



# ÉCOLE GLOBALE

## INTERNATIONAL GIRLS' SCHOOL

### Dehradun

## **HOLIDAY HOMEWORK - CLASS XII B PE**

### UNIT-1 Planning in Sports

#### **VERY SHORT ANSWER TYPE QUESTION (1 MARKS EACH)**

- Q1. What do you mean by extramural?
- Q2. Explain bye?
- Q3. What is run for Fun?
- Q4. What is health run?

#### **SHORT ANSWER TYPE QUESTION (80 to 90 WORDS) (3 MARKS EACH)**

- Q1. Define Tournament? Write the types of tournaments?
- Q2. Define league. Explain its types. Write its advantage & disadvantage of league tournament?
- Q3. Write the advantages & disadvantages of knock-out tournaments.

#### **LONG ANSWER TYPE QUESTION (150 to 200 WORDS) (5 MARKS EACH)**

- Q1. Explain the objectives of planning.
- Q2. Explain the meaning of specific sports programme? Write its contribution for society.
- Q3. Prepare the fixture in knock out & league tournaments.
- Q4. Explain the objectives of extramural and intramural competition.

---

### UNIT-2 Sports and Nutrition

#### **VERY SHORT ANSWER TYPE QUESTION (1 MARKS EACH)**

- Q1. Mention the types of carbohydrate?
- Q2. List down four myths about dieting?

Q3. Name the macro minerals which should be part of our diet?

Q4. Mention the types of carbohydrate?

Q5. What is food supplement?

**SHORT ANSWER TYPE QUESTION (80 to 90 WORDS) (3 MARKS EACH)**

Q1. Explain Balanced diet and its function in our body?

Q2. Mention five pitfalls of dieting.

Q3. Explain fat soluble vitamins and their sources and water-soluble vitamins and their sources.

Q4. How is food intolerance treated? What do you explain in brief?

**LONG ANSWER TYPE QUESTION (150 to 200 WORDS) (5 MARKS EACH)**

Q1. Why are macronutrients an essential part of our diet?

Q2. What is the effect of diet on the performance of sports persons?

Q3. Explain food myths in detail?

Q4. What is healthy weight? Explain the methods to control healthy body weight for life time.

---

**UNIT-3 Yoga & Lifestyle**

**VERY SHORT ANSWER TYPE QUESTION (1 MARKS EACH)**

Q1. What do you mean by asana?

Q2. What do you mean by obesity?

Q3. Define diabetes.

Q4. Define asthma?

Q5. Define back pain?

**SHORT ANSWER TYPE QUESTION (80 to 90 WORDS) (3 MARKS EACH)**

Q1. Briefly discuss about hypertension?

Q2. Discuss the benefits of asanas for the prevention of diseases in brief.

Q3. Discuss the procedure of vakrasana.

Q.4 Discuss the asanas which are helpful for preventing diabetes.

Q.5 Elucidate the benefits and contraindications of sukhasana.

**LONG ANSWER TYPE QUESTION (150 to 200 WORDS) (5 MARKS EACH)**

Q.1 Explain asanas as preventive measures in detail?

Q2. Explain the benefits and contraindications of padahasthasana and vajrasana?

Q3. Discuss the procedure, benefits and contraindications of bhujangasana & matsyasana.

Q.4 Discuss the benefits and contraindications of pavanmuktasana & chakrasana.

---

**Unit-IV: Physical Education & Sports for Differently-Abled**

**VERY SHORT ANSWER TYPE QUESTION (1 MARKS EACH)**

Q.1 “Malnutrition may cause disability”. Explain this statement.

Q2. What do you mean by physical disability?

Q3. Does genetic factor cause ADHD?

Q.4 Define SPD?

Q.5 Define disorder?

Q.6 Define cognitive disability?

**SHORT ANSWER TYPE QUESTION (80 to 90 WORDS) (3 MARKS EACH)**

Q.1 Briefly discuss the concept of disorder.

Q2. Discuss the causes of ASD?

Q3. Mention the symptoms of ADHD?

Q.4 Discuss the causes of SPD?

Q.5 Elaborate the meaning of disability.?

**LONG ANSWER TYPE QUESTION (150 to 200 WORDS) (5 MARKS EACH)**

Q.1 Discuss the types of disability.

Q2. What do you mean by OCD? Elaborate the causes of OCD.

Q3. Discuss the advantages of physical activities for children with special needs in detail.

Q.4 What do you mean by ASD? Elaborate the causes of OCD.

Q.5 What do you mean by ODD? Elaborate the causes of ODD.

Q.6 Discuss the various strategies to make physical activities accessible for children with special needs in detail.

---

**Unit-V: Children & Sports**

**VERY SHORT ANSWER TYPE QUESTION (1 MARKS EACH)**

Q.1 What do you mean by knock knee?

Q2. What do you mean by motor development?

Q3. State or mention common postural deformities?

Q.4 Explain the corrective measures for lordosis deformity?

**SHORT ANSWER TYPE QUESTION (80 to 90 WORDS) (3 MARKS EACH)**

Q.1 What is the difference between kyphosis & lordosis?

Q.2 How can we correct/treat the problem of scoliosis?

Q.3 Describe the corrective measure for postural deformity of kyphosis?

Q.4 Describe the corrective measure for knock knees & flat foot?

Q.5 Describe the corrective measure for round shoulders & bow legs?

**LONG ANSWER TYPE QUESTION (150 to 200 WORDS) (5 MARKS EACH)**

Q.1 What is lordosis? What are the causes of this problem and how can we treat this deformity.

Q.2 What are the causes of bad posture? Explain detail?

Q.3. What do you mean by posture? What are benefits of correct posture. Explain?

Q4. What do you mean by weight training? Discuss its advantages and disadvantages?

Q5. Explain the Motor Development during the childhood?

---

**Unit-VI: Women & Sports**

**VERY SHORT ANSWER TYPE QUESTION (1 MARKS EACH)**

- Q.1 What is menstrual dysfunction?  
Q.2 Briefly describe Menarche?  
Q.3 What are the causes of early menarche?

**SHORT ANSWER TYPE QUESTION (80 to 90 WORDS) (3 MARKS EACH)**

- Q.1 How women's participation in sports is beneficial? Discuss.  
Q.2 What exercises should be recommended during Menarch & Osteoporosis?  
Q.3 What are the constraints of women participation in sports?

**LONG ANSWER TYPE QUESTION (150 to 200 WORDS) (5 MARKS EACH)**

- Q.1 What are the steps which should be taken to improve women's participation in sports in India?  
Q.2 Discuss sociological aspects of sports participation of women in India?  
Q.3 Explain in detail the psychological failures affecting women's participation in sports.  
Q.4 Explain female athlete triad, caused by excessive exercises and dieting?
- 

**Unit-VII: Test & Measurement in Sports**

**VERY SHORT ANSWER TYPE QUESTION (1 MARKS EACH)**

- Q.1 Why measurement is necessary?  
Q.2 What do you understand by senior citizen fitness test?  
Q.3 What do you understand by cardiovascular fitness?  
Q.4 What is test?  
Q.5 What is Kraus-Weber test?

**SHORT ANSWER TYPE QUESTION (80 to 90 WORDS) (3 MARKS EACH)**

- Q1. Describe any three tests in Kraus-Weber test.  
Q2. Explain administration of Rockport one-mile test.  
Q3. Describe in short Harvard step test.  
Q4. How will you calculate the fitness index score (short & long-term formula) & children skinfold formula?

**LONG ANSWER TYPE QUESTION (150 to 200 WORDS) (5 MARKS EACH)**

- Q1. What do you understand by AAHPER test? Describe the test.
- Q2. What is the importance of measurement in physical education and sports? Write in your own words.
- Q3. What do you understand by barrow three test? Describe the test.
- Q4. Describe the procedure for administering Rikli and jones senior citizen fitness test.
- Q5. What is the importance of Test & measurement in physical education and sports? Write in your own words.
- 

**Unit-VIII: Physiology & Sports**

**VERY SHORT ANSWER TYPE QUESTION (1 MARKS EACH)**

- Q1. What is flexibility?
- Q2. What is ageing?
- Q3. What is stroke volume?
- Q4. Explain Muscle Fibre?
- Q5. What is VO<sub>2</sub> Max (Maximum Oxygen uptake).
- Q6. What do you mean by physiology?
- Q7. What are capillaries?

**SHORT ANSWER TYPE QUESTION (80 to 90 WORDS) (3 MARKS EACH)**

- Q1. Write the immediate effects of exercise on Cardio-Vascular system?
- Q2. Differentiate between slow twist fibre and fast twist fibre?
- Q3. Write the effects of exercise in muscular system?
- Q4. Describe the effects of exercise on respiratory system?
- Q5. Discuss the physiological factors determine the flexibility?
- Q6. Explain the physiological factors determine endurance as a component of physical fitness?

**LONG ANSWER TYPE QUESTION (150 to 200 WORDS) (5 MARKS EACH)**

- Q1. Elucidate Physiological changes due to Ageing?

- Q2. Explain the effect of Exercise on Circulatory System?
- Q3. Discuss the physiological factors determine the flexibility?
- Q4. Elaborate the Role of Regular Exercise on Ageing Process?
- Q5. Discuss the physiological factors, determine the strength as a component of physical Fitness?
- Q6. Describe the physiological factors which determine the speed as a component of physical fitness?
- 

### **Unit-IX: Sports Medicine**

#### **VERY SHORT ANSWER TYPE QUESTION (1 MARKS EACH)**

- Q.1 What is sports medicine?
- Q.2 How to classify sports injury?
- Q.3 What do you mean by fracture?
- Q.4 What is Laceration?
- Q.5 Write types of soft tissue injury.
- Q.6 Define dislocation?

#### **SHORT ANSWER TYPE QUESTION (80 to 90 WORDS) (3 MARKS EACH)**

- Q.1 What is the concept of sports medicine?
- Q.2 What are the Aims & objectives of sports medicine?
- Q.3 What are the most common causes of fracture?
- Q.4 What are the differences between intrinsic and extrinsic factors of Injury?

#### **LONG ANSWER TYPE QUESTION (150 to 200 WORDS) (5 MARKS EACH)**

- Q.1 Write down types of bone fracture?
- Q.2 What are the types of injury and its probable causes?
- Q.3 What are the symptoms and treatment of dislocation? What are the preventive measures for dislocation?
- Q.4. Explain the meaning & need of Sports Medicine in detail.

Q5. Give description of intrinsic & extrinsic factors in sports injury?

---

**Unit-X: Kinesiology, Biomechanics & Sports**

**VERY SHORT ANSWER TYPE QUESTION (1 MARKS EACH)**

Q1. Define trajectory?

Q2. What do you mean by sport biomechanics?

Q3. What is Air-resistance?

Q4. What is law of reaction?

Q5. What is friction?

Q.6 What do you mean by kinesiology?

**SHORT ANSWER TYPE QUESTION (80 to 90 WORDS) (3 MARKS EACH)**

Q1. What is Friction? Discuss several types of Friction.

Q2. Is friction advantageous or disadvantageous in the field of games and sports? Give your comments with examples.

Q3. Discuss the major muscles involved in jumping?

Q4. Differentiate between adduction and abduction?

Q5. Differentiate between flexion and extension?

Q6. Discuss the major muscles involved in Throwing?

**LONG ANSWER TYPE QUESTION (150 to 200 WORDS) (5 MARKS EACH)**

Q1. What is Projectile? Explain the factors affecting projectile trajectory?

Q2. Discuss the major muscles involved in running?

Q3. Elucidate newton's laws of motion and their application in various games and sports?

Q4. What do you mean by aerodynamics? Explain the basic forces of aerodynamics?

Q5. Elucidate several types of anatomical plane and axis?

---



**Unit-XI: Psychology & Sports**

**VERY SHORT ANSWER TYPE QUESTION (1 MARKS EACH)**

- Q.1 What is stress?
- Q.2 What do you understand by coping?
- Q.3 Define Personality.
- Q.4 Define Motivation.
- Q.5 What do you mean by self-esteem.
- Q.6 What do you understand by body - Image?
- Q.7 What do you understand by aggression?

**SHORT ANSWER TYPE QUESTION (80 to 90 WORDS) (3 MARKS EACH)**

- Q1. Briefly explain sheldon's classification of personality?
- Q2. Briefly explain the types of aggression in sports?
- Q3. Briefly state about emotion-focused coping strategies?
- Q4. Discuss intrinsic and extrinsic motivation?
- Q5. Briefly explain the factors influencing body image and self-esteem?

**LONG ANSWER TYPE QUESTION (150 to 200 WORDS) (5 MARKS EACH)**

- Q1. Briefly explain jung's classification of personality?
  - Q2. explain big five personality theory?
  - Q3. Elucidate the psychological effects of regular exercise on individual.
  - Q4. Briefly explain sheldon's classification of personality?
  - Q5. Elucidate the techniques of motivation.
  - Q.6 Explain the techniques of stress management?
-

**Unit-XII: Training in Sports**

**VERY SHORT ANSWER TYPE QUESTION (1 MARKS EACH)**

- Q1. What is speed?
- Q2. What is strength?
- Q3. What is endurance?
- Q4. What is flexibility?
- Q5. What is coordinative ability?
- Q6. What is speed endurance?
- Q7. What is acceleration?
- Q8. What is reaction ability?

**SHORT ANSWER TYPE QUESTION (80 to 90 WORDS) (3 MARKS EACH)**

- Q1. What do you understand by maximum strength?
- Q2. What are the types of flexibility? Discuss.
- Q3. What are coordinative abilities in sports?
- Q4 “Endurance is one of the most key factor for high performance in games & sports.” Explain.

**LONG ANSWER TYPE QUESTION (150 to 200 WORDS) (5 MARKS EACH)**

- Q1. Write the difference between isometric, isotonic and isokinetic exercises.
- Q2. Explain the methods to develop endurance.
- Q3. What are the methods to develop/improve flexibility? Explain
- Q4. Briefly explain any two methods for improving speed write down the factors determining speed?
- Q5. What is circuit training? Discuss the main characteristics and advantages of circuit training.
- Q6. What do you mean by high altitude training? Elaborate the impacts of H.A.T on athletes who involve the muscles in such training.

-----**ALL THE BEST**-----

# Practical

(Max. Marks 30)

- |  |            |
|--|------------|
| 01. Physical Fitness - AAHPER                                  | - 10 Marks |
| 02. Skills of any one Team Game of choice from the given list* | - 10 Marks |
| 03. Viva   | - 05 Marks |
| 04. Record File**  | - 05 Marks |

\***Athletics, Basketball, Football, Handball, Hockey, Kho Kho, Rifle Shooting, Unified Basketball (DifferentlyAbled Children) & Volleyball.**

\*\*Record File shall include:

Practical-1: Modified AAHPER administration for all items.

Practical-2: Conduct Barrow 3 Item Test on 10 students.

Practical-3: Procedure for Asanas, Benefits & Contraindication for any two Asanas each lifestyle disease.

Practical-4: Procedure for administering Senior Citizen Fitness Test for 5 elderly family members.

Practical-5: Any one game of your choice out of the list above. Labelled diagram of field/court & equipment, Rules, Terminologies, basic/fundamental skills & tournaments.

**Note:**

1. It is suggested that Unit No. III & VII may be taught by following the Principle of Learning by Doing.
2. Content is designed to complete the syllabus between 120-140 period

**❖ Prepare and decorate your physical education practical file during your winter break and submit by 12 January 2018, positively.**