

**GURU GOBIND SINGH PUBLIC SCHOOL  
SECTOR V/B, BOKARO STEEL CITY**

Subject : PHYSICAL EDUCATION(ASSESSMENT)  
Class -XII

1. What do you mean by knockout tournament.
2. What is food intolerance?
3. Name any two asanas to control obesity
4. What is full form of ADHD
5. What is the concept of correct posture?
6. Define Menarche
7. What method is used for computation of fat percentage ?
8. List down the factors help in determining in speed
9. Name the movement away from the body
10. Why reward and punishment should be on the spot
11. Define one variation of continuous training used to improve endurance
12. What are the advantage of circuit training ?
13. As games captain of a school the discuss your duties during the sports day.
14. Why women's participation in sports is very less ?
15. Discuss the role of physical activities for children with special needs
16. What do you mean by micro and macro nutrients ?
17. Write the correctives exercise for lordosis ?
18. What is the role of aggression in sports ?
19. Explain in details the barrow three item test ?
20. Define flexibility and discuss the effect of ageing in flexibility
21. How a person can overcome from stress and anxiety ?
22. Elucidate in details about the intramurals and extramural ?
23. Explain the precautions and side effects of food supplements
24. What a shorts notes on :
  - a) Menstrual cycle
  - b) Menopause
  - c) Osteoporosis
25. Classify different types of sports injuries and explain their management
26. Name the muscle involved in running, jumping and throwing
27. Draw a training programme assessable for children with special need
28. What is strength and its type ?explain method of strength development in details
29. Mental toughness is necessary for a sportsmen .Justify this statement by giving suitable examples
30. What do you understand by axes and planes?
31. Explain the procedure of management of soft tissues and hard tissue injury ?
32. By doing regular exercise you can add the years to your life .Comment
33. Explain the procedure of Rikli and Jones senior citizens fitness test motor fitness test in details?
34. Draw a knockout fixtures of 27 teams and explain the advantage of knockout tournament as compare to league tournament ?

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