

## JASWANT MODERN SR. SEC. SCHOOL WORKSHEET 1 CLASS XII SUB- PHYSICAL EDUCATION (A)

- Q1. Write two cheap sources of: - (a) Iodine (b) Vitamin D (c) Vitamin C (d) Protein
- Q2. What is balanced diet?
- Q3. What is nutrient?
- Q4. What do you understand by nutrition?
- Q5. What are the two types of nutrients which are essential for us?
- Q6. Name the macronutrients.
- Q7. Explain micronutrients in detail.
- Q8. What are the minerals required for normal functioning of body?
- Q9. Write the rich sources of Calcium and Iron?
- Q10. What are the non-nutritive components of our diet?
- Q11. How many Vitamins are included in B-complex vitamin?
- Q12. Explain the water-soluble vitamins.
- Q13. Explain the fat-soluble vitamins
- Q14. What are the nutritive components of diet?
- Q15. Write the name of nutrient which is essential for thyroid function.
- Q16. What do you understand by healthy body weight?
- Q17. What do you understand by BMI?
- Q18. List the factors affecting balanced diet.
- Q19. What are the resources of Proteins?
- Q20. What are the 3Ds caused by the deficiency of Vitamin A?
- Q21. What are the types of Carbohydrates? Describe them.
- Q22. What are the two types of proteins? Describe them.
- Q23. Write the functions of calcium and phosphorus.
- Q24. What is roughage? What are its sources?
- Q25. What are the symptoms of Anorexia Nervosa?
- Q26. What do you mean by PEM? Explain.
- Q27. Name the mineral which helps in clotting blood. List its three sources
- Q28. Carbohydrates help in regulating of fat metabolism. Explain.
- Q29. Advise Geeta to include green leafy vegetables and citrus fruits in her diet with reasons.
- Q30. Explain the following terms: - (a) Aponia (b) Oedema (c) Dementia (d) Rickets (e) Kwashiorkor
- Q31. Write the deficiency diseases of following minerals  
(a) Iron (b) Phosphorus (c) Calcium (d) Potassium (e) Sodium (f) Iodine
- Q32. Write another name of the following vitamins  
(a) Vitamin B1 (b) Vitamin B2 (c) Vitamin B3 (d) Vitamin B6 (e) Vitamin B12 (f) Vitamin C
- Q33. Discuss the role of diet on the performance of sportsperson.
- Q34. Vitamins are essential for metabolic process. What happens if we deplete our diet of vitamins?
- Q35. What point should we keep in mind while planning a meal for a sports person?
- Q36. What are the pitfalls of dieting?
- Q37. What are the features of food intolerance?
- Q38. What are food groups?
- Q39. What health problems are caused by taking soft drinks in excess?
- Q40. What do you mean by food myths? Discuss four food related myths.
- Q41. What do you mean by food supplements? What are the advantages of food supplements?

## WORKSHEET 2 PHYSICAL EDUCATION SECTION (B)

- Q1. What is the name of the committee that announces the dates and venues of tournament?
- Q2. Discuss about post tournament responsibilities by the officials?
- Q3. Differentiate between seeding and special seeding.
- Q4. What is planning? Why is it important?
- Q5. What do you mean by organising?
- Q6. What is bye?
- Q7. How are various committees formed for tournaments? Write briefly.
- Q8. Write down the role of various committees after the tournament.
- Q9. Draw the fixture of 25 teams on knock – out basis.
- Q10. Draw a fixture of 9 teams using round robin method.

- Q11.** Draw a fixture of 13 teams on the basis of league tournament using cycle method.
- Q12.** Who developed Fullerton functional test?
- Q13.** Explain 600 m Run/Walk in brief.
- Q14.** Discuss the back scratch test for upper body flexibility.
- Q15.** Explain the procedure of any one test items in Rikli & Jones fitness test.
- Q16.** Explain partial curl up in details.
- Q17.** Discuss pushes ups for boys and Modified push ups for girls in detail.
- Q18.** Describe the six – minute walk test for aerobic endurance.
- Q19.** Elaborate the flamingo Balance test in details.
- Q20.** What do you mean by Basal Metabolic Rate?
- Q21.** Explain the eight foot up and go test for measuring agility.

**PRACTICAL:-**

- 1)** Proficiency in games and sports (skill of any one IOC recognised Sports / Game of choice). Diagram of field & equipment. Also mention its rules, terminologies & skills.
- 2)** Write any two Asana benefits & contraindication for any two Asana for each lifestyle.