

Code: A-P223125-M

I SEMESTER EXAM - 2024-25

1 x 790

Std.: XII

Sub: Health and Physical Education

Marks: 25

Date:

Roll No.: _____

Time: 1 hr.

Q. I Fill in the blanks.

[05]

- Excessive amount of glucose is stored in the form of _____ in humans.
a) glucagon b) glycogen c) Starch
- Athletics require _____ to develop muscles during training period.
a) Carbohydrates b) Fats c) Proteins
- The padma awards are given by the hands of the _____ of India.
a) President b) Prime minister c) Finance Minister.
- _____ is not a skill related physical fitness factor.
a) Flexibility b) Balance c) Power
- Breathing in the direction of the hair is called _____
a) 10-15 b) 15-20 c) 25-30

Q. II Match the following.

(05)

- | A | | B |
|--------------------|---|---|
| 1) Tapas | – | Boxing |
| 2) Creative skills | – | Disease - Free body |
| 3) Khashaba Jadhav | – | Wrestling |
| 4) Yama | – | To increase ones physical, mental & intellectual fire |
| 5) Mary Kom | – | Restraint |

Q. III True or False

(05)

- From 1 gram of carbohydrates, an individual gets eight kilo calories of energy.
- In Anulom-Vilom pranayama the breathing is controlled.
- Recovery is required for better adaptation.
- The Dronacharya Award is given by the Central government.'
- Asteya means not to steal.

Q. IV Answer in one sentence .

(05)

- What is Pratyahara?
- Who is given the Jijamata Award?
- What is the nature of the Arjuna Award?
- When is the Shiv Chhartrapati Sports Award given directly to a player?
- Why should yoga be a part of exercising regularly?

Q. V Complete the diagram.

(05)

