

### SAMPLE PAPER-XII

1. What do you mean by Knockout tournament ? Discuss the advantages and disadvantages of knockout tournament.
2. Describe the method of preparing fixture in knockout tournament in detail.
3. Enlist the committees for organizing sports events and explain any eight committees in detail.
4. What do you mean by Specific Sports Programmes ? Explain about Health Run and Run for Unity in detail.
5. What is League tournament ? Explain the type, merits and demerits of league tournament.
6. What do you mean by Knock-out tournament ? Draw the fixture of 21 teams on knock-out basis.
7. What do you mean by Extramural ? Elucidate the need and objectives of extramurals.
8. Explain the methods of deciding the winner in league tournament.
9. . What do you mean by Healthy Weight ? Discuss the methods to control healthy body weight for lifetime.
10. What do you mean by nutritive components of diet? Explain about any four of them in brief.
11. What do you mean by micro nutrients ? Explain in brief about minerals as micro nutrients in detail.
12. What do you mean by non-nutritive components of diet? Explain any four non-nutritive components in brief.
13. Elucidate about the various pitfalls of dieting in detail.
14. What do you mean by food myth ? Explain any five food myths prevailing in contemporary.
15. What do you mean by vitamins ? Explain about fat soluble and water soluble vitamins.
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17. Explain the procedure ,benefits and Contraindications for any two asana two asana for the prevention of Back Pain.
18. Explain the procedure ,benefits and Contraindication for any two asana for the prevention of Hypertension.
19. Enumerate any two asanas for the prevention of Diabetes.
20. What do you mean by Obesity ? Discuss the benefits and contraindications of Pada Hastasana and Vajrasana.
21. Discuss asanas as preventive measures in detail.
22. What do you mean by Asthma ? Explain the Procedure ,benefits and contraindications of Chakrasana.
23. Explain in detail the different types of Disorders.
24. Participation in physical activities for children with special needs is advantageous . Comment.
25. Explain in detail the different types of Disability.
26. Explain in detail the causes of any two –  
(a) ADHD (b) ASD (c) SPS (d) OCD (e) ODD
27. Explain the causes , precautions and remedies of any two –  
(a) Khyphosis (b) Scoliosis (c) Flat Foot (d) Lordosis (e) Bow Legs
28. Discuss the factors affecting motor development in detail.
29. Explain any five common postural deformities.
30. What do you mean by motor development ? Explain the motor development during Childhood.
31. Write a brief note on participation of women in sports.
32. What is Female Athlete Triad ? Discuss its elements/conditions among women athletes.
33. Why there is less participation of women in India ? Give any five reasons.
34. Explain Motor Fitness Test in detail.
35. Explain Barrow General Motor Fitness Test.
36. Write a detailed note on Harvard Step Test.
37. Write a detailed note on Rikli and Jones-Senior Citizen Fitness Test in detail.
38. Explain the Rockport One Mile Test.
39. Discuss the physiological factors determining component of physical fitness.
40. Explain the effect of exercises on Cardio Respiratory System.
41. Elaborate any five physiological change in human body due to ageing.
42. Explain the effect of exercises on Muscular System.
43. Explain PRICE and MICE procedure as a treatment of soft tissues injuries.
44. What do you mean by joint injuries? Discuss the type and prevention measures of joint injuries.
45. What do you mean by First Aid? Discuss the aim and objectives of first aid in details.
46. What are Bone Injuries? Discuss the types, causes and prevention of fracture.
47. What is friction? Explain its types. It's advantages or disadvantages in the field of sports. Give your view.
48. Discuss Newton's law of motion and their application in various games and sports.
49. Discuss the various types of movement in details.

50. What do you mean by Biomechanics? Write detail note on the importance of Biomechanics in the field of physical education.
51. Suggest the strategies will you adopt for enhancing adherence to exercise for those individuals, who do not adherence to exercise.
52. Explain Sheldon's classification.
53. Discuss Big Five theory in Detail.
54. Suggest various methods for motivating a person for better performance in sports and games.
55. Elaborate the types of personality.
56. Write note on circuit training.
57. What do you mean by coordinative abilities? Mention it's types in details.
58. Define speed and discuss the types of speed in detail.

Or

- What do you mean by speed? Elucidate the methods of improving speed.
59. Discuss strength and discuss the methods of improving strength in detail.
  60. Define endurance and discuss any two methods of improving endurance.

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