

KISHINCHAND CHELLARAM COLLEGE

Class – SYJC(Std.XII) Arts/Science/Commerce

Physical Education

Question Bank (Theory Paper)

Total Paper – 50 Marks

Q.1 Fill in the blanks: (10 marks) any 10

1. National Sports Day is celebrated on 29th August.
2. Lordosis is a problem of the Lower Back.
3. Scoliosis is a postural deformity related to Spine.
4. Manasi Joshi won a gold medal in the 2019 BWF Para-Badminton World Championship.
5. PT Usha is president of Indian Olympic Association.
6. Ustrasana pose refers to Camel Pose.
7. Bhujangasana is also known as Cobra Pose.
8. The International Paralympics Committee was founded in the year 1989.
9. The founder of the Special Olympics was Eunice Kennedy Shriver.
10. Nutrition is Chemical Substance.
11. Iron is a part of trace minerals.
12. Vitamin B is a water-soluble vitamin.
13. 1 gram of fat provides 9 Kcal.
14. BMI between 25.0–29.9 is overweight.
15. 50 Mtr Dash is conducted to test Acceleration.
16. Sit and reach test measures flexibility.
17. The test duration for the Harvard fitness test is 5 minutes.

18. **Aerobic System** system provide energy during 5000m race.
19. Slow twist fibres are of **Red** colour.
20. Vo2 max is related to **Respiratory system**.
21. Physical activity helps to increase **size of muscle**.
22. Increase in glycogen stored in muscle is an effect of **Anaerobic Training**.
23. The resting Cardiac output is approximately **5.0 lt.**
24. The volume of blood pumped during one beat (contraction) is called **Stroke volume**.
25. It is a disease in which bone weakening increases the risk of a broken bone **Osteoporosis**.
26. A sprain is an injury to **Ligament**.
27. Push up is an example of **2nd Class** lever.
28. Personality is derived from a latin word 'persona' meaning **Mask**.
29. **Regular exercise** is effective for prevention of Coronary Heart Disease.
30. Meso cycle is training of **3 to 6 weeks**.

Q.2 Match the following: (5 Marks) any 5

Sr.No	Question	Answer
1	Muscular Strength	Plank Hold
2	Muscular Endurance	Push- Up
3	Cardiovascular Endurance	Running
4	Flexibility	Sit and Reach
5	Body Composition	BMI

6	Agility	Shuttle Run
7	Balance	Stork balance test
8	Power	Standing Broad Jump
9	Speed	40 mtr Sprint
10	Reaction Time	Stick Drop Test

Q.3 Sports Abbreviations or Full Form: (5 Marks) any 5

1. ICC: International Cricket Council
2. IOA: Indian Olympic Association
3. NBA: National Basketball Association
4. SAI: Sports Authority of India
5. IPL: Indian Premier League
6. TTFI: Table Tennis Federation of India
7. NADA: National Anti-Doping Agency
8. BCCI: Board of Control for Cricket in India

Q.4 Answer in one line: (10 Marks) any 5

1. Under which kind of strength would you put Shotput?

A: Shot put is a power-based track and field event that requires explosive strength.

2. What do you mean by Micro-Nutrients?

A: The Vitamins, Minerals required in lesser quantities in the body are called as Micro-Nutrients.

3. What do you mean by Macro-Nutrients?

A: Carbohydrates, Protein and Fats are major nutrients and are required in higher quantities in the body are Called as Macro-Nutrients.

4. Who is awarded the Dronacharya Award?

A: The Dronacharya Award is given to Indian coaches who have helped athletes achieve outstanding results in sports, both nationally and internationally.

5. What is Pranayama?

A: The meaning of Pranayama is regulation of prana. Prana is the life force in breath. Ayama is to extend, stretch, increase the length or regulate. Pranayama means to hold or control the breath. It regulates all respiratory processes.

6. Name the Sanskrit word from which Yoga is derived?

A: The word 'Yoga' is derived from the Sanskrit root word 'Yuj'. Yoga is about joining and uniting.

7. What is a Balance Diet?

A: A Diet consisting of a variety of different types of food and nutrients like carbohydrates, proteins, fats, vitamins, minerals and water in adequate amounts for good health is balanced diet.

Q.5 Write in your own words. (12 Marks) any 4

1. What can be done to remain active on holidays?

2. What should be done to develop/increase physical fitness?

3. Facilities given by government for Olympians.

4. Write down few Advantages of Balance Diet.

5. Write down the benefits of Yoga.


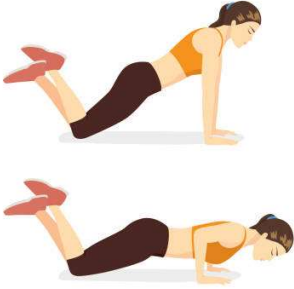
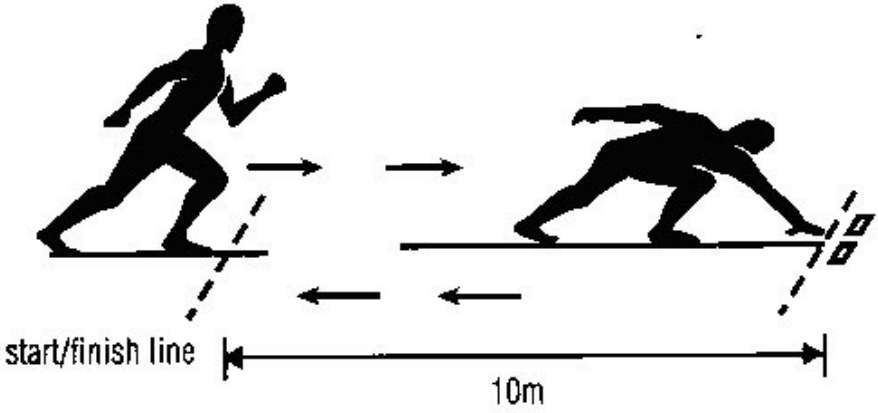
6. Write the benefits of regular exercise.

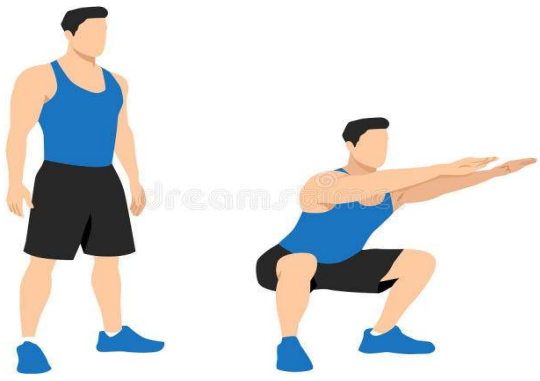

Q.6 Draw neat and clean diagram of any-one Sports with measurements and write down basic rules. (8 Marks)

1. Volleyball
2. Handball
3. Football
4. Kabaddi
5. Netball
6. Badminton

Practical Exam Details

Total Marks: 50

Sr.no	Marks	Practical Exercise
1.	15 marks Pushups	<p>For Boys</p>  <p>For Girls</p> 
2.	15 marks Shuttle Run	 <p>start/finish line</p> <p>10m</p>

<p>3.</p>	<p>15 marks Squats</p>	
<p>4.</p>	<p>5 marks Padmasana</p>	

-----**Best of Luck**-----