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Children and Women in Sports — CBSE Class 12 Physical Education Chapter Test

FREE CHAPTER TEST · CLASS XII · PHYSICAL EDUCATION (048) · PATTERN OF THE CBSE SAMPLE QUESTION PAPER 2026-27

TIME ALLOWED	MAXIMUM MARKS	QUESTIONS	NAME / ROLL NO.
1½ hours	35	17 (A 9 · B 3 · C 2 · D 1 · E 2)	

GENERAL INSTRUCTIONS

Read the following instructions very carefully and strictly follow them:

1. This question paper contains 17 questions. All questions are compulsory.
2. This question paper is divided into five sections: A, B, C, D and E.
3. Section A (Q1–9) contains multiple choice questions of 1 mark each, including assertion-reason and match-the-following questions.
4. Section B (Q10–12) contains very short answer questions of 2 marks each; answer in about 60–90 words.
5. Section C (Q13–14) contains short answer questions of 3 marks each; answer in about 100–150 words.
6. Section D (Q15) contains a case study based question of 4 marks, with four sub-parts of 1 mark each; an internal choice is given in the last sub-part.
7. Section E (Q16–17) contains long answer questions of 5 marks each; answer in about 200–300 words. Each has an internal choice: attempt only one of the alternatives.
8. Draw neat diagrams wherever required.
9. This chapter test follows the section structure, question types and marks per question of the CBSE Class XII Physical Education (048) Sample Question Paper 2026-27, at half the length of the 70-mark board paper: 35 marks in 1½ hours. (In the board paper you attempt any 5 of 6 questions in Section B, any 5 of 6 in Section C and any 3 of 4 in Section E; here every question is compulsory.)
10. The answer key and the marking scheme are at the end of this booklet. Attempt the paper in 1½ hours before you look at them.

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Chapter: Children and Women in Sports · **Topics:** WHO exercise guidelines · Postural deformities and corrective measures · Women's participation in sports · Menarche and menstrual dysfunction · Female athlete triad

SECTION A

This section comprises 9 multiple choice questions (MCQs) of 1 mark each, including assertion-reason and match-the-following questions.

1. According to the WHO, children and adolescents of 5–17 years should do moderate-to-vigorous physical activity of at least 1

(A) 30 minutes a day
(B) 60 minutes a day
(C) 90 minutes a day
(D) 150 minutes a day

2. According to the WHO, adults of 18–64 years should do moderate-intensity aerobic activity of 1

(A) 60–90 minutes a week
(B) 75–150 minutes a week
(C) 150–300 minutes a week
(D) 300–450 minutes a week

3. The medical name of knock knees is 1

(A) Genu varum
(B) Genu valgum
(C) Pes planus
(D) Kyphosis

4. A sideways curvature of the spine in which it bends into a C or S shape is called 1

(A) Lordosis
(B) Kyphosis
(C) Scoliosis
(D) Round shoulders

5. Which of the following is NOT a component of the female athlete triad? 1

(A) Osteoporosis
(B) Amenorrhoea
(C) Disordered eating
(D) Hypertension

6. Menstrual cycles that occur at intervals of more than 35 days are called 1

(A) Oligomenorrhoea
(B) Polymenorrhoea
(C) Dysmenorrhoea
(D) Menorrhagia

7. Match the postural deformities in List I with a corrective measure in List II. 1

List I	**List II**
A. Knock knees	(i) Walking on the inner edge of the feet
B. Flat foot	(ii) Trikonasana and breaststroke swimming
C. Scoliosis	(iii) Picking up marbles with the toes
D. Bow legs	(iv) Padmasana and Gomukhasana

Choose the correct option:

(A) A-(iv), B-(iii), C-(ii), D-(i)
(B) A-(iii), B-(iv), C-(i), D-(ii)
(C) A-(iv), B-(ii), C-(iii), D-(i)
(D) A-(i), B-(iii), C-(ii), D-(iv)

8. The first Indian woman to win an Olympic medal was 1

(A) Karnam Malleswari
(B) P. V. Sindhu
(C) Mary Kom
(D) Saina Nehwal

9. **Assertion (A):** Kyphosis is an exaggerated inward curve of the lower back. 1
Reason (R): Kyphosis is an exaggerated forward rounding of the upper back.

(A) A is true, but R is false.

(B) A is false, but R is true.

(C) Both A and R are true and R is the correct explanation of A.

(D) Both A and R are true, but R is not the correct explanation of A.

SECTION B

This section comprises 3 very short answer questions of 2 marks each (answer in about 60–90 words).

10. What is flat foot? Suggest two corrective measures for it. 2

11. What is amenorrhoea? Name its two types. 2

12. State any two benefits of sports participation for women, one psychological and one social. 2

SECTION C

This section comprises 2 short answer questions of 3 marks each (answer in about 100–150 words).

13. What is lordosis? Write two causes and two corrective measures of it. 3

14. State the WHO guidelines on physical activity, screen time and sleep for children of (a) 1–2 years and (b) 3–4 years. 3

SECTION D

This section comprises 1 case study based question of 4 marks, with four sub-parts of 1 mark each.

15. During a posture screening, the physical education teacher notes: Ravi's knees touch each other when he stands, but his ankles are 3–4 inches apart. Meena's knees curve outward while her ankles touch. Arun's upper back is rounded forward and hunched.

(i) Name Ravi's deformity. [1]

(ii) Name Meena's deformity. [1]

(iii) Suggest one asana for Arun. [1]

(iv) Write one cause of Meena's deformity. [1]

OR

(iv) Suggest one corrective measure for Ravi. [1]

SECTION E

This section comprises 2 long answer questions of 5 marks each (answer in about 200–300 words).

16. (a) What is the female athlete triad? Explain its three components. 5

OR

(b) What is menarche? Explain any three menstrual dysfunctions.

17. (a) Explain the causes and corrective measures of kyphosis and scoliosis. 5

OR

(b) Explain the WHO physical activity guidelines for the age groups 5–17 years, 18–64 years and 65 years and above.

END OF THE QUESTION PAPER

ANSWER KEY — SECTION A

Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9
(B)	(C)	(B)	(C)	(D)	(A)	(A)	(A)	(B)

MARKING SCHEME AND WORKED SOLUTIONS

Marks for each step are shown in brackets, as in the CBSE marking scheme. Any correct alternative method earns full marks.

Q1. Answer (B). WHO: at least 60 minutes a day of moderate-to-vigorous activity for 5–17 years.

Q2. Answer (C). 150–300 minutes a week of moderate activity (or 75–150 minutes of vigorous activity).

Q3. Answer (B). Knock knees = genu valgum; bow legs = genu varum; flat foot = pes planus.

Q4. Answer (C). Scoliosis is the lateral (sideways) curvature of the spine.

Q5. Answer (D). The triad is disordered eating, amenorrhoea and osteoporosis (revised: low energy availability, menstrual dysfunction, low bone density).

Q6. Answer (A). Oligomenorrhoea: infrequent periods, at intervals of more than 35 days (polymenorrhoea: cycles shorter than 21 days).

Q7. Answer (A). Knock knees — Padmasana, Gomukhasana (iv); flat foot — picking marbles with the toes (iii); scoliosis — Trikonasana, breaststroke (ii); bow legs — walking on the inner edge of the feet (i).

Q8. Answer (A). Karnam Malleswari won a bronze medal in weightlifting at the Sydney Olympics in 2000.

Q9. Answer (B). An increased inward curve of the lower (lumbar) back is lordosis; kyphosis is the forward rounding of the upper back. A is false, R is true: option (b).

Q10. (2 marks) Answer: little or no arch; for example picking up marbles with the toes and skipping.
Flat foot (pes planus) is a deformity in which the foot has little or no arch, so the whole sole touches the ground on standing. [1]
Any two [½ + ½]: walking on toes and heels; skipping; picking up marbles with the toes; writing numbers in sand with the toes; Vajrasana; therapeutic massage.

Q11. (2 marks) Answer: absence of menstruation; primary and secondary.
Amenorrhoea is the absence of menstruation. [1]
Primary amenorrhoea — menstruation has not begun at the expected age; secondary amenorrhoea — periods stop (three or more missed cycles) after having begun. [½ + ½]

Q12. (2 marks) Answer: for example self-confidence and leadership.
Psychological [1]: builds self-confidence and self-esteem, reduces stress and anxiety, improves mood. Social [1]: builds leadership, communication and co-operation; a medium of gender equity and empowerment; wider social relationships.

Q13. (3 marks) Answer: increased inward lumbar curve; obesity, poor posture; sit-ups, Halasana.
Lordosis (sway back) is an increase in the normal inward curve of the lower (lumbar) spine. [1]
Causes, any two [1]: obesity; weak or tight muscles around the hips and back; poor standing, sitting and walking posture; malnutrition; disease or accident of the spine.
Corrective measures, any two [1]: weight loss; sit-ups; lying on the back and raising the arms and legs together; Dhanurasana and Halasana; good posture and a balanced diet.

Q14. (3 marks) Answer: 180 min a day for both (60 min of it vigorous at 3–4 years); screen ≤ 1 hour; 11–14 h and 10–13 h sleep.
(a) **1–2 years**: at least 180 minutes of varied physical activity spread through the day; not restrained or seated for more than 1 hour at a time; no screen time at 1 year and not more than 1 hour at 2 years; 11–14 hours of sleep including naps. [1½]
(b) **3–4 years**: at least 180 minutes of activity, of which at least 60 minutes moderate-to-vigorous; not restrained for more than 1 hour at a time; screen time not more than 1 hour; 10–13 hours of sleep. [1½]

Q15. (4 marks) Answer: (i) knock knees; (ii) bow legs; (iii) Dhanurasana; (iv) lack of vitamin D, or Padmasana.
(i) Knock knees (genu valgum). [1]
(ii) Bow legs (genu varum). [1]
(iii) Arun has kyphosis: Dhanurasana, Chakrasana or Bhujangasana. [1]
(iv) Lack of vitamin D, calcium or phosphorus (rickets), or Blount's disease. [1]
OR (iv) Padmasana or Gomukhasana; keeping a pillow between the knees; horse-riding; weight loss. [1]

Q16. (5 marks) Answer: disordered eating, amenorrhoea, osteoporosis.
The female athlete triad is a condition seen in physically active girls and women in which three related problems occur together. [2]
Disordered eating / low energy availability - eating too little for the energy spent, sometimes with eating disorders such as anorexia nervosa or bulimia nervosa. [1]
Amenorrhoea / menstrual dysfunction - irregular or absent periods caused by low energy and hormonal changes. [1]
Osteoporosis / low bone density - weak, porous bones and a higher risk of stress fractures. [1]
OR Menarche is the first menstrual period of a girl, a sign of puberty. [2] Any three [1 each]: **dysmenorrhoea** - painful periods; **amenorrhoea** - absence of periods; **oligomenorrhoea** - periods at intervals of more than 35 days; **polymenorrhoea** - cycles shorter than 21 days; **menorrhagia** - abnormally heavy bleeding; **pre-menstrual syndrome** - physical and emotional symptoms before the period.

Q17. (5 marks) Answer: causes and corrections of both deformities.
Kyphosis (forward rounding of the upper back). Causes: heredity, ageing, arthritis or osteoporosis, malnutrition, poor posture, weak back muscles. Corrective measures: back-strengthening exercises, swimming, Dhanurasana, Chakrasana, Bhujangasana, sleeping on a flat bed with a thin pillow. [2½]
Scoliosis (sideways C- or S-shaped curve of the spine). Causes: cerebral palsy, muscular dystrophy, arthritis, paralysis, rickets, carrying heavy weight on one side, wrong posture (the cause of most cases is unknown). Corrective measures: a brace or, in severe cases, surgery; hanging and swinging on a horizontal bar on the side opposite the curve; breaststroke swimming; Trikonasana. [2½]
OR 5–17 years: at least 60 minutes a day of moderate-to-vigorous activity (more gives extra benefit). [1½] **18–64 years**: 150–300 minutes a week of moderate or 75–150 minutes of vigorous activity, and muscle-strengthening for the major muscle groups on 2 or more days a week. [2] **65 years and above**: the same as adults, plus balance exercises on 3 or more days a week for those with poor mobility, to prevent falls. [1½]

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