

**THE ASIAN SCHOOL, DEHRADUN**  
**PRACTICE QUESTIONS - PHYSICAL EDUCATION**  
**Class – 12<sup>th</sup>**

1. Define Physical Fitness.
2. What do you mean by Coordinative abilities? Write two examples.
3. What do you understand by wellness?
4. How many byes will be given in Upper half & Lower half, if the total number of teams is 17?
5. What is 'Seeding'?
6. What is the meaning of 'Positive Sports Environment'?
7. Write the meaning of Sports Environment.
8. What is Kyphosis?
9. What is Scoliosis?
10. What is Pranayam?
11. What is Yoga?
12. What are Fats?
13. What are the sources of protein?
14. Define Interval Training.
15. What is Fartlek?
16. Explain Ethics in Sports.
17. What is Anxiety?
18. What is the meaning of Physical Fitness?
19. What does the word tournament mean?
20. Define environment.
21. What is Lordosis?
22. Define Asanas.
23. What are Proteins?
24. Define Sports Psychology.
25. What are the two causative factors due to which accidents are caused in sports?
26. Distinguish between Intramural and Extramural Programmes.
27. Write a short note on "Importance of Yoga".
28. Briefly explain the role of carbohydrates on the performance of sports person.
29. Enlist the essential elements of Positive Sports Environment.
30. Explain the significance of Individual Difference in Sports Training.
31. What are the advantages of maintaining correct posture?
32. Briefly explain the role of Sports Physiology and Biomechanics in the field of Sports.
33. Define Balanced Diet and mention the Elements of Diet.
34. Define Passive Flexibility.
35. Define Active Flexibility. Mention its types.
36. Write a short note on Specific Sports Programmes.
37. What is Round Robin Tournament?
38. Briefly explain those factors, which cause accidents in sports.
39. Define Sports Environment.
40. What is the meaning of Positive Sports Environment?
41. Explain in brief any two factors affecting Physical Fitness and Wellness.
42. What are the objectives of Extramural Tournaments?
43. Discuss the need of proper sports environment.
44. Define the role of yoga in sports.
45. Mention any four benefits of warming-up.
46. Explain the interval training method.
47. Mention any two principles of Physical Fitness development in brief.
48. Enumerate those principles, which are to be followed for the successful conduct of extramural competitions.
49. Write short note on "Run for Unity".
50. Briefly explain the role of Sports Stadiums in creating positive sports environment.
51. Enlist any four objectives of extramural competitions.
52. Spectators play a very vital role in creating positive sports environment – Elucidate.
53. How does social environment affect sports?

54. "Bad behavior and attitude of parents and players create hindrance in the path of positive sports environment" – Comment.
55. How can Physical activities be corrective measures for Common Postural Deformities?
56. Write a short note on "Importance of Physical Fitness and Wellness".
57. Enumerate the developmental Characteristics at childhood stage.
58. Explain the essential elements of Positive Sports Environment.
59. Explain different steps to be followed for organizing a health run in your school.
60. Write two Corrective Measures for Round Shoulders, Flat Foot and Lordosis.
61. How can Adolescents Problems be managed?
62. Write the basic essential points with regard to Balance Diet.
63. What is the difference between Physical Fitness and Wellness?
64. What do you understand by Physiological Fitness, Psychological Fitness and Anatomical Fitness?
65. Briefly explain two factors affecting physical fitness and wellness.
66. Enlist the general principles, which are to be followed prior to the organization of intramural competitions in school.
67. Explain the role of Games and Sports in fitness development.
68. What are aerobic and anaerobic activities?
69. What is the role of an individual in prevention of sports related accidents?
70. Discuss speed and its methods of development.
71. Write a short note on "Yoga as an Indian Heritage".
72. To lead a life with Fun and Frolic enhances wellness - Justify.
73. How does Rhythmic Exercises serve the purpose of fitness development?
74. What is the significance of Individual Difference in fitness development?
75. What is Seeding? Draw a knock-out fixture for 19 teams; give special seeding to two extra ordinary talented teams.
76. Write a short note on Isotonic Strength. What is its type?
77. What do you understand by league tournament? Write two merits and two demerits of league tournament. Also prepare a league fixture for 09 teams using a cyclic method.
78. Briefly explain the significance of Tournaments.
79. Sports and games cannot be ameliorated and flourished in the absence of appropriate sports environment – Give Reason.
80. Explain different steps to be followed for organizing an extramural competition, say CBSE West Zone Swimming Championship.
81. Briefly explain the role played by an individual to improve the environment for prevention of sports related accidents.
82. Enlist the essential elements of positive sports environment.
83. Explain the role of individual in prevention of sports related accidents.
84. Define 'Fixture'. Draw a league fixture for 19 teams using tabular method.
85. What do you understand by Knock-out Tournament? Draw a Knock-out Fixture for 19 teams where 2 teams are specially seeded.
86. Comment on the role of Spectators & Media in creating a Positive Sports Environment.
87. Enlist all the Elements of Yoga and explain only "YAMA".
88. Define Sports Training. How can you increase the Load in Circuit Training?
89. Enlist the principles for development of Physical Fitness.
90. Explain the significance of Physical Fitness and Wellness for leading a well balanced life.
91. Define Circuit Training. What are the methods to develop speed?
92. What is meant by Adolescence Period? What are the problems of Adolescence?
93. Draw a knock – out fixture of 13 teams out of which two teams are seeded teams. Also prepare a league fixture of same number of teams using tabular method.
94. List the various types of tournament. Draw a knock-out fixture for 21 teams.
95. Explain any five common postural deformities.
96. What is balance diet. Elucidate its elements.
97. What do you mean by anxiety? How can it be managed?
98. Mention two latest changes in general rules of the game/sport of your choice.
99. Playing while using proper sports gear is very important. Explain
100. Write a short note on "School Game Federation of India".
101. Write Short note on prevention of injuries in sports.
102. Write a shot note on School Games Federation of India (SGFI).
103. Describe in brief the history of any one game/sport of your choice.

104. Write in brief about the three fundamental skills of the game/sport of your choice.
105. List the specific exercises for Warm-up and conditioning of any one game/sport of your choice.
106. Explain the prevention of Joint Injuries.
107. Playing while using proper sports gear is very important. Explain
108. Write in brief about three fundamental skills of the game/sport of your choice.
109. Explain the soft tissue injuries.
110. Describe the brief history of any one game/sport of your choice.
111. List the specific exercises for Warm-up and conditioning of any one game/sport of your choice.
112. Playing while using proper sports gear is very important. Explain
113. Mention the achievements of five sports personalities of your choice with specific reference to the awards received by them.
114. Illustrate a field/court/table in any one game/sport of your choice with specific reference to measurement and specifications.
115. Explain any five important terms related to any one game / sport of your choice.
116. Name the important National Sports Awards and explain any one of them.