



HOLIDAY HOMEWORK CLASS XII CBSE

SUMMER BREAK 2018-19 SUBJECT : PHYSICAL EDUCATION

INSTRUCTIONS

Questions 1 to 25 are 01 Mark questions. These must be answered in 20 to 30 words.

Questions 26 to 36 are 3 Marks questions. These must be answered in 80 to 90 words.

Questions 37 and 43 are 5 Marks questions. These must be answered in 150 to 200 words.

- Q1. What do mean by league tournament?
- Q2. What is diabetes?
- Q3. What is food intolerance?
- Q4. What is the Rockport one mile test?
- Q5. Name the test used for strength measurement?
- Q6. Enlist two objectives of Intramurals.
- Q7. Your grandmother feels she has reduced her upper body flexibility and therefore she wants to test herself. Which test would you suggest her?
- Q8. Calculate the physical fitness index score using short formula for a 13 year old boy having completed Harvard Step Test for a duration of 180 seconds and his pulse count of 64 beats for 1 to 1.5 minute.
- Q9. What is pratyahara in yoga?
- Q10. Write formula for giving Bye.
- Q11. What are the Micro Nutrients ?
- Q12. Explain the importance of fluid intake during competition.
- Q13. What is Osteoporosis?
- Q14. Enlist two non-nutritive components of diet.
- Q15. Which test would you suggest for your grandmother to test lower body flexibility?
- Q16. What is vitamin?
- Q17. What do you understand by seeding?
- Q18. What is food intolerance?
- Q19. Write down the formulae given by Slaughter-Lohman children skinfold for girls and boys to calculate the body fat percentage.
- Q20. How to we can measure cardio vascular Fitness?
- Q21. What is the special Seeding?
- Q22. What do you mean by combination tournament?
- Q23. How will you calculate the fitness index score using the short term formula.
- Q24. Calculate the body fat percentage of a 15 years old boy whose triceps and calf skinfold measurements are 14 mm and 11mm respectively by using Slaughter-Lohman children skinfold for girls and boys to calculate the body fat percentage.

- Q25. Why does the weightlifters diet include lots of protein?
- Q26. Discuss the zig-zag run for measuring agility and speed in detail.
- Q27. Elucidate the need of food supplements for children.
- Q28. Discuss the precautions for taking food supplements.
- Q29. Critically explain the use of dietary supplements in heavy dose for longer duration. Justify your answer with two suitable examples.
- Q30. Discuss any four pitfalls of dieting.
- Q31. Discuss briefly about various food myths.
- Q32. Explain different steps to be followed for organizing a health run in your school.
- Q33. How various committees are formed for tournaments? Write briefly.
- Q34. Draw a fixture of 6 teams on league basis following the Cyclic Method.
- Q35. What do you mean by Back Pain?
- Q36. Discuss the procedure and benefits of Vajrasana in brief.
- Q37. "Vitamins are very essential for our metabolic process". What happens if we devoid our diet of vitamins?
- Q38. What is hypertension? Discuss the benefits and contraindications of Vajrasana and Ardha Chakrasana.
- Q39. Elucidate the three item test battery for general motor fitness propounded by Barrow in detail.
- Q40. Define combination tournament. Draw fixture of 16 teams using league cum knock-out method.
- Q41. What is the meaning of Tournament? Draw knock-out fixture for 27 teams.
- Q42. Describe the procedure for administering Rikli and Jones Senior Citizen Fitness Test.
- Q43. Discuss in detail about the AAHPER Motor Fitness test specifically the various items in this test battery and its administration.