## DAV PUBLIC SCHOOLS, ODISHA ZONE HALF YEARLY EXAMINATION, SUBJECT: PHYSICAL EDUCATION, CLASS: XII **MARKING SCHEME, SET-2** SL Value Points Split of Marks Mark Allotted No. SECTION-A a) Bhadrasana 1 2 c) Run for Unity 1 d) 22<sup>nd</sup> September, 1989 3 1 4 a) 30 sec 1 5 b) Both (A) and (R) are true but (R) is not the correct explanation 1 of (A) d) Ardhmatsyendrasana 6. 1 7. a)I-1,II-3,III-4,IV-2 1 8. c) 6 1 9. c) Side Roll 1 b) Respiratory system 1 10. c) NB+1/21 11. 12. a) Lordosis 1 13. c) Structure and support 1 c) (A) is true, but (R) is false. 14. 1 15. c) Absence of menstrual cycle 1 a) Lactic acid 16. 1 17. d) Scoliosis 1 18 b) Contusion. 1 19. **SECTION-B Bye-** means a team is not required to participate in the primary 1 round due to allotment of draws. It should be given to any participating team through random lottery system. Seed-Seeding - is a process in which teams will be placed in such a manner that good teams that have a ranking or previous 1 year's position etc. do not meet another team at an early stage of the tournament. 20 Functions- Carbohydrates provide energy needed by the body 2 1 and the nervous system, brain and red blood cells ;spare proteins for their important functions. Sources- Fruits, cereal grains, milk, sugar, rice, vegetables, 1 pasta, breads 21 Suggestive measures for Lordosis-2 a. Yoga asanas including Dhanurasana and Halasana will be 1 helpful.

HY/PED (MS)/SET-2 Page 1 of 5

	b. Use of braces, weight reduction, maintaining a good posture and taking a balanced diet are helpful in reducing the problem c. Exercises to develop strength in the pelvic region like sit-ups, sitting against the wall and pushing the trunk backward. (any two points to be explained)	1	
22	Symptoms of food intolerance are-a)Nausea b)stomach pain c)Diarrhoea d)cramps e)vomiting f)headache g)heartburn h)cramps (any four to be mention)	0.5x4	2
23	It refers to Intramural sports. It provide recreational sports organised within same geographic area. Intramurals are fun, recreational, social and competitive on-campus sports activities. Max students get the opportunity to compete in different sports and exhibit their talents.	1+1	2
24	The Basal Metabolic Rate (BMR) is the number of calories needed to maintain body function and resting condition. In another words BMR is the number of calories burnt by the body while performing basic life sustaining functions. That is, a person, who does not engage in any work, still requires energy for the functioning of their internal organs. This energy is called Basal Metabolic Rate. Unit of BMR is calculated in Kcal.		2
	SECTION-C		
25	Hypertension- Hypertension occurs when the blood pressure of a person become abnormally high i.e. beyond the acceptable limits.	1	3
	Tadasana (Mountain Pose or Tree Pose). It is performed in the following ways:		
	Stand erect and place your legs slightly apart, with your hands hanging alongside your body. Make your thigh muscles firm. Then lift your kneecaps while ensuring you do not harden the lower part of your belly. Hold the pose for 10-20 seconds and return to normal position. Then, repeat 10 times.		
	Katichakrasana, Uttanpadasana, ArdhaHalasana, SarlaMatyasana, Gomukhasana, UttanMandukasana, Vakrasana, Bhujangasana, Makarasana, Shavasana, Nadi-Shodhanapranayam, Sitlipranayam.	2	
	(explain any one)		

HY/PED (MS)/SET-2 Page 2 of 5

26	Components of Diet		3
	Nutritive Components Non-Netritive Components		
	Water Fiber Colour Flavour Plant Other compound Compound Chamical		
	Mirro Nutritords Mirro Natritords		
	Carbohydrates Fats Proteins Vicentius Minorats		
	Simple Simple Derived Micro Micro		
	Conjugated 1. Galgium f. lodice		
	Saturated Unsaturated 2. Potasatum 2. Iron (Animal Fex) (Vegitable Fex) 4. Magnesium 4. Copper		
	5. Phóspharus 5. Clorine 6. Zina 7. Sulphar		
	Monounsaturaled Hydrogenated 8. Etc  Poly unsaturated		
	Water Solutile Vitamins Fat Solutile Vitamins		
	Vitamin B Vitamin C Vitamin Vitamin Vitamin Vitamin		
	Flow chart of Nutritive components of Diet.		
27	<b>Inclusion:</b> -It is an approach to educate both normal and students	1	3
	with disabilities or with special educational needs together.		
	Needs of Inclusive education:-		
	1. For self esteem		
	2. For better social skills and communication		
	3. Greater sensitivity		
	4. For better understanding		
	5. Higher academic achievement	2	
	(Explain any two)		
28	Factors affecting Strength-	1x3	3
	a. Size of the muscle		
	b. Body weight		
	<ul><li>c. Intensity of nerve impulse</li><li>d. Muscles composition.</li></ul>		
	(Any three points to be explained)		
29	The Harvard step test was developed by Brouha in 1943which	1	3
	calculates cardiovascular fitness or aerobic fitness. The test		
	measures the resting heart rate through the radial, which is at the		
	base of the thumb.		
30	Fitness Index Score- 100x300/5.5x90=60.60  a. To prevent weight gain or to continue losing weight, people	2	3
30	with anorexia usually severely restrict the amount of food they		3
	eat.	1	
	b. Symptoms may include menstrual dysfunction, constipation,		
	diarrhoea, bloating, unexpected weight loss, muscle weakness,	1	
	stress fracture, bone weakness, overuse injuries, anxiety etc.	1	
	c. Symptoms of bulimia are dehydration, dental problems, electrolyte abnormalities, extreme weight fluctuation,		
	menstrual irregularity, cramps, etc.		
l		l	<u>I</u>

HY/PED (MS)/SET-2 Page 3 of 5

	d. Coaches, team physicians, parents, and other supporting staff should know the symptom so that the problem can be treated on time, other-wise it leads to long term physiological, psychological effects.  (Any three points to be explained)  SECTION-D	1	
31	a) Cardiovascular b) 20 inches. c) Harvard step test d) Dr. Brouha or 3 Times/ 1 Time	1x4	4
32	a. Micro b.Iodine deficiency     c. Iron d. Proper Nutrition/Balanced diet     or     Trace/Micro Mineral	1x4	4
33	a. Kyphosis, b. Forward bending/Carrying heavy bags on shoulder. c. Bhujangasana/ Chakrasana d. Kyphotic deformity	1x4	4
	SECTION-E		
34	Tabular Fixture(7 teams)    A	1	5
	Guidelines- Total Boxes- n+2=09 Total matches= 21 $\left[n\left(\frac{n-1}{2}\right)\right]$ Total round= n round= 7		
35	A soft tissue injury is the damage of muscles, ligament and tendons throughout the body.  Abrasion  Contusion  Laceration  Strain	1	
	Sprain Incision (Explain any four)	4	

HY/PED (MS)/SET-2 Page 4 of 5

36	ASANAS FOR BACKPAINS & ARTHRITIS-		
	Vakrasana, Ardhachakrasana, Bhujanmgasana, UrdhwaHastottanasa, ustrasana, Gomukhasana, Makarasana, Andhra/Sarala Matseyendrasana, Bhadrasana,	0.5x4= 2	5
	Nadisodhan pranayama. BENEFITS OF ARDHA CHAKRASANA		
	<ul><li>i) It relives stress and tension.</li><li>ii) It cures pain in legs.</li><li>iii) It reduces fat on the waist and thigh.</li></ul>	2	
	i) Avoid this asana in case of hip or spinal problem.		
	<ul><li>ii) Pregnant women should avoid doing this.</li><li>iii) Person with spinal problem should not do.</li></ul>	1	
37.	Benefits of Sports & Games for CWSN-		5
	<ul><li>1.Physical benefits,</li><li>2.Channelizing the Surplus Energy,</li><li>3. Psychological benefits,</li></ul>	1x5	
	4.Behavioural Benefits,		
	5.Healthy lifestyle,		
	6. Increased Independence.  (Any five points or suitable points to be explained)		

HY/PED (MS)/SET-2 Page 5 of 5