



| | | | | | |
|---------------------|--------------------|--------------|-----|-----------------------|--|
| Student Name | | | | | |
| Date | 18/07/2020 | Grade | XII | Roll No. | |
| Subject | Physical Education | Marks | 50 | Teacher's Sign | |

PERIODIC ASSESSMENT – I [2020-21]

GENERAL INSTRUCTION:

1. All the Questions are Compulsory Questions.
2. All the Parts of Questions must be attempted at one Place.

| | |
|--|---|
| 1. What does the word Tournament Means? | 1 |
| 2. What do you mean by food intolerance ? | 1 |
| 3. Enlist two non-nutritive components of diet. | 1 |
| 4. What is Seeding? | 1 |
| 5. What do you mean by a Bye? | 1 |
| 6. Why does the weight lifter's diet include lots of Protein. | 1 |
| 7. What do you mean by Planning? | 1 |
| 8. What do you mean by Balance Diet? | 1 |
| 9. Define Nutrition. | 1 |
| 10. What do you mean by Sports Nutrition? | 1 |
| 11. What do you mean by Vitamins? | 1 |
| 12. What do you mean by healthy Weight? | 1 |
| 13. What are Fats? | 1 |
| 14. What is Food Intolerance? | 1 |
| 15. Fats are derived from two sources. Name Them | 1 |
| 16. What is Specific Sports Program? | 1 |
| 17. Give definition of Planning. | 1 |
| 18. What is Importance of Tournament in Sports? Write down any three Points. | 3 |
| 19. What are the types of disability ? Explain briefly. | 3 |
| 20. List the Steps to form Committees for Tournaments. | 3 |
| 21. What do you mean by Macro and Micro Nutrients? | 3 |
| 22. Explain in brief Importance of Water. | 3 |
| 23. Briefly Explain any two Food Myths. | 3 |
| 24. What do you mean by Knockout Tournaments? Define the fixtures of 27 teams on Knockout Basis. | 5 |
| 25. What do you mean by tournaments? Explain importance of tournament in Detail. | 5 |
| 26. What is league tournament? Explain the types, Merits and Demerits of league tournaments. | 5 |