



INDIAN SCHOOL SOHAR
UNIT TEST I (2022-23)
PHYSICAL EDUCATION (048)
SET-1

CLASS: XII
DATE: 24/05/2022

MAX. MARKS: 20
TIME: 45 MINUTES

GENERAL INSTRUCTIONS:

1. The question paper consists of 10 questions and all are compulsory.
2. Questions 1-5 carry 01 mark each and are multiple choice questions.
3. Questions 6-7 carry 02 marks each and shall not exceed 40 -60 words.
4. Questions 8-9 carry 03 marks each and shall not exceed 80 -100 words.
5. Question 10 carry 05 marks and shall not exceed 150 -200 words.

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| 1. Technical Committee works are: | 1 |
| (a) To look after the stay arrangements of players. | |
| (b) To provide transportation to the players. | |
| (c) To conduct matches as per rules of the game. | |
| (d) To provide first aid to the players during match. | |
| 2. Bye is given to _____ | 1 |
| (a) Large numbers of teams. | |
| (b) In league tournament. | |
| (c) Advantage not to play in first round. | |
| (d) Odd numbers of teams. | |
| 3. Which committee are look after all budget and expenses of the tournament? | 1 |
| (a) Organisation | (c) Management |
| (b) Finance | (d) Publicity |
| 4. The main source of protein are : | 1 |
| (a) Fish, meat and eggs | (b) Wheat and rice |
| (c) Green vegetables | (d) Sunlight and water |
| 5. Water soluble vitamin is..... | 1 |
| (a) Vitamin B1 | (b) Vitamin E |
| (c) Vitamin K | (d) Vitamin A |
| 6. What do you mean by staffing & controlling? | 2 |
| 7. Enlist all nutritive components of diet. | 2 |
| OR | |
| What are non-nutritive components of diet? | |
| 8. Draw a knock-out fixture for 9 teams. | 3 |
| OR | |
| Draw a round robin fixture for 7 teams. | |
| 9. What do you mean by balance diet? Explain briefly. | 3 |
| 10. What are macro and micro nutrients? Explain any two of each. | 5 |
| OR | |
| Explain briefly all the committees & their responsibilities during the competition. | |