

# **CBSE Class 12 Physical Education**

## **5 Marks Important Questions**

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### **Chapter 1 - Management of Sporting Events**

- Q. Write down the role of the various committees before a tournament.
- Q. Write down the role of the various committees during a tournament.
- Q. Write down the role of the various committees post tournament
- Q. Enlist various committee during the tournament. Explain the responsibilities of any four committee.
- Q. Write down responsibilities of any five committees before the tournament.
- Q. Draw the fixture for 27 teams on the basis knock out (5) tournament.

### **Chapter 2 - Children & Women in Sports**

- Q. Describe the symptoms, causes & corrective measuring of scoliosis.
- Q. Discuss the symptoms, causes & corrective measures of bow legs?
- Q. Suggest physical activities as corrective measures for postural deformities.
- Q. Describe the steps taken to protect the postural deformities.
- Q. Describe the symptoms, cause & corrective measures for kyphosis.
- Q. What is Bulimia? What are its causes symptoms and Prevention?

### **Chapter 5 - Yoga as Preventive Measure for Lifestyle Disease**

- Q. Define obesity Explain the procedure and Benefits/ contraindications of any two asana which helps to reduce obesity.
- Q. Enlist the asanas which are used to control Asthma. Explain any two asana in detail.

## **Chapter 4 - Physical Education and Sports for CWSN**

Q. Explain the strategies to make physical activities accessible for children with special needs.

## **Chapter 4 - Sports & Nutrition**

Q. What is Balanced Diet? How it is important for individual body?

Q. What factors should be considered for making a balanced diet?

Q. Describe the Importance of balanced diet for a person.

Q. What do you understand by non nutritive components of diet? Explain the importance of any two such components.

Q. What do you understand by diet? Explain any four components of diet.

Q. Describe any five nutritive components of diet.