



INDIAN SCHOOL SOHAR
UNIT TEST 2014-2015
SUB: PHYSICAL EDUCATION

CLASS: XII
Date: 25-5-2014

Max Marks: 50
Time: 02 Hrs

General instructions:

1. All questions are compulsory.
2. The serial number of question should be written clearly.
3. Answer to question carrying 1 mark should be in approximately 30 words.
4. Answer to question carrying 2 marks should be in approximately 60 words.
5. Answer to question carrying 3 marks should be in approximately 100 words.
6. Answer to question carrying 5 marks should be in approximately 150-200 words.

Q.1	Define environment.	1
Q.2.	What do you mean by sports environment?	1
Q.3.	Explain balanced diet.	1
Q.4.	What do you mean by macro nutrients?	1
Q.5.	Explain the term planning.	1
Q.6.	What do you mean by seeding?	1
Q.7.	What is Scoliosis?	1
Q.8.	What do you understand by correct posture?	1
Q.9.	Mention the need of sports environment.	2
Q.10.	Describe tournament and write the types of tournament.	(1+1)=2
Q.11.	Explain the correct posture of standing.	2
Q.12.	Enlist the advantages of correct posture.	2
Q.13.	What do you mean by Anorexia Nervosa?	2
Q.14.	Explain the role of individual for improvement of sports?	3
Q.15.	What are the merits and demerits of knockout tournament?	3
Q.16.	Describe Lordosis and their preventive measures.	3
Q.17.	What is nutrition and functions of diet?	3
Q.18.	Discuss the role of media in creating positive sports environment.	5
Q.19.	What are Minerals? Explain any six minerals and their sources.	(2+3)=5
Q.20.	Make a knock-out fixture for 15 teams in which four teams are seeded.	5
Q.21.	Explain the legs postural deformities and their remedial measures.	5

*******The End*******