

**QUESTION BANK**  
**CLASS XII**  
**PHYSICAL EDUCATION**

**Chapter 1: Management of Sporting Events**

**Very Short Answer**

1. What is the meaning of planning in sporting events?
2. Define tournament.
3. What is a knock-out tournament?
4. What is a bye?
5. What is fixture?

**Short Answer**

6. Differentiate between knock-out and league tournament.
7. Explain the significance of planning in organizing sports events.
8. Write any three advantages of a league tournament.
9. What are the steps of organizing a sports event?
10. Explain the meaning of seeding.

**Long Answer**

11. Describe the various types of tournaments with suitable examples.
12. Explain the procedure of preparing fixtures for knock-out and league tournaments.

## **Chapter 2: Children and Women in Sports**

### **Very Short Answer**

1. Define motor development.
2. What is the female athlete triad?
3. What is adiposity?
4. What is postural deformity?
5. What is the meaning of special population in sports?

### **Short Answer**

6. Explain any three physical changes during adolescence.
7. Write three benefits of exercise for women.
8. What are postural deformities?
9. Mention any three common motor development activities for children.
10. Explain the importance of play in childhood.

### **Long Answer**

11. Describe the role of physical activity in the growth and development of children.
12. Explain the major issues related to women participation in sports and physical activity.

### **Chapter 3: Yoga as Preventive Measure for Lifestyle Disease**

#### **Very Short Answer**

1. What is yoga?
2. Name any one asana for obesity.
3. What is diabetes?
4. What is hypertension?
5. Define lifestyle disease.

#### **Short Answer**

6. Explain any three benefits of yoga.
7. Write any three causes of obesity.
8. Mention three yogic practices useful in diabetes.
9. What is the role of pranayama in health?
10. Explain the importance of yoga in preventing lifestyle disorders.

#### **Long Answer**

11. Describe the role of yoga in the prevention and management of obesity.
12. Explain the yogic management of diabetes and hypertension.

## **Chapter 4: Physical Education and Sports for CWSN**

### **Very Short Answer**

1. Expand CWSN.
2. What is inclusive education?
3. Define disability.
4. What is autism?
5. What is visual impairment?

### **Short Answer**

6. Explain the importance of physical education for children with special needs.
7. Write any three types of disabilities.
8. Mention three advantages of inclusive sports.
9. What are the objectives of adapted physical education?
10. Explain the concept of special Olympic.

### **Long Answer**

11. Describe the role of physical education in the development of CWSN.
12. Explain the different types of disabilities and suitable physical activities for them.

## **Chapter 5: Sports and Nutrition**

### **Very Short Answer**

1. Define balanced diet.
2. What are carbohydrates?
3. What is BMI?
4. What is dehydration?
5. Name one source of protein.

### **Short Answer**

6. Explain the importance of nutrition in sports.
7. Write any three functions of carbohydrates.
8. Mention three causes of dehydration.
9. What is a balanced diet for athletes?
10. Explain the role of proteins in sports performance.

### **Long Answer**

11. Describe the importance of a balanced diet for sports persons.
12. Explain the relationship between nutrition, fitness, and performance.

## **Chapter 6: Test and Measurement in Sports**

### **Very Short Answer**

1. What is test and measurement?
2. Define BMI.
3. What is a sit and reach test?
4. What does endurance mean?
5. What is agility?

### **Short Answer**

6. Explain the importance of test and measurement in sports.
7. Write any three components of fitness.
8. What is the use of Harvard Step Test?
9. Explain the role of BMI in health assessment.
10. Differentiate between test and measurement.

### **Long Answer**

11. Describe any three tests used to assess physical fitness.
12. Explain how test and measurement help in sports training and performance evaluation.

## **Chapter 7: Physiology and Sports**

### **Very Short Answer**

1. Define warm-up.
2. What is fatigue?
3. Name one function of the circulatory system in exercise.
4. What is oxygen debt?
5. What is recovery?

### **Short Answer**

6. Explain the effect of exercise on the heart.
7. Write any three effects of exercise on muscles.
8. What is oxygen debt and how is it repaid?
9. Explain the importance of warm-up before exercise.
10. Mention three physiological changes during exercise.

### **Long Answer**

- 11 Describe the immediate effects of exercise on the respiratory and circulatory systems.
- 12 Explain the long-term physiological adaptations due to regular exercise.

## **Chapter 8: Sports and Psychology**

### **Very Short Answer**

1. Define motivation.
2. What is anxiety?
3. What is attention?
4. Define aggression.
5. What is self-confidence?

### **Short Answer**

6. Explain the role of motivation in sports.
7. Write any three causes of stress in sports.
8. What is the difference between intrinsic and extrinsic motivation?
9. Mention three methods to control anxiety.
10. Explain the importance of goal setting.

### **Long Answer**

11. Describe the psychological factors affecting sports performance.
12. Explain the methods of improving motivation and confidence in sports persons.

## **Chapter 9: Training in Sports**

### **Very Short Answer**

1. Define training.
2. What is strength?
3. What is speed?
4. What is endurance?
5. What is flexibility?

### **Short Answer**

6. Explain the principles of training.
7. Write any three methods of endurance development.
8. What is circuit training?
9. Differentiate between strength and speed.
10. Explain the importance of flexibility in sports.

### **Long Answer**

- 11 Describe the principles and methods of training in sports.
- 12 Explain circuit training and its advantages in athletic training.

## **Chapter 10: Biomechanics and Sports**

### **Very Short Answer**

1. Define biomechanics.
2. What is force?
3. What is friction?
4. What is leverage?
5. What is projectile motion?

### **Short Answer**

6. Explain the role of biomechanics in sports.
7. Write any three types of friction.
8. What is the importance of leverage in sports?
9. Differentiate between speed and velocity.
10. Explain Newton's first law of motion with sports example.

### **Long Answer**

11. Describe the laws of motion and their application in sports.
12. Explain the principles of biomechanics and how they improve sports performance.