

GOVIND VIDYALAYA, TAMULIA

CLASS-XII

SUB-PHYSICAL EDUCATION (048)

● ONE MARKS QUESTIONS (1 MARKS)

For half yearly Examination:

1. What do you mean by environment?
2. Who is a spectator?
3. Define the term 'society'?
4. Define adventure sports?
5. Name any five adventure sports?
6. What do you mean by balanced diet?
7. What do you mean by nutrition?
8. What does the word 'tournament mean'?
9. What is a knockout tournament?
10. What do you mean by league tournament?
11. What is a bye?
12. What do you mean by correct posture?
13. What are postural deformities?
14. What are bow legs?
15. What do you mean by motor development?
16. What do you mean by weight training?

For Final Term Examination:

17. What do you mean by test?
18. What do you mean by measurement?
19. What is a Kraus-weber test?
20. What is a flexibility?
21. What do you mean by ageing?
22. What is gravity?
23. Define work?
24. Define power?
25. What is stress?
26. What is anxiety?
27. Define personality?
28. What do you mean by training?
29. What are isometric exercise?
30. What is static strength?
31. What are pace races?

• TWO MARKS QUESTIONS (2 MARKS)

For half yearly Examination:

1. Discuss the need of proper sports environment?
2. What is need for positive sports environment?
3. What is rock climbing? Explain in brief.
4. Briefly explain about easy trekking and moderate trekking.
5. Discuss the meaning of conservation of environment in brief.
6. What do you mean by macro and micro nutrients?
7. Discuss any two importance of environment?
8. Briefly mention the disadvantages of league tournament?
9. Explain the correct posture of standing?
10. Explain the correct posture of sitting?
11. Discuss the causes of knock knees and bow legs.
12. Elucidate two disadvantages of weight training?
13. What do you mean by activities and quality of life?

For Final Term Examination:

14. Discuss any two tests of Kraus-weber tests.
15. Briefly explain about muscular strength.
16. What do you mean by oxygen intake and oxygen uptake?
17. Elaborate the effects of ageing of bone density.
18. Define work with examples in the field of sports?
19. Elucidate kinetic energy and potential energy?
20. Discuss various types of friction.
21. Briefly discuss about problem focused coping strategies?
22. Briefly state about emotion focused coping strategies?
23. State any one dimension of personality in brief?
24. Discuss intrinsic and extrinsic motivation?
25. Define maximum strength and explosive strength?
26. What do you mean by short term and long term endurance?
27. Discuss about reaction ability?

• THREE MARKS QUESTIONS (3 MARKS)

For half yearly Examination:

1. Explain climatic conditions and sports facilities to improve sports environment?
2. Discuss the concept of women's participation in sports?
3. Mention any four objectives of adventure sports?
4. Discuss about mountaineering in detail?
5. Discuss protein as the nutritive component in detail.
6. Discuss about the prevention and management of anorexia?
7. Draw a fixture of 11 teams on knockout basis?
8. Explain the cyclic method of a league tournament?
9. Briefly discuss the deformities of spinal curvature?
10. Mention the corrective exercises related to kyphosis.
11. Explain any two factor affecting motor development.
12. Explain any two factors affecting motor development?

For Final Term Examination:

13. Explain the Rockport one mile test?
14. Explain sit and reach test in brief.
15. Explain any three physiological factors determining strength?
16. Discuss any three effects of exercises on respiratory system?
17. Discuss any three effects of exercises on circulatory system?
18. What is an energy? Explain about kinetic and potential energy?
19. What do you mean by friction? Describe various type of friction?
20. Explain any four techniques of motivation for higher achievement in sports?
21. Elaborate the types of personalities?
22. Define motivation and discuss its types?
23. Discuss the types of strength?
24. Discuss any two methods of improving strength?
25. Explain the methods of improving speed?
26. Discuss any three types of coordinative abilities?

• **FIVE MARKS QUESTIONS (5 MARKS)**

For half yearly Examination:

1. What do you mean by sports environment? Explain the role of spectators and media for creating positive/proper sports environment.
2. Elucidate any six reasons of low participation of women in sports and games?
3. Write the notes on the following:
 - a) Mountaineering
 - b) Camping.
4. Discuss the material requirement and safety measures for camping?
5. Define leadership? Explain the leadership qualities in physical education.
6. What do you mean by nutritive components of diet? Explain about any three of them in brief.
7. What is bulimia? Discuss its types, causes and treatment in detail.
8. Elucidate about the various pitfalls of dieting in details.
9. What is league tournament? Explain the merits, demerits of league tournament.
10. What do you mean by intramurals? Mention the significance of intramurals for school children.
11. What do you mean by specific sports programs? Explain about health runs and run for unity in detail.
12. What is a league tournament? Draw a fixture of six teams using round robin method.
13. Explain any five common postural deformities.
14. Mention any five advantages of correct posture.
15. Suggest physical activities as corrective measures for flat foot and lordosis.
16. Elucidate any five physical and physiological benefits of exercises on children.
17. What is weight training? Discuss its advantages and disadvantages.
18. Explain in detail the role of activities in improving the quality of life.

For Final Term Examination:

19. Explain the administration of AAHERD youth fitness test.
20. Describe the six minute walk test for aerobic endurance.
21. Elaborate the role of regular exercises on ageing process.
22. "No one can stop the clock of ageing but physical exercises can slow its tick". Give your comment on this statement.
23. Elucidate work, power and energy in detail.
24. What is friction? Explain its types. Is it advantageous and disadvantageous in the field of sports? Give your views.
25. Explain the terms 'stress'. How can it be managed? Explain.
26. Elaborate the role of sports in personality development in detail.
27. What do you mean by body image? Explain its types in detail.
28. Define endurance and discuss any two methods of improving endurance.
29. Define speed and discuss the types of speed in detail.
30. Discuss the coordinative abilities in detail.

PART -B (20 MARKS)

1. Mention two latest changes in general rules of the game/sports of your choice. (2)
2. Write in brief about three fundamental skills of the game/sports of your choice. (3)
3. Draw a neat diagram of field/court/table of the game/sport of your choice with all its measurement and specifications. (5)
4. Write a short note on yoga? (2)
5. Explain the soft tissue injuries. (3)
6. Name the important national sports award and explain about any one of them. (5)



1. While playing using proper sports gear is very important. Explain? (2)
2. Write a short note on prevention of injuries in sports. (2)
3. Describe in brief the history of any one game/sport of your choice. (3)
4. List the specific exercises for warming up and conditioning. (3)
5. Mention the achievement of five sports personalities of your choice with reference by them. (5)
6. Illustrate a field/court/table in any one game/sport of your choice with specific reference to measurement and specifications. (5)

1. Write about any two important tournaments with their venues in game/sports of your choice. (2)
2. Explain the importance of proper sports gear in your game/sports of your choice (2)
3. Write about any 6 terminologies of game/sports of your choice. (3)
4. What are the common sports injuries in your game/sport? Suggest preventive measure. (1+2)
5. Explain about yoga and its benefits? (5)
6. What are the physiological and psychological benefits of warming up? (5)

1. Write about any two fundamental skills of a game\sport of your choice. (2)
2. Mention about any two terminologies of a game\sport of your choice. (2)
3. Write about any three latest rules of a game\sport of your choice. (3)
4. Write about any three important personalities of a game\sport of your choice. (3)
5. Explain the common soft tissues injuries in a game\sport of your choice. (5)
6. List down the national sports award and explain Arjuna award in detail. (2+3)

1. Write about any two important tournaments of your game with their venues. (2)
2. Write about any three sports personalities of your game who have made world class achievements. (5)
3. Explain about any five rules of your game. (3)
4. Explain about any two fundamental skills of the game and sport of your choice. (2)
5. What are the preventive measures to avoid sports injuries? (3)
6. Name the important national sport awards and explain any one of them in details. (5)

1. Write any five general rules of the game\sport of your choice. (2)
2. Briefly write the history of the game\sport of your choice. (3)
3. Draw a neat diagram of field/court/table of the game/sport of your choice with all its measurement and specifications. (5)
4. Briefly write about the Rajiv Gandhi Khel Ratna Award. (2)
5. Explain different types of warm-up with their advantages. (3)
6. Enlist common sports injuries in the game\sport of your choice and suggest preventives measures for those sports injuries in detail (5)

 *Best of luck* 

For your Exam

