

INTERNATIONAL INDIAN SCHOOL, RIYADH

REVISION PAPER, 2014 - 2015

FIRST TERM WORKSHEET

SUB: PHYSICAL EDUCATION

Grade: XII

ONE MARK QUESTIONS:

1. What is Physical Environment?
2. Distinguish between hostile and favourable spectators?
3. Enlist the components of diet?
4. What do you mean by planning in sports?
5. What are postural deformities?
6. What are the effects of good nutrition on an individual?
7. Explain about any two minerals?
8. What do you mean by Motor development?
9. Explain procedure for giving 'Bye'.
10. What is correct posture?
11. What are proteins?
12. Define 'balanced diet'.
13. What does the word 'tournament' mean?
14. What do you mean by Seeding?
15. Define adventure sports.
16. What do you mean by quality of life?
17. Enlist the macro nutrients.
18. What do you mean by correct posture?
19. What do you mean by Weight Training?
20. Define sports environment.
21. What do you mean by food and nutrition?

22. What do you mean by social environment?

THREE MARK QUESTIONS:

23. Elucidate the role of an individual in improvement of sports environment.

24. State the renewable and non-renewable resources.

25. How can recreational activities be used as a means of fitness development?

26. Draw a fixture of 11 teams out of which 4 teams are to be seeded.

27. Discuss the need of sports environment in brief.

28. Briefly explain about types of league tournament.

29. Draw a fixture of 21 teams on knockout basis.

30. What do you mean by specific sports programs? Write in brief.

31. Write short note on any two of them.

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|-------------------|---------------|-------------|
| a) Round Shoulder | b) Knock Knee | c) Lordosis |
| d) Flat Foot | e) Bow Legs | |

32. Write advantages and disadvantages of food supplement.

33. Write a note on school games federation of India.

34. Briefly explain about eating disorder.

35. Mention any two advantages of weight training.

36. Explain the correct posture of standing and sitting.

37. Discuss the meaning of conservation of environment in brief.

38. Explain any two objectives of intramurals and extramural.

39. Mention the corrective exercises for flat foot.

40. Elaborate any three physiological benefits of exercises on children.

41. Discuss about prevention and management of anorexia nervosa and bulimia nervosa.

42. Mention the material requirement and safety measures for mountaineering.

43. Elucidate any three reasons of low participation of women in sports.

44. Explain any three fundamental skills of the game of your choice.

45. "Camping is an outdoor recreational activity". Explain it.

46. Briefly explain "any three food myths".
47. Write about any three essential elements of positive sports environment.

FIVE MARK QUESTIONS:

48. "How Physical Education creates Leader and qualities of Leadership" Explain in details.
49. What is Tournament? Elucidate the importance of Tournament in detail.
50. Explain the causes of remedial and measures of various postural deformities in detail.
51. Comment on the role of Spectator and Media in creating a positive environment.
52. Explain any five common postural deformities.
53. Enlist the committees for organizing sports events and explain any eight committees in detail.
54. What do you mean by healthy weight? Discuss about the methods to control healthy body weight for lifetime.
55. Explain in detail the role of physical activities in improving the quality of life.
56. Write notes on the following.
 - a) Rock climbing
 - b) Camping
57. Explain any five elements of proper sports environment.
58. Explain the Motor development during childhood and Elucidate any 5 physical and Physiological benefits on children.
59. What is a League Tournament? Draw a fixture for 6 teams using round robin method.
60. Suggest physical activities as corrective measures for Kyphosis, Lordosis and Flatfoot.
61. Discuss the factor effecting Motor development in detail.
62. "Vitamins and Protein are essential for our metabolic process" what happens if we avoid diet of vitamins and Protein?
63. What is balance diet and write nutritive and non-nutritive components of diet in detail?
64. "Equal opportunities should be given to women and their should be no any discrimination in field of sports". Give your valuable thought on it in detail.
65. Explain pitfalls of dieting and food intolerance in detail.