Code: A-P223125-A

I SEMESTER EXAM - 2024-25

1 x 530

Std.: XII | Sub: Health and Physical Education | Marks: 25

Date: | Roll No.: _____ | Time: 1 hr.

Q. I Fill in the blanks. [05]

1) Generally, to maintain our health it is necessary to exercise _____ days in a week.
   a) 1 to 2 b) 2 to 4 c) 3 to 5
2) In order to overcome the pandemic, better _____ is necessary.
   a) Medicines b) Immune system c) Technology
3) Adventurous persons from _____ state who have done an outstanding performance in adventure sports are felicitated with this award.
   a) Madhya Pradesh b) Karnataka c) Maharashtra
4) _____ refers to how hand your body is working during physical activity. .
   a) Exercise intensity b) Progressive overload c) Consistency
5) You should include _____ gm sprouted pulse in your diet.
   a) 10-15 b) 15-20 c) 25-30

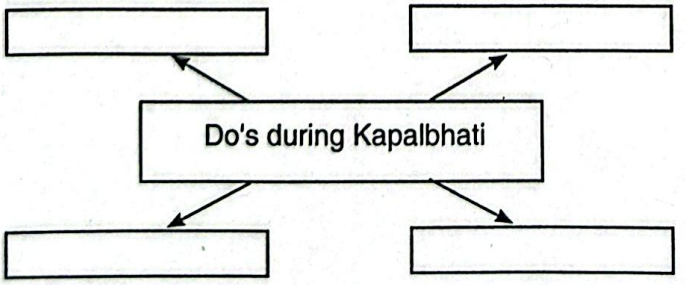
Q. II Match the following. (05)

	A		B
1)	Outside Food	–	Increase in physical ability
2)	Carbohydrates	–	Rice
3)	Protiens	–	Alcohol
4)	Tamogun	–	Tissue building
5)	Regular exercise	–	Oily & Spicy

Q. III True or False (05)

1) To maintain and develop the fitness, it is necessary to have consistency in the training program.
2) Watching television during Free time is advantageous
3) A player is awarded Shiv Chhatrapati Sports Awards directly if he has received 'Arjuna Award' from the Maharashtra Government.
4) Regular exercise such as swimming and cycling decreases size of the left ventricle.
5) Prolonged training can decrease the depth of respiration.

Q. IV Answer in one sentence . (05)

1) What is exercise?
2) Define yoga?
3) Why should regular physical activity be done?
4) Which are the three parts of an exercise session?
5) Name any two activities that can help maintain good physical health?

Q. V Complete the diagram. (05)