



# GOVIND VIDYALAYA TAMULIA

(A Senior Secondary School Affiliated to C.B.S.E. (New Delhi) School No - 08249)  
An ISO 9001:2008 Certified School bearing no. QCMPL/Q/J/0270

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## RETEST PRACTICE SHEET FOR FINAL TERM EXAMINATION 2014-2015

### SUBJECT: PHYSICAL EDUCATION

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1. What do you mean by doping? Explain the side effects of prohibited substance in detail.
2. Define doping and explain the types of doping?
3. Explain the soft tissue injuries in detail?
4. What do you mean by sport training? Enumerate the principles of sports training?
5. Define warming up? Explain the types of warming up.
6. Elucidate the importance of warming up in detail.
7. While playing using proper sports gear is very important. Explain?
8. Write a short note on prevention of injuries in sports.
9. Describe in brief the history of any one game/sport of your choice
10. List the specific exercises for warming up and conditioning.
11. Mention the achievement of five sports personalities of your choice with reference by them.
12. Illustrate a field/court/table in any one game/sport of your choice with specific reference to measurement and specifications.

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### **Prepared by:**

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