

Code : A-H616125-A	I SEMESTER EXAM – 2025-26	2 x 570
Std. : XII	Sub. : Health and Physical Education	Marks : 25
Date :		Time : 1 Hr.

Question Nos.										Total Marks
Marks Obtained										

Name : _____ Div : _____

Roll No. : _____ Supervisor's Sign. : _____ Examiner's Sign. : _____

Q. I. Fill in the blanks.

(05)

- (1) For the _____ of the body to training, overload is required.
(Adaptation, Modification, alteration)
- (2) Exercise increases the strength and _____ of the body.
(Power, Flexibility, Agility)
- (3) Niyama is for the _____ of the soul.
(Beautification, Purification, Justification)
- (4) Humans have _____ repetitions of inhalation and exhalation in a minute. (12 to 14, 14 to 16, 15 to 17)
- (5) Warmup should be an _____ part of daily exercise.
(integral, lateral, bilateral).

Q. II Match the following.

(05)

1) Fried Food		Swimming
2) Coyclic vascular endurance		Vishann
3) Weight training		Size of the Muscles
4) Samadhi		Antaranga Yoga
5) Vilom		Pratilom

(P.T.O.)

Q. III True or false**(05)**

- 1) A balanced diet provides good nutritions to the body. _____
- 2) A monotonous Fitness program decreases the interest of a person. _____
- 3) During exercise, the circulatory system decreases the rate of blood circulation. _____
- 4) Breathing in the direction of the air is Called Vilom. _____
- 5) Cholesterol levels are regulated due to regular exercise. _____

Q. IV Answer in one sentence.**(05)**

- 1) Explain the term reversibility ?

Ans. _____

- 2) Define the term respiratory rate?

Ans. _____

- 3) What do you mean by Cardiac out put?

Ans. _____

- 4) Explain the Bahirang Yoga?

Ans. _____

- 5) What do you mean by nutrition?

Ans. _____

Q. V Complete the diagram**(05)**