

- Q19. What do you mean by bulimia nervosa? Mention causes. (3)
- Q20. Draw a fixture of 11 football teams participating in tournament on the basis of knock out. (5)
- Q21. How various committees are formed for tournament? Write briefly.(5)
- Q22. Describe about the nutritive components of diet? (5)
- Q23. Which are the common postural deformities? (5)
- Q24. What are the advantages of correct posture? (5)
- Q25. Participating in physical activities can be utilised as corrective measures for correcting postural deformities among children. (5)
- Q26. Define female Athletic Trail. Write its causes. Explain its factors and symptom in detail. (5)

- Q19. Write a note on conservation of natural resources. (3)
- Q20. Describe different sports committees and their responsibilities in detail. (5)
- Q21. What is leadership? Describe different qualities of a leader. (5)
- Q22. Draw a fixture of 11 team using by knock out tournament and explain the method of bye in detail. (5)
- Q23. Explain the various sources of proteins, carbohydrates and fats. (5)
- Q24. What is lordosis? What are its causes and remedial measures. (5)
- Q25. Which are the common postural deformities? Explain. (5)
- Q26. Participation in physical activities can be utilised as corrective measures for correcting postural deformities among children. (5)

## First Term Examination (16 Sept. 17)

UNIT-I

Class-XII

Sub: Physical Education

Set - B

**Time: 3hrs.**

**Marks: 70**

- Q1. What is league tournament? (1)
- Q2. What do you mean by 'bye'? (1)
- Q3. Define leadership. (1)
- Q4. Give some examples of renewable source. (1)
- Q5. What do you mean by Flat Fort? (1)
- Q6. What is balanced diet? (1)
- Q7. Define obesity and diabetics. (1)
- Q8. What are the functions of protein in our diet? (1)
- Q9. What is osteoprosis? (1)
- Q10. Give any two reasons of less participation of women in sports? (1)
- Q11. What do you mean by motor development? (1)
- Q12. Mention the components of diet. (3)
- Q13. What do you mean by extramurals and intramurals? (3)
- Q14. Write down the principles of weight training. (3)
- Q15. What do you mean by bulimia Nervosa? Mention causes. (3)
- Q16. Explain the causes of Hypertension. (3)
- Q17. What are the factors affecting of motor development? (3)
- Q18. Write down the advantages of correct posture. (3)

## First Term Examination (16 Sept. 17)

UNIT-I

Class-XII

Sub: Physical Education

Set - A

**Time: 3hrs.**

**Marks: 70**

- Q1. What do you mean by planning in sports? (1)
- Q2. What is knock out and league tournament? (1)
- Q3. What is Bye and seeding? (1)
- Q4. What is balanced diet? (1)
- Q5. What is protein? (1)
- Q6. What is Macro and Micro nutrients? (1)
- Q7. Define obesity and diabetes. (1)
- Q8. What is postural deformities? (1)
- Q9. What do you mean by motor development? (1)
- Q10. What is round shoulders? (1)
- Q11. What Osteoporesis? (1)
- Q12. What do you mean by extramural and intramurals? (3)
- Q13. What are the food supplement? (3)
- Q14. What are the functions of carbohydrates in human body? (3)
- Q15. Write down the importance of Protein for our body? (3)
- Q16. What are the physiological benefits of Asanas? (3)
- Q17. What are the factors affecting of motor development? (3)
- Q18. Write down the principles of weight training? (3)