



INDIAN SCHOOL SOHAR
UNIT TEST 2017-2018
SUB: PHYSICAL EDUCATION (Theory)

CLASS: XII

Date: 23-5-17.

Max Marks: 50

Time: 02 Hrs

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 50-60 words.
5. Answers to questions carrying 5 marks should be approximately 100-120 words.

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| Q.1. Define Planning according to 'Mitchell'. | 1 |
| Q.2. What do you understand by gross motor skill? | 1 |
| Q.3. What is seeding? | 1 |
| Q.4. Mention types of unsaturated fat. | 1 |
| Q.5. If your body weight is 57kg, gender- female and height 5 feet 5 inches. Calculate I.B.W. | 1 |
| Q.6. Explain consolation type II tournament. | 1 |
| Q.7. What do you mean by micronutrients? | 1 |
| Q.8. Suggest any two asana as remedial measures for kyphosis. | 1 |
| Q.9. Write any four disadvantages of weight training. | 1 |
| Q.10. In case of 4 byes in a fixture, explain the byes allotment procedure. | 3 |
| Q.11. Calculate E.E.R. for the duration of 3hrs. where body weight is 63kg. | 3 |
| Q.12. Discuss the pitfalls of dieting. | 3 |
| Q.13. Briefly explain the objectives of intramural and extramural. | 3 |
| Q.14. List down the factors affecting motor development. | 3 |
| Q.15. Mention the advantages of correct posture. | 3 |
| Q.16. Explain briefly about Bow legs deformity. | 3 |
| Q.17. Discuss about carbohydrate and protein. | 5 |
| Q.18. What is league tournament? Draw a fixture for seven teams using cyclic method. | 5 |
| Q.19. Discuss the postural problems common in women and suggest the corrective measures. | 5 |
| Q.20. Draw a single knock-out fixture for 17 teams in which four teams are seeded. | 5 |

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