



INDIAN SCHOOL SOHAR
UNIT TEST I (2022-23)
PHYSICAL EDUCATION (048)
SET-2

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. | Which of them are parts of Sports Management? | 1 |
| | (a) Planning (b) Organizing and Staffing | |
| | (c) Directing and controlling (d) All of the above | |
| 2. | Management requires | 1 |
| | (a) Using the available resources (b) Well planning | |
| | (c) Good coordination among various committees (d) All of above | |
| 3. | Fats and oils come under: | 1 |
| | (a) Protective or regulatory food (b) Energy giving food | |
| | (c) Body builder group (d) Routine food | |
| 4. | Which disease is caused by the deficiency of Iron? | 1 |
| | (a) Scurvy (b) Blood sugar | |
| | (c) Anaemia (d) Jaundice | |
| 5. | Which of the following is not a macronutrient? | 1 |
| | (a) Protein (b) Carbohydrate | |
| | (c) Vitamin (d) Fat | |
| 6. | What do you mean by planning & organising? | 2 |
| 7. | Enlist all micronutrients. | 2 |
| | OR | |
| | What are macronutrients? | |
| 8. | Draw a knock-out fixture for 6 teams. | 3 |
| | OR | |
| | Draw a fixture for 5 teams by cyclic method. | |
| 9. | What do you mean by Nutrition? Explain briefly. | 3 |
| 10. | What are the nutritive and non-nutritive components of diet? Explain any two of each. | 5 |
| | OR | |
| | Explain briefly all the committees & their responsibilities during the competition. | |