

QUESTION BANK
class XII
Subject : **PHYSICAL EDUCATION**
Session 2020-21

Chapter 1

ASSIGNMENT

- Q1.** Define seeding and bye. Explain the procedure for giving 'bye'.
- Q2.** Discuss intramurals? Explain any five objectives of intramurals .Mention the significance of intramurals for school children.
- Q3.** Define knock-out tournament. Draw the fixtures of 14, 17, 19, 21 teams on knock-out basis.
- Q4.** Discuss the advantages and disadvantages of knock -out tournament .
- Q5.** What do you mean by tournament? Elucidate the importance of tournaments in detail.
- Q6.** What is a league tournament? Explain its merits ,demerits and types .
- Q7.** Discuss extramurals. Explain any five objectives of extramurals. Mention the significance of extramurals for school children.
- Q8.** What do you mean by specific sports programmes? Explain about health runs and run for unity in detail .
- Q9.** Draw a league fixture for 6 & 9 teams using both (**cyclic, staircase** method).
- Q10.** Define Planning. Explain the objectives of planning.

Q11. Elucidate the committees and their responsibilities of inter school CBSE basketball tournament.

Q12. Define combination tournament. Draw a fixture of 16 teams using League cum Knock-out, Knock out cum League method

CHAPTER 2

SPORTS AND NUTRITION

Q1. Define balance diet. Explain the components of diet.

Q2. What do you mean by vitamins? Explain about fat soluble and water soluble vitamins.

Q3. Define macro nutrients. Explain about any four macro nutrients.

Q4. What is micro nutrients? Explain in brief about minerals as micro nutrients in detail.

Q5. What is non nutritive components of diet ? Explain any three of them in detail .

Q6. Describe the nutritive components of diet. Explain any three of them in detail .

Q7. What do you mean by healthy weight? Discuss about the methods to control healthy body weight for lifetime.

Q8. Elucidate the various pitfalls of dieting in detail.

Q9. What do you mean by food intolerance? Explain the causes, symptoms and management of food intolerance in detail .

Q10. What do you mean by food myths? Explain any four food myths prevailing contemporary

CHAPTER-3- YOGA AND LIFESTYLE

ASSIGNMENT 1

Note : Make one register for the Physical Education. Do this assignment in that Register.

Q1. Discuss asanas as preventive measures in detail.

Q2. What do you mean by Obesity? Discuss the benefits and contraindications of Trikonasana PadaHastasana and Vajrasana, Ardhamatsyendrasana.

Q3. Define Diabetes. Discuss the procedure. benefits and contraindications of Bhujangasana, Paschimottasana.

Q4. What do you mean by Asthma? Explain the procedure , benefits and contraindication Parvat asana, Sukhasana, chakrasana, Gomukhasana.

Q5. What is Hypertension? Discuss the benefits and contraindications of Vajrasana and Ardha Chakrasana, Pavanmuktasana, Tadasana .

Q6. What is back pain? Discuss the procedure and benefits of Shalabhasana, Vakrasana.

CH – 5 CHILDREN & WOMEN IN SPORTS

ASSIGNMENT – 1

Q1. State whether the following statements are True or False.

- (a) Physical activity leads to better emotional health.
- (b) Early childhood is defined as the age from 7 to 10 years.
- (c) Most postural deformities are from either spine or limbs.
- (d) Exercises cannot correct postural deformities.
- (e) Geeta Phogat was the first woman wrestler from India to qualify for the Olympics.

Q2. Fill in the blanks.

- (a) Scoliosis is a deformity in the
- (b) Development of movement is called development.
- (c) Early childhood stage starts at years of age.
- (d) Exercise in infants can begin at as early as month.
- (e) Adulthood is defined as being of years.

Q3. Tick (✓) the correct option.

(a) Motor development consists of ... stages.

- (i) Two (ii) Three (iii) Four (iv) Six

(b) Early childhood age for motor development in children is

- (i) 0-1 year
- (ii) 11-12 years
- (iii) 9-10 years
- (iv) 2-6 years

(c) Deformity originating from the legs includes

- (i) Scoliosis
- (ii) Lordosis
- (iii) Knock Knees
- (iv) Kyphosis

(d) An abnormal curve of the spine at the front is called

- (i) Scoliosis
- (ii) Kyphosis
- (iii) Lordosis
- (iv) Knock knees

(e) Knock knees is a natural part of a child's growth till the age of

- (i) 2 years
- (ii) 3 years
- (iii) 4 years
- (iv) 7 years

(f) Cobra pose is useful to correct

- (i) Kyphosis

(ii) Scoliosis

(iii) Lordosis

(iv) Knock knees

(g) Women sportspersons participated in Olympics for the first time in

(i) 1880 (ii) 1900 (iii) 1954 (iv) 1968

(h) The first Indian woman to become World No. 1 in badminton is

(i) PV Sindhu

(ii) Saina Nehwal

(iii) Sania Mirza

(iv) Manika Batra

(i) Menarche is defined as the

(i) Ending of menstrual period in women

(ii) Beginning of menstrual period in

women

(iii) Time of pregnancy

(iv) Beginning of pregnancy

(j) ... is a weakening of the bones due to loss of bone density and improper bone formation

(i) Lordosis

(ii) Amenorrhoea

(iii) Anorexia Nervosa

(iv) Osteoporosis

CH- 6 TEST & MEASUREMENT IN SPORTS

ASSIGNMENT – 2

Note : Do this assignment in the Physical Education Register.

Q1. Explain the **chair stand test** for **lower body strength** in detail.

Q2. Explain the **arm curl** test for measuring **upper body strength**.

Q3. Elucidate the **chair sit and reach test** for **lower body flexibility**.

Q4. Discuss the test for **upper body flexibility**.

Q5. How the cardiovascular fitness test is measured with the help of

‘Harvard Step Test’?

Write in detail about its administrative procedure.

Q6. Elucidate the three item test battery for **general motor fitness**

propounded by Barrow in detail.

Q7. Elucidate the Rock port mile test.

Q8. What do you mean by motor fitness test? Briefly explain any three test .

CHAPTER -7 PHYSIOLOGY AND INJURIES IN SPORTS

ASSIGNMENT – 2

Note : Do this assignment in the Physical Education Register.

Q1. What is cardiac output?

Q2. What is stroke volume?

Q3. Discuss the physiological factors determining **strength, endurance, speed , flexibility** as a component of physical fitness.

Q4. Discuss any five immediate long term effects of exercise on cardiovascular system.

Q5. Discuss any five immediate long term effects of exercise on respiratory system.

Q6. Discuss any five immediate long term effects of exercise on muscular system.

Q7. What are the various factor affecting physiological fitness.

Q8. What are bone injuries? Discuss the types, causes and prevention of fracture.

Q9. What do you mean by joint injuries? Discuss the types and preventive measures of joint injuries.

Q10. Elucidate the causes and prevention of sports injuries .

Q11. Define first aid ? Discuss the aims and objectives of first aid in detail .

Q12. What do you mean by **transvers ,oblique** fracture.

Q13. What do you mean by **soft tissue injuries**. Discuss its types, causes and prevention

CHAPTER- 8 - BIOMECHANICS AND SPORTS

ASSIGNMENT – 2

Note : Do this assignment in the Physical Education Register.

Q1. Elucidate Newton's Laws of Motion and their application in various games and sports.

Q2. Discuss the various types of movements in detail.

Q3. What is flexion, extension.

Q4. Define abduction, adduction.

Q5. Define Biomechanics. Briefly explain its importance.

CHAPTER-9- PSYCHOLOGY AND SPORTS

ASSIGNMENT – 2

Note : Do this assignment in the Physical Education Register.

Q1. What do you mean by personality? Explain its dimensions and its types and traits in detail.

Q2. Define motivation. Elucidate any five techniques of motivation.

Q3. Participation in sports results in all-round development of personality. Justify.

Q4. Elucidate **Sheldon's and Jung's** classification of personality.

Q5. Elaborate the big five personality theory.

Q6. Discuss the meaning and types of **aggression** in sports in brief.

CHAPTER-10- TRAINING IN SPORTS

ASSIGNMENT – 2

Note : Do this assignment in the Physical Education Register.

Q1. Define strength and discuss its types and methods of improving strength in detail.

Q2. Define endurance. Briefly explain its types and methods of improving endurance.

Q3. Define speed and discuss the types and methods of improving speed in detail.

Q4. Define flexibility and discuss the types and methods of improving flexibility in detail.

Q6. Define coordinative abilities. Mention any four types of coordinative abilities.