Q12 which of the races is run "to promote brotherhood"? ANS C
Q13. Nutrition is _____ Substance. ANS C
Q14. Match List – I with List – II and select the correct answer from the code given below:
ANS B
Q15 ANS A.
Q 16 ANS B
Q17. School management needs to recognize the essential place of physical activity in the education of children with special needs. Which of these is not one of the results of physical activities in children with special needs? ANS A
Q18. Inclusion is vast concept that implies ANS C

(SECTION - B)

- Q19. What do you understand by Management of Sporting Events? [1+1=2]
ANS Sports events management involves several functions such as planning, organizing, staffing, directing, and controlling. Each function plays a crucial role in ensuring the successful execution of a sports event.
Q20. Define the General causes of irregular Menstrual Dysfunction. [1+1=2]
ANS Causes of irregular periods (generally light) include:
Eating disorders (anorexia nervosa or bulimia) Excessive exercise. Thyroid dysfunction (too much or too little thyroid hormone) Elevated levels of the hormone prolactin, which is made by the pituitary gland to help the body produce milk.
Q21. Suggest exercises, corrective measures for Kyphosis. [1+1=2]
ANS Five physical exercises as corrective measures for Kyphosis are: i) Improve your habit and be alert while you sit, stand or walk. Interlock your finger behind back and pull your shoulders upward and backward iii) Rotate your shoulders in backward directions of Bhujangasana is recommended.
Q22. Explain the Concept of balance diet and nutrition. [1+1=2]
ANS A balanced diet contains an adequate amount of all the nutrients required by the body to grow, remain healthy and be disease-free. In addition, a healthy, balanced diet provides the necessary energy requirement, protects against vitamin, mineral, and other nutritional deficiencies, and builds up immunity.
Q23. Describe the procedure of Vajrasana and Vriksasana? [1+1=2]
ANS As you kneel, ensure your knees and ankles are together. The tops of your feet should be laid out flat on the floor and the bottom should be facing upward. Sit back on your legs as you exhale. As you position yourself, take some of the weight off your knees by resting your weight on your legs.
Q24. Explain the importance of fluid intake during training and competition. [1+1=2]
Steps in Vrikshasana are: Stand erect with your legs apart. The distance between them should be about 2 inches. Focus on any point straight ahead. Exhale, bend your right leg, and place the sole of the right foot on the left inner thigh, with the heel of your right leg touching the perineum.

(SECTION - C)

- Q25. Explain any three strategies to Make Physical Activities Accessible for CWSN. [1+1+1=3]
ANS Specific Environment : A healthy and democratic environment shall be created so that CWSN can perform freely. Modified Rules

According to CWSN, the rules shall be diluted and modified according to their nature of disability. Easy to Difficult : The exercise shall be in progression from easily to difficult.

Q26. What are the benefits of Nutritive and Non-Nutritive foods? [1+1+1=3]

ANS Nutritive ingredients do not affect the body's energy, carbohydrates, and nourishment. Various non-nutritive substances are beneficial to the body, while others are harmful. Non-nutritive components include colour substances, flavours, food additives, plant compounds, water, and fibre.

Q27. Define Macro and Micro Nutrients: Food sources & functions? [1.5+1.5=3]

ANS Macronutrients are the nutrients your body needs in larger amounts, namely carbohydrates, protein, and fat. These provide your body with energy, or calories. Micronutrients are the nutrients your body needs in smaller amounts, which are commonly referred to as vitamins and minerals.

Q28. Explain Paralympics, Special Olympics & Deaflympics Olympics? [1+1+1=3]

ANS

Q29. Define a Healthy weight, The pitfalls of dieting, food intolerance? [1+1+1=3]

ANS If BMI is less than 18.5, you are underweight. If BMI is 18.5–24.9, you are normal or healthy weight. If BMI is 25.0–29.9, you are overweight. If BMI is 30.0 and above, you are obese.

Pitfalls of Restrictive Diets

- 1) You'll be fatigued.
- 2) You'll miss other key nutrients.
- 3) You'll negatively affect your metabolism.
- 4) Your social life will suffer.
- 5) You'll have a hard time focusing.

Food intolerance occurs when the body has a chemical reaction to eating a particular food or drink. The symptoms for mild to moderate food allergy or intolerance may sometimes be similar, but food intolerance does not involve the immune system and does not cause severe allergic reactions (anaphylaxis).

Q30. Write in brief the corrective measures of Bow Leg, Knock Knee and Flat Foot. [1+1+1=3]

ANS Treatment options include:

- special shoes.
- braces.
- casts.
- surgery to correct bone abnormalities.
- treatment of diseases or conditions that cause bowlegs.

Treatment for mild cases of knock knee in children or adolescents may include braces to help bones grow in the correct position. If gradual correction does not occur, surgery may be recommended. In the growing child, guided-growth minimal-incision surgery may be used to encourage the leg to gradually grow straight.

. Treatment

- Arch supports (orthotic devices). Nonprescription arch supports can help relieve the pain caused by flatfeet. ...
- Stretching exercises. Some people with flatfeet also have a shortened Achilles tendon. ...
- Physical therapy. Flatfeet may contribute to overuse injuries in some runners.

(SECTION - D)

Q31. The members of this committee are responsible for welcoming guests and spectators.

- a) The members of this committee are responsible for welcoming guests and spectators.
- b) The Committee responsible for liaison with Print media.....Advertising committee
- c) Purchase of sports equipment is a work of the CommitteeBudget committee
- d) Publication of rules and regulations should be done by.....Publication committee .

OR

To prepare a proper score sheet for record is responsibility of...official committee

Q32. Development of Gross Motor and Fine Motor skills are benefits which are part of.....

ANS Both gross motor skills and fine motor skills are needed for children to engage in creative activities such as dance and sports. They are also important for health as children need to move to be active. They are needed for self care, like being able to use the toilet independently, or getting dressed.

- a) An Effective inclusive physical education program Includes.....
- ANS Inclusive physical education and physical activity: Includes students with disabilities in regular physical education classes. Specifically, teaching strategies, equipment, environments, and assessments have been adapted to meet the needs of all students.
- b) How to make activities disturbance free (noise, heat, cold, texture of floor, audience etc.)
- ANS Physical activity releases endorphins, the body's natural "happy chemicals," and reduces levels of the stress hormone cortisol. Sports are associated with lower rates of stress, anxiety, depression, and suicidal behavior.
- d) The activities that include running, jumping, hopping, galloping, rolling, leaping and dodging, horizontal jump, slide are the part of locomotor skills

or

- Enlist the lifelong habits for fitness
- strategies for Lifelong Fitness
- Use Exercise to Improve Health and Function. ...
- Leave the Gym Feeling Better Than When You Arrived. ...
- Exercise is Nourishment, NOT Punishment. ...

Exercise Should Be Enjoyable (or At Least Tolerable) ...
 Consistency is More Important than Intensity.

Q 33 Read the following text Carefully and Answer the questions.

1. Minerals are placed under which nutrients category on the basis of required amounts, but they're still essential for carrying out bodily functions. Micronutrients are nutrients required by the body in smaller amounts, but they're still essential for carrying out bodily functions. Micronutrients include all of the essential minerals and vitamins.
2. Fresh vegetables and fruits are rich sources of
 fruits and vegetables contain many vitamins and minerals that are good for your health. Many of these are antioxidants, and may reduce the risk of many diseases: vitamin A (beta-carotene) vitamin C
3. A balanced diet helps in.....
 well-balanced diet provides all of the: energy you need to keep active throughout the day. nutrients you need for growth and repair helping you to stay strong and healthy and help to prevent diet-related illness, such as some cancers
4. What are causes of malnutrition and anemia.....
 The most common nutritional cause of anaemia is iron deficiency, although deficiencies in folate, vitamins B12 and A are also important causes. Anaemia is a serious global public health problem that particularly affects young children, menstruating adolescent girls and women, and pregnant and postpartum women.

OR

A balanced diet contains

ANS A balanced diet contains carbohydrates, fats, proteins, vitamins, minerals, roughage and water in required amount

SECTION E

Q34. Discuss the Yoga as a preventive measures for lifestyle diseases like Obesity, Hypertension, Diabetes, Asthama.

[1+2+2=5]

ANS Yogic postures like handstands help in flowing venous blood from the lower part of the body to the heart. From here, the body pumps blood back into the lungs for oxygenation. Therefore, practising yoga for disease control and prevention is beneficial as blood flow increases in your body

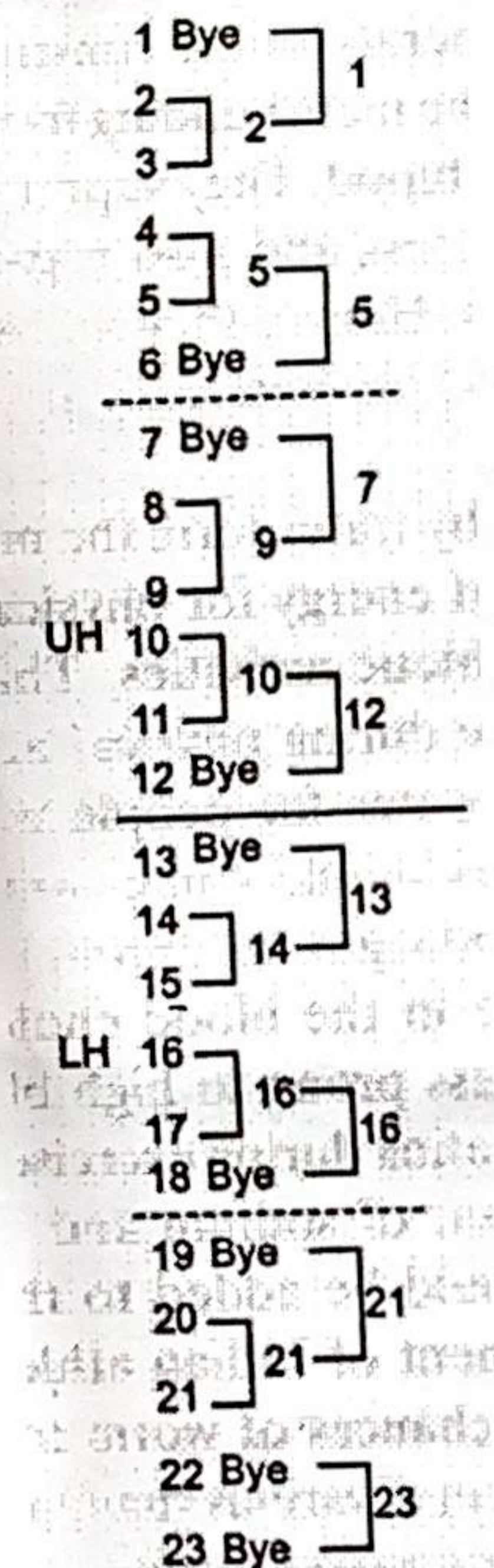
Regular practice of asanas is useful to reduce fat in various parts of our bodies. This will help reduce weight and maintain the body in proper health in the long run. Various postures, especially forward bending, twisting and backward bending, help reduce fat near abdomen, hips and other areas.

The various postures during yoga practice help to improve the sensitivity of β -cells to glucose, thereby improving insulin secretion, and increase the blood supply to the muscle and muscle relaxation, thereby improving glucose uptake.

It is a popular yoga asana which regulates breathing. This pose gives you relief from high blood pressure by promoting a peaceful mind and reducing stress. A relaxed mind promotes a healthy body. This asana will also stretch back and neck.

Q35. Draw a fixture of 23 team's participations in a championship on the basis of the knockout method.

[2+3=5]



Q36. Define the exercise guidelines of WHO for different age groups. [2+3=5]

ANS How much of physical activity is recommended?

WHO guidelines and recommendations provide details for different age groups and specific population groups on how much physical activity is needed for good health.

WHO recommends:

For children under 5 years of age

In a 24-hour day, infants (less than 1 year) should:
be physically active several times a day in a variety of ways, particularly through interactive floor-based play; more is better. For those not yet mobile, this includes at least 30 minutes in prone position (tummy time) spread throughout the day while awake;
not be restrained for more than 1 hour at a time (e.g., prams/strollers, high chairs, or strapped on a caregiver's back);
Screen time is not recommended.

When sedentary, engaging in reading and storytelling with a caregiver is encouraged; and
have 14-17h (0-3 months of age) or 12-16h (4-11 months of age) of good quality sleep, including naps.

In a 24-hour day, children 1-2 years of age should:
spend at least 180 minutes in a variety of types of physical activities at any intensity, including moderate- to vigorous-intensity physical activity, spread throughout the day; more is better;
not be restrained for more than 1 hour at a time (e.g., prams/strollers, high chairs, or strapped on a caregiver's back) or sit for extended periods of time.

For 1 year olds, sedentary screen time (such as watching TV or videos, playing computer games) is not recommended.

For those aged 2 years, sedentary screen time should be no more than 1 hour; less is better.

When sedentary, engaging in reading and storytelling with a caregiver is encouraged; and
have 11-14h of good quality sleep, including naps, with regular sleep and wake-up times.

In a 24-hour day, children 3-4 years of age should:
spend at least 180 minutes in a variety of types of physical activities at any intensity, of which at least 60 minutes is moderate- to vigorous-intensity physical activity, spread throughout the day; more is better;
not be restrained for more than 1 hour at a time (e.g., prams/strollers) or sit for extended periods of time.

Sedentary screen time should be no more than 1 hour; less is better.

When sedentary, engaging in reading and storytelling with a caregiver is encouraged; and
have 10-13h of good quality sleep, which may include a nap, with regular sleep and wake-up times.

For more information World Health Organization. Guidelines on physical activity, sedentary behaviour and sleep for children under 5 years of age.

Children and adolescents aged 5-17 years
should do at least an average of 60 minutes per day of moderate-to-vigorous intensity, mostly aerobic, physical activity, across the week.

should incorporate vigorous-intensity aerobic activities, as well as those that strengthen muscle and bone, at least 3 days a week.
should limit the amount of time spent being sedentary, particularly the amount of recreational screen time.

Adults aged 18-64 years

should do at least 150-300 minutes of moderate-intensity aerobic physical activity;
or at least 75-150 minutes of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous-intensity activity throughout the week

should also do muscle-strengthening activities at moderate or greater intensity that involve all major muscle groups on 2 or more days a week, as these provide additional health benefits.

may increase moderate-intensity aerobic physical activity to more than 300 minutes; or do more than 150 minutes of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous-intensity activity throughout the week for additional health benefits.

should limit the amount of time spent being sedentary. Replacing sedentary time with physical activity of any intensity (including light intensity) provides health benefits, and

to help reduce the detrimental effects of high levels of sedentary behaviour on health, all adults and older adults should aim to do more than the recommended levels of moderate- to vigorous-intensity physical activity

Adults aged 65 years and above

Same as for adults; and

as part of their weekly physical activity, older adults should do varied multicomponent physical activity that emphasizes functional balance and strength training at moderate or greater intensity, on 3 or more days a week, to enhance functional capacity and to prevent falls.

Q37. Describe Common Postural Deformities & elaborate corrective measures for CPD? . [2+3=5]

ANS Importance of Posture The importance of posture in a child's life cannot be overstated. A proper body posture gives a youngster more energy confidence and protects them from injury. Because children's bones and muscles are still developing, it's critical to focus on their posture while they're growing Knock knees – Knock knees, also known as Genu Valgum, is a postural deformity in which the legs are curved inward, and the knees collide while walking or sprinting. From birth to 18 months, it is common for the hip, knee, and ankle to rotate outward. This alignment often turns neutral between the ages of 18 and 24 months. Between the ages of two and five, inward-turning alignment as usual. As the infant grows, the alignment returns to neutral.

Causes of Knock Knees

Rickets

Childhood obesity

Early-onset of muscular or ligament weakening

Knee injuries and fractures

Inadequately balanced diet

Flat foot

Precautions while Dealing with Knock Knees

A well-balanced diet should be followed

Infants should not be compelled to walk at a very young age

Carry out appropriate workouts

Knock Knees Remedial Measures

For a few minutes, place a cushion between your legs and stand straight

Make use of cod liver oil

Equestrian sports

Utilize callipers for walking

Lordosis Definition – Lordosis is a posture deformity wherein the lumbar spine is bent forward beyond its normal level. As a result, the

abdomen is in front of the body, and the shoulders extend forth and sideways. Lower back pain and a stomach that bulges out more than normal are indications of lordosis.

Factors causing Lordosis

An unbalanced diet

Improper muscular growth

Consuming more food than is necessary

Obesity or being overweight

Spinal muscle diseases

Lordosis Precautions

A well-balanced diet should be followed

Maintain a straight posture while carrying a load

Never consume an excessive amount of food

Maintain a healthy weight

Treatment of Lordosis and Lordosis Exercise

At least ten times, touch your toes

Conduct sit-ups regularly

Stand straight and place your hands on your feet

Regularly practise Hal asana, Paschimottanasana, and Viparita Karani asana

Rounded shoulders – Round shoulder's Postural deformity characterized by round shoulders and, at times, the appearance of being bent forward is known as rounded shoulder or arm around the shoulder. Your search for repairing rounded shoulders has ended at the correct location. Without undergoing surgery, you may correct your rounded shoulders. For the therapy of rounded shoulders, the round shoulder exercise provided below.

Causes of Rounded Shoulder

As a result of genetics

By dressing in clothing that is too tight

By putting one's feet on the wrong furniture

By walking and sitting in a bowed posture

A lack of regular physical activity

Precautions for Rounded Shoulder

Never sit, stand, or walk in a bent posture

Dress in garments that are not too tight

When you're sitting, always choose the appropriate furniture

Treatment for Rounded Shoulders and Workouts for Rounded Shoulders include

Keep the tips of your fingers on your shoulders and surround your elbows in a clockwise and anticlockwise movement for an equal number of repetitions on either side

Continue holding the horizontal bar for some time

Yoga for rounded shoulders – Practice Chakra asana and Dhanur asana daily to alleviate the condition

Scoliosis – Scoliosis is a kind of postural deformity related to the spine. It is the sideways curvature of the spine that mostly happens before puberty. When the spine curves more than once at different parts, it is termed multiple scoliosis. When a person is affected by scoliosis, one-shoulder rises while the other gets down. Bodyweight gets shifted to one side, creating more pressure on one side.

Causes of Scoliosis

Defects from birth

Issues in the spine

The difference in the size of legs

Lifting weight from just one side of the body daily

Improper furniture

Precautions for Scoliosis

Don't lift the weight from one shoulder for a longer time

Intake proper diet and use proper furniture

Keep on standing in the correct posture

Avoid studying in such a position

Treatment for Scoliosis

Hang on the horizontal bar from both hands for a few minutes

Try swimming by using the breaststroke technique

Do Trikon Asana and ardh chakra asana in the other directions

Perform bending exercises