

PHYSICAL EDUCATION 50 QUESTIONS FOR CLASS XII STUDENTS

- Q1. Define Balanced diet.
 - Q2. Define healthy weight.
 - Q3. State complex carbohydrates types?
 - Q4. How many amino acids are found in proteins? Q5. What is intellectual disability?
 - Q6. Which type of Vitamin B are found in diet?
 - Q7. Mention two diseases which come from deficiency of protein?
 - Q8. Define disability.
 - Q9. Mention the types of disorder.
 - Q10. Define cardio-vascular endurance.
 - Q11. What is vital-air capacity?
 - Q12. What is 'Bye'?
 - Q13. Why do men have a deeper voice as compared to woman?
 - Q14. Define explosive strength.
 - Q15. What is health run?
 - Q16. What is run for Fun?
 - Q17. Write the advantages & disadvantages of knock-out tournaments.
 - Q18. Define league. Explain its types. Write its advantage & disadvantage of league tournament?
 - Q19. Write the procedure of fixtures in league tournaments?
 - Q20. What is goal setting?
 - Q21. Define Tournament? Write the types of tournaments?
 - Q22. Briefly describe intrinsic motivation.
 - Q23. Explain the objectives of planning.
 - Q24. Write the meaning of Intramural & write its principles.
 - Q25. Define extramurals. Write its objectives & principles.
 - Q26. Explain the meaning of specific sports programme? Write its contribution for society.
 - Q27. Prepare the fixture in knock out & league tournaments for
(i) knockout - 15 teams (ii) league - 7 teams (cyclic method)
 - Q28. Explain Balanced diet and its function in our body.
 - Q29. Mention micronutrients which are important for body.
 - Q30. Write importance of protein for our body ?
 - Q31. Write difference between types of carbohydrate simple and complex carbohydrate?
 - Q32. Mention five pitfalls of dietary.
 - Q33. How water is useful for us ? Explain Briefly.
 - Q34. What is problem focused coping strategy?
 - Q35. What do you mean by bulimia Nervosa ? Mention causes ?
 - Q36. What are some physical symptoms of stress?
 - Q37. Explain fat soluble vitamins and their sources and water soluble vitamins and their sources.
 - Q38. Discuss the role of psychologist for team preparing to participate in a competition.
 - Q39. Discuss 8 techniques of motivation.
 - Q40. Why macronutrients should be essential part of our diet?
 - Q41. Mention the types of effect of micro nutrients on our body?
 - Q42. What is the effect of Diet on performance of sports persons ?
 - Q43. State four Myths of Dieting.
 - Q44. What do you mean by knock knee?
 - Q45. What are the benefits of circuit training?
 - Q46. What is static strength?
 - Q47. When is stress good and when is it bad?
 - Q48. Define endurance.
 - Q49. What is the goal of high altitude training?
 - Q50. What are renewable resources?
-