



INDIAN SCHOOL AL WADI AL KABIR

DEPARTMENT OF PHYSICAL EDUCATION

CLASS XII UNIT TEST-I

Max Marks:30

SUBJECT-PHYSICAL EDUCATION (48)

Time:1hr 30min

General instructions:

1. Section A consists of 5 questions amongst which 3 questions have to be attempted each question carries 2 marks and should have 30-50 words.
2. Section B consists of 4 questions amongst which 3 questions have to be attempted each question carries 3 marks and should have 80-100 words.
3. Section C consists of 5 questions amongst which 3 questions have to be attempted each question carries 5 marks and should have 100-150 words.

(SECTION A)

Q 1. Define the terms Bye and Seeding.

Q 2. Define single knockout tournament?

Q 3. What is Kyphosis?

Q 4. What is osteoporosis?

Q 5. What do you understand by flat foot?

(SECTION B)

Q 6. Discuss the difference between knock knees and Bow Legs.

Q 7. What is a league tournament? What are its advantages and disadvantages?

Q 8. What is Fixture? Write down the types of fixture.

Q 9. Explain the merits and demerits of Knock-out Tournament.

(SECTION C)

Q 10. Make a fixture of 7 teams on league basis?

Q 11. Draw a fixture of 19 teams on knockout tournament basis?

Q 12. Suggest five exercises as corrective measures for Round shoulders and Kyphosis.

Q 13. Discuss in detail about Female athlete triad.

Q 14. Explain the causes and corrective measures for knock-knee and flat foot.

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