HALF YEARLY EXAM : 2019-20

Class : XII

FZB / 110

Subject : PHYSICAL EDUCATION (Theory)

Time : 3:00 Hrs.

M.M. : 70

Note : Attempt all the questions.

Q.1 In knock out turnament team has to play? (1)

Q.2 Technical committee work are? (1)

Q.3 Deficiency of Vitamin "D" Causes? (1)

Q.4 Disability means? (1)

Q.5 Define the term "Bye"? (1)

Q.6 In Bow-leg deformity there is? (1)

Q.7 The symptoms of Diabetes are? (1)

Q.8 Balanced diets consists high source of? (1)

Q.9 Deficiency of Iron causes? (1)

Q.10 How knock knees can be corrected through exercises? (1)

Q.11 In which conditions are know out tournament better than league tournaments? (1)

Q.12 The purpose of sit and reach test is to check the? (1)

Q.13 Lordosis can becorrected by doing exercises of? (1)

Q.14 Contraindication of Bhujang Asana is not to be performed by person suffering from? (1)

Q.15 Biomechanics is the study of? (1)

Q.16 What is blood pressure? (1)

Q.17 Define physical fitness? (1)

Q.18 What is strain? (1)

Q.19 What is sprain? (1)

Q.20 What is abrasion? (1)

Q.21 Write a short note on soft tissue injuries and their first aid? (3)

Q.22 Mention three common sports injuries and their preventive measures? (3)

Q.23 What do you udnerstand by planning in sports? (3)

Q.24 What do you understand by Fixture? (3)

Q.25 List down the functions of Balanced diet? (3)

Q.26 How water is useful for us in our diet? (3)

Q.27 Explain the effect of Regular exercise over muscular system? (3)

Q.28 Discuss, how weight can be controlled through diet? (3)

Q.29 Draw a fixture of league. (3)

Q.30 Mention five pitfalls of dieting? (3)

Q.31 Explain different steps to be taken to form committees for organising a health run in your school? (5)

Q.32 Make a list of opportunities for enhancing the qualities of leader ship? (5)

Q.33 Diet for sports persons is very important. What should be the aims of preparing diet for sports persons? (5)

Q.34 What is meant by dislocation of a joint? Explain the first aid treatment in case of a joint dislocation?