

IMPORTANT QUESTIONS –2019-20
CLASS – XII PHYSICAL EDUCATION
CHAPTER – 1 PLANNING IN SPORTS

VERY SHORT ANSWER QUESTIONS 1 MARK.

1. What does the word ‘tournament’ mean?
2. What is ‘seeding’?
3. Explain the procedure for giving ‘bye’.
4. What is consolation tournament?
5. What do you mean by double league tournament?
6. In which conditions knock-out tournaments are better than round robin?

SHORT ANSWER QUESTIONS CARRYING 3 MARKS.

1. Explain any three objectives of intramurals.
2. Briefly explain any three objectives of extramural.
3. Discuss in detail about sports day.
4. Draw a fixture of 6 teams on league basis following the cyclic Method.

LONG ANSWER QUESTIONS CARRYING 5 MARKS.

1. What do you mean by knock-out tournament? Draw the fixtures of 21 teams on knockout basis.
2. What is league tournament? Elucidate the importance of tournaments 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 runs and run for unity in detail.

CHAPTER – 2 SPORTS AND NUTRITION

VERY SHORT ANSWER QUESTIONS 1 MARK.

1. What do you mean by nutrition?
2. Enlist two sources of calcium and iron separately.

SHORT ANSWER QUESTIONS CARRYING 3 MARKS.

1. What do you mean by micro nutrients? Discuss about macro and micro minerals.
2. What do you mean by vitamin? Explain about fat soluble and water soluble vitamins.
3. Discuss any four pitfalls of dieting.
4. Discuss the causes and management of food intolerance.
5. What do you mean by food myths? Briefly Explain about four myths.

LONG ANSWER QUESTIONS CARRYING 5 MARKS.

1. What do you mean by non-nutritive components of diet? Explain any four non-nutritive components in brief.