



**INDIAN SCHOOL SOHAR**  
**UNIT TEST 2015-2016**  
**SUB: PHYSICAL EDUCATION (Theory)**

**CLASS: XII**

**Max Marks: 50**

**Date:**

**Time: 02 Hrs**

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**General instructions:**

1. Question paper consists of 20 questions.
  2. All questions are compulsory
  3. Answers to questions carrying 1 mark should be approximately 20-30 words.
  4. Answers to questions carrying 3 marks should be approximately 80-90 words.
  5. Answers to questions carrying 5 marks should be approximately 150-200 words.
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Q.1	Define planning.	1
Q.2.	What do you mean by extramural?	1
Q.3.	Explain consolation type II tournament.	1
Q.4.	What do you mean by non-nutritive components of diet?	1
Q.5.	Enlist the fat soluble vitamins and there storage in body.	1
Q.6.	What do you understand by non-essential proteins?	1
Q.7.	Enlist the different types of adventure activities.	1
Q.8.	Define adventure sports.	1
Q.9.	Highlight the equipments required for river rafting.	1
Q.10.	In case of 4 seeded teams, explain the seeding allotment procedure.	3
Q.11.	What do you mean by non or slow renewable natural resources with example.	3
Q.12.	The duration of an activity is more than 1 hour and it involves high and low intensity workout. Which type of fluid and food intake to be consumed during competition?	3
Q.13.	What do you mean by Anorexia Nervosa?	3
Q.14.	Discuss the functions of diet.	3
Q.15.	Mention any six objectives of adventure sports.	3
Q.16.	What are the merits and demerits of knockout tournament?	3
Q.17.	Creating leaders through physical education is comparatively more significant than other education. Give your opinion.	5
Q.18.	Draw a knock-out fixture for 23 teams in which four teams are seeded.	5
Q.19.	Write a note on healthy weight and enlist the pitfalls of dieting.	5
Q.20.	What is league tournament? Draw a fixture for six teams using staircase method.	5

**\*\*\*\*\*The End\*\*\*\*\***