

# **BRAIN INTERNATIONAL SCHOOL**



**SESSION 2024-25**

**CLASS: XII TERM 1 REVISION SHEET SUBJECT: PHYSICAL EDUCATION**

## **UNIT-1 MANAGEMENT OF SPORTING EVENTS**

- Q.1 If 20 players are participating in a table tennis tournament on knock-out basis, and four players to be kept in special seeding, draw their fixtures.
- Q2. What do you mean by community sports programmes? Explain about health runs and run for unity in details.
- Q3. Draw a fixture of 13 teams using round robin method.
- Q4. What do you mean by extramural? Elucidate the significance of extramurals.
- Q5. Draw a fixture of 11 teams on the basis of league tournament using cycle method. Explain British method to declare the winner.

## **UNIT-2 CHILDREN AND WOMEN IN SPORTS**

- Q1. How can physical activities be corrective measures for the common postural deformities?
- Q2. What do you understand by the female athlete triad? Explain the symptoms and causes of any one of them.
- Q3. Discuss the exercise guidelines of WHO for children under 5 years of age and adults (18-64 years) in details.
- Q4. What is menstrual dysfunction? Elaborate the various types of disorders/problems related to menstrual dysfunction.
- Q5. Explain any five common postural deformities.

## **UNIT-3 YOGA AS PREVENTIVE MEASURE FOR LIFESTYLE DISEASE**

- Q1. What do you mean by obesity? Discuss the benefits and contraindications of katichakrasana and halasana.
- Q2. What do you mean by asthma? Explain the procedure, benefits and contraindications of anulom-vilom.
- Q3. What do you mean by hypertension? Discuss the benefits and contraindications of nadi shodhan pranayama and halasana.
- Q4. What do you mean by diabetes? Elaborate any two asanas which are helpful in preventing diabetes.
- Q5. What do you mean by arthritis. Discuss the procedure of any two asanas for curing arthritis.

## **UNIT-4 PHYSICAL EDUCATION & SPORTS FOR CWSN**

- Q1. Explain the concept of disability in detail.
- Q2. Discuss the advantages of physical activities for children with special needs in detail.
- Q3. Write a note on Paralympic game.
- Q4. Write a note on Deaflympics.
- Q5. What is inclusion? Discuss the need of inclusive education.

## **UNIT-5 SPORTS AND NUTRITION**

- Q1. What do you mean by macro nutrients? Explain about any four macro nutrients.
- Q2. What do you mean by micro nutrients? Explain in brief about minerals as micro nutrients in details.
- Q3. Explain about the various pitfalls of dieting in detail.
- Q4. What do you mean by food intolerance? Explain the causes, symptoms and management of food intolerance in details.
- Q5. Discuss the importance of diet in sports.

