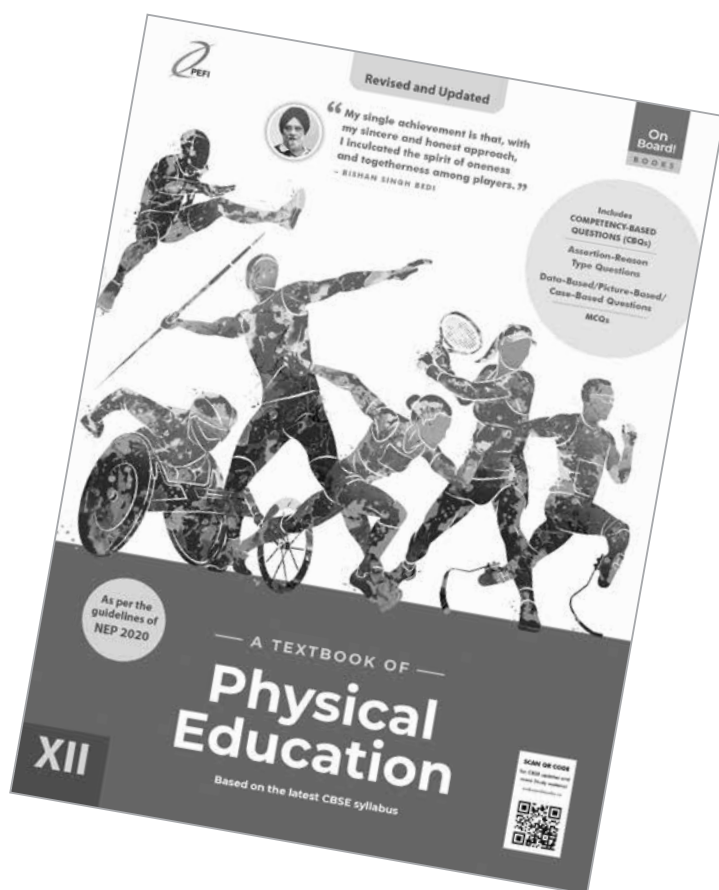


WORKSHEETS

— A TEXTBOOK OF —

Physical Education

Class XII



On
Board!

BOOKS

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WORKSHEET 1

CHAPTER 1 PLANNING IN SPORTS

Answer the following questions.

A. Multiple-Choice Questions

- Which of the following is not a type of tournament?
a. Knockout b. Round Robin c. Mixed d. League tournament
- League cum Knockout is a part of which tournament?
a. Knockout b. Round robin c. Combination d. Consolation
- Which of the following games is not a major game?
a. Kabaddi b. Kho-kho c. Swimming d. Wrestling
- Which provide a platform for students to showcase their talents?
a. Intramurals b. Extramurals c. Seedling method d. League tournament
- The total number of matches for knockouts to be played in single tournament is determined by the formula
a. $\frac{N-1}{2}$ b. $N-1$ c. $\frac{N-2}{2}$ d. $\frac{N+1}{2}$

B. Short Answer Type-I Questions

- What is a knockout tournament?

- Write a short note on the Boarding and Lodging Committee.

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3. What is the role of First-Aid Committee?

4. How does a Knockout tournament differ from a League or Round Robin tournament?

5. Briefly describe the importance of Sports Day programme in Physical Education.

C. Short Answer Type-II Questions

1. Define intramural and extramural competitions. What are their objectives?

2. Describe the methods of deciding the winner in a league tournament.

WORKSHEET 2

CHAPTER 2 SPORTS AND NUTRITION

Answer the following questions.

A. Multiple-Choice Questions

- How many amino acids must be obtained from the food we eat?
a. 9 b. 12 c. 16 d. 20
- In what ratio fats are composed of the elements carbon, oxygen and hydrogen?
a. 12 : 67 : 12 b. 76 : 12 : 12 c. 12 : 12 : 12 d. 12 : 76 : 14
- Which disease is caused by the deficiency of iron?
a. Scurvy b. Blood sugar c. Anaemia d. Jaundice
- What is the other name for Vitamin C?
a. Lactic acid b. Phosphoric acid c. Nitric acid d. Ascorbic acid
- Which of the following is not a macronutrient?
a. Protein b. Carbohydrate c. Vitamin d. Fat

B. Short Answer Type-I Questions

- What are the points that need to be considered before planning a balanced diet?

- Are food and nutrition synonymous? Explain.

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3. What are the two forms of carbohydrates?

4. What are the nutritive and non-nutritive components of diet?

5. How can we calculate Body Mass Index (BMI)?

C. Short Answer Type-II Questions

1. What are the different food myths?

2. What is food intolerance? What are the causes, symptoms and management of food intolerance?

WORKSHEET 3

CHAPTER 3 YOGA AND LIFESTYLE

Answer the following questions.

A. Multiple-Choice Questions

1. An increase in blood pressure beyond normal level causes
a. diabetes. b. hypertension. c. cardiac arrest. d. headache.
2. Which asana releases unwanted and toxic gases from the digestive system?
a. Vajrasana b. Shavasana c. Tadasana d. Pavanmuktasana
3. Which asana helps in curing back pain, spondylitis and slip disc?
a. Vajrasana b. Shavasana c. Bhujangasana d. Tadasana
4. Which disease causes sugar to build-up in our blood?
a. Hypertension b. Diabetes c. Blood pressure d. Spondylitis
5. Which asana is also called the upward salute pose?
a. Hastasana b. Shavasana c. Bhujangasana d. Tadasana

B. Short Answer Type-I Questions

1. Which asanas are useful in keeping a body fit and healthy?

2. How can one know if he or she is obese?

3. What are the factors that are responsible for causing obesity?

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4. What is hypertension? What are the causes of hypertension? Which are the diseases that are caused by hypertension?

5. What are the functions of the heart? How is blood pressure caused?

C. Short Answer Type-II Questions

1. Describe the asanas that can give relief to a person suffering from back pain?

2. Write short notes on any two asanas covering their procedures and benefits.

- a. Hastasana b. Trikonasana c. Bhujangasana d. Paschimottanasana

WORKSHEET 4

CHAPTER 4 PHYSICAL EDUCATION AND SPORTS FOR CWSN

Answer the following questions.

A. Multiple-Choice Questions

- Intellectual disability usually occurs before the age of
 - 20 years.
 - 22 years.
 - 18 years.
 - 16 years.
- Osteomalacia and learning disabilities are caused due to the deficiency of
 - Vitamin A.
 - Vitamin B.
 - Vitamin C.
 - Vitamin D.
- A child showing persistent pattern of anger, irritability and disobedient behaviour suffers from
 - ODD.
 - ASD.
 - SPD.
 - ADHD.
- The Bhopal Gas Tragedy occurred in the year
 - 1985.
 - 1984.
 - 1986.
 - 1988.
- A learning disability which leads to the inability to write and speak accurately is known as
 - osteomalacia.
 - epilepsy.
 - dyslexia.
 - arthritis.

B. Short Answer Type-I Questions

- What is cognitive disability and what are its causes?

- What is the nature of physical disability?

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3. What are the symptoms of a child suffering from ODD?

4. What are the concepts of disability and disorder?

5. How is etiquette different or similar to disability etiquette?

C. Short Answer Type-II Questions

1. Write short notes on any three of the following disorders:

- a. ODD b. SPD c. OCD d. ASD e. ADHD

2. What are the initiatives which can make all the differently abled children participate in physical activities?

WORKSHEET 5

CHAPTER 5 CHILDREN AND WOMEN IN SPORTS

Answer the following questions.

A. Multiple-Choice Questions

1. The excessive inward curvature of spine resulting in a forward curve in the lumbar region is called
a. Kyphosis. b. Lordosis. c. Scoliosis. d. Flat foot.
2. In the 2014 Asian Games, a boxer was banned for a year by All India Boxing Association. Who was that Boxer?
a. Mary Kom b. Sakshi Malik c. Sarita Devi d. Hima Das
3. Who was the first Indian woman to win a medal in the Olympics?
a. PT Usha b. Mary Kom c. Sania Mirza d. Karnam Malleswari
4. The onset of the first menstrual bleeding or period in a female is called
a. Amenorrhoea. b. Dysmenorrhoea. c. Menarche. d. Bulimia.
5. An eating disorder in which the patient consumes a large quantity of food within a short period.
a. Amenorrhoea b. Anorexia nervosa c. Menarche d. Bulimia nervosa

B. Short Answer Type-I Questions

1. What are the spinal posture deformities? Describe briefly.

2. What are the causes of kyphosis and lordosis?

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3. What is flat foot? What are the precautions needed to avoid it?

4. How can we increase women participation in sports?

5. What are the abnormalities seen in women who do intense exercises and sports activities?

C. Short Answer Type-II Questions

1. What is bulimia nervosa and how can it be managed?

2. How is women physiology related to their participation and performance in sports?

WORKSHEET 6

CHAPTER 6 TEST AND MEASUREMENT IN SPORTS

Answer the following questions.

A. Multiple-Choice Questions

1. A cardiovascular endurance test developed by Lucien Brouha is called as
 - a. Rockport Fitness Walking Test.
 - b. Harvard Step Test.
 - c. Arm Curl Test.
 - d. Back Scratch Test.
2. Chair Stand Test is carried out to test the strength of the
 - a. lower body.
 - b. upper body.
 - c. shoulder.
 - d. hip joint.
3. The total number of completed chair stands during 30 seconds is called
 - a. goal.
 - b. result.
 - c. point.
 - d. score.
4. The test used to measure the agility of an individual is called
 - a. Zigzag Test.
 - b. Back Scratch Test.
 - c. Arm Curl Test.
 - d. Harvard Step Test.
5. The Fullerton Functional Fitness Test is a tool to measure the functional fitness of
 - a. young people.
 - b. children.
 - c. senior citizens.
 - d. women.

B. Short Answer Type-I Questions

1. What is the meaning of Motor Fitness?

2. What are the items included to know the fitness of an athlete?

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3. What is Zigzag run test?

4. What are the advantages and disadvantages of Harvard step test?

5. Which test is prescribed to test the fitness of senior citizens?

C. Short Answer Type-II Questions

1. What is the purpose and procedure of Shuttle Run test?

2. Describe the rules set for the three tests included in Motor Fitness Test Items.

WORKSHEET 7

CHAPTER 7 PHYSIOLOGY AND INJURIES IN SPORTS

Answer the following questions.

A. Multiple-Choice Questions

- Which is not a connective tissue in human body?
a. Fascia b. Tendon c. Ligaments d. Capillaries
- What is the normal resting heart beat rate?
a. 70 beats /min b. 72 beats/min c. 80 beats/min d. 90 beats/min
- The muscle injury caused by a blow to the skin such as getting hit or bumping against something is called
a. contusion. b. strain. c. abrasion. d. sprain.
- Which food intake does not reduce the risks of fractures?
a. Vitamin D b. Calcium c. Phosphorus d. Vitamin C
- With proper and persistent exercise routine vital air capacity can be raised up to
a. 500 cc. b. 550 cc. c. 600 cc. d. 650 cc.

B. Short Answer Type-I Questions

- Why are short-limbed individuals able to lift more weight compared to long-limbed individuals?

- How is direct injury different from indirect and overuse injury?

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3. What is green stick fracture? How is it different from oblique fracture?

4. What is the difference between contusion and abrasion?

5. What is lactic acid tolerance ?

C. Short Answer Type-II Questions

1. How do exercises delay the ageing process?

2. Describe briefly the management of joint injuries and dislocation.

WORKSHEET 8

CHAPTER 8 BIOMECHANICS AND SPORTS

Answer the following questions.

A. Multiple-Choice Questions

- Which plane divides the human body into two parts: a left part and the right part?
a. Sagittal plane b. Frontal plane c. Horizontal plane d. Simple plane
- Which movement increases the angle between two body parts?
a. Flexion b. Extension c. Abduction d. Adduction
- Newton's _____ law is used in sprinting.
a. third b. second c. first d. frictional
- Which one of these types of friction is stronger than the others given below?
a. Rolling friction b. Sliding friction c. Static friction d. All are equally strong
- _____ is a movement in the frontal plane that returns the body part to the midline or takes it away from the imaginary central line.
a. Flexion b. Extension c. Abduction d. Adduction

B. Short Answer Type-I Questions

- What is frontal or coronal plane?

- How is abduction different from adduction?

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3. What is Newton's second law of motion? How is it applied in sports?

4. What is static friction?

5. What is the difference between sliding friction and rolling friction?

C. Short Answer Type-II Questions

1. How does biomechanics play a role both in injury prevention and enhancement of performance in sports?

2. What is friction? What role does it play in sports?

WORKSHEET 9

CHAPTER 9 PSYCHOLOGY AND SPORTS

Answer the following questions.

A. Multiple-Choice Questions

- Who is the author of the book '*Becoming*'?
a. D C Funder b. J D Mayer c. Warren d. Gordon Allport
- Which type of personalities are outgoing and extroverted?
a. Type A b. Type B c. Type C d. Type D
- Which traits are the most visible traits of an individual?
a. Central traits b. Secondary traits c. Cardinal traits d. Primary traits
- What is the other name for instrumental aggression?
a. Channelled aggression b. Assertive behaviour
c. Hostile aggression d. Social aggression
- Who said, " People will understand god better in a football ground rather than in a temple."?
a. Swami Dayanand b. Mahatma Gandhi
c. Swami Vivekanand d. Jawaharlal Nehru

B. Short Answer Type-I Questions

- What is Endomorphy with Viscerotonia?

- For an act to be deemed aggressive, what are the factors that must be involved in it?

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3. How is an intrinsic motivation different from extrinsic motivation?

4. What are the causes of aggression? Explain any one cause.

5. What is the emotional dimension of a personality?

C. Short Answer Type-II Questions

1. How has Carl Jung classified personality?

2. What are the techniques of motivation? Explain any one of them.

WORKSHEET 10

CHAPTER 10 TRAINING IN SPORTS

Answer the following questions.

A. Multiple-Choice Questions

1. In which year, the Fartlek Training method was developed?
a. 1935 b. 1937 c. 1939 d. 1941
2. The ability to perform a range of movements with greater ease through external help is called
a. Passive flexibility. b. Active flexibility. c. Static flexibility. d. Dynamic flexibility.
3. Which strength is also known as dynamic strength?
a. Isometric strength b. Explosive strength c. Isotonic strength d. Maximum strengths
4. When were isokinetic exercises proposed by James Perrine?
a. 1965 b. 1967 c. 1972 d. 1968
5. In which method the movement is performed with rhythmic swinging in the maximum range?
a. Ballistic method b. Static stretching method
c. Dynamic stretching method d. Post-isometric stretch

B. Short Answer Type-I Questions

1. What is endurance and what are the benefits of endurance?

2. What is flexibility? What is the Ballistic method to improve flexibility?

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3. What are the factors that influence the speed of an athlete?

4. Write some of the contraindications which need to be kept in mind while doing circuit training.

5. What are the characteristics and significance of coordinative abilities?

C. Short Answer Type-II Questions

1. What are the types of endurance and how can it be improved?

2. Explain the basic difference between isometric and isotonic exercises?
