

GURU GOBIND SINGH PUBLIC SCHOOL

SECTOR V B,B S CITY

CLASS 12

PHYSICAL EDUCATION ASSIGNMENT 2019-20

State whether true or false

1. Community walk is a competitive event.
2. Food intolerance and food allergy are the same.
3. Health is 20% nutrition and 80% exercise.
4. Yoga has 20 different branches.
5. Vajrasana does not help in fighting obesity.
6. Autism spectrum disorder affects communication.
7. Geetaphogat was first Indian woman to qualify for Olympics.
8. Exercise cannot correct postural deformities.
9. Rikli jones fitness test is meant for young people.
10. Measurement are not important in sports.

Fill in the blanks:

1. League tournaments are also known as _____.
2. Community bonding occurs in _____ tournaments.
3. Energy is most important function of _____.
4. _____ is important to build muscles.
5. Pranayama focuses on breathing techniques.
6. Genetics causes of disability include _____ syndrome.
7. Disorders may be mental, physical or _____.
8. Scoliosis is a deformity in the _____.
9. Development of movement is called _____ development.
10. Sit and reach test measures _____.

Multiple choice questions

1. Pre – tournament committees include.
a. Organization committee b. awards committee
(c.) medical committee d. transport committee.
2. Hairs and nails are mostly made up of.
a. Fats b. proteins c. fibre d. carbohydrates.
3. The largest mineral in the human body is.
a. Iron b. zinc c. Calcium d. selenium.
4. Sukhasana should be avoided in.
a. pregnancy b. asthma c. Diabetes d. knee/ spineproblems.
5. A Healthy BMI range for Indians are:
a. less than 18 b. 18-22 c. 23-24.9 d. more than 25
6. Bhujangasana is also known as the _____.
a. snake pose b. cobra pose. c. Reptile pose d. cat pose.
7. -----disability is an illness of the nervous system which results in muscle disorders.
a. Musculoskeletal b. Skeletal c. Muscular d. Neuromuscular.
8. menarche is defined as the-----.
a. A Ending of menstrual period in woman b Beginning of menstrual period in women
c. Time of pregnancy d. Beginning of pregnancy.
9. Harvard step test measures the----.
a. knee strength b. Respiratory strength c. cardiovascular strength d. Running strength.
- 10 Motor fitness test is a set of __ test

a. six

b. seven

c. eight

d. Ten

Short answers questions:

1. Distinguish between intramural and extramural programmes.
2. What is the importance of tournaments ? Discuss any three points.
3. Round robin tournament is of two types. Name them and give the major difference between them in detail.
4. Give three examples of food myths.
5. Discuss in brief water-soluble vitamins.
6. What are the pitfalls of dieting ?
7. What is obesity? How can we know if we are obese?
8. Discuss any three methods to prevent asthma.
9. Explain the types of disabilities.
10. Describe in detail the difference between disorder and disability.
11. Explain sensory processing disorder.
12. Write in brief about the causes of bad posture.
13. Describe the factors affecting motor development in children.
14. Discuss in brief, the female athlete triad.
15. Give any three reasons for lesser participation of females in sports.
16. What is osteoporosis? What are any two causes of it?
17. Discuss in brief bulimia.
18. Describe knock-knees and mention the causes that lead to it.
19. What is the difference between menarche and amenorrhoea?
20. Discuss cardiovascular fitness test in detail.

Long answers questions

1. What is Harvard step test? Explain its procedure and administration.
2. What is Kraus weber Test? Explain the administration of Kraus weber test in detail.
3. Write briefly about the prevention and management of " anorexia".
4. What are advantages of maintaining correct posture?
5. Keeping in view the Indian ideology, critically analyse the sociological aspects of women athletes in sports participation.
6. What is obsessive compulsive disorder? Explain its causes in detail.
7. Disability etiquette is necessary in modern world. Explain.
8. What do you mean by Sensory Processing Disorder? Discuss its causes.
9. What is the role of yoga in preventing lifestyle diseases?
10. Explain about the procedure and advantages of "bhujangasana".
11. What are the causes of back pain? Explain the procedure, benefits and contraindications of any two asana recommended to cure back pain.
12. Explain macronutrients and their role in our diet.
13. Differentiate between food intolerance and food allergy with examples of each.
14. What is league tournament? Draw a fixture of nine teams on the basis of league tournament using cyclic method. Explain British method to declare the winner.
15. Define combination tournament. Draw a fixture of 16 teams using knockout cum league method.
16. Discuss the reasons for holding health runs.
17. What are specific sports programmes? Explain any three.
18. What are the causes of flat foot and knock knees? Suggest physical activities as correctives measures for these deformities.
19. Briefly explain different types of coordinative abilities.
Write the formula of giving byes
