



विद्या सर्वार्थ साधिका

ANANDALAYA
PERIODIC TEST –1
Class : XII

Subject: Physical Education

M.M: 40

Date : 13/07/2019

Time: 2 Hours

General Instructions:-

- a) All questions are compulsory.
- b) Answer the questions carrying 1 mark may be answered in 10 - 20 words.
- c) Answer the questions carrying 3 marks may be answered in 80 - 90 words.
- d) 3. Answer the questions carrying 5 marks may be answered in 150 - 200 words.

- Q1. Define Biomechanics. (1)
- Q2. Write the names of asana for Hypertension. (1)
- Q3. Define the term Balanced diet. (1)
- Q4. How many liters of water our body needs every day. (1)
- Q5. Explain Gravity. (1)
- Q6. Who is known as the Father of Yoga? (1)
- Q7. Write a disease caused due to the deficiency of Vitamin D. (1)

- Q8. Discuss the benefits of asanas with special reference to prevention of diseases. (3)
- Q9. What is obesity? How can we come to know that a person is obese? (3)
- Q10. Briefly explain the Newton's law of motions and its application in sports. (3)
- Q11. Enumerate any three points highlighting the importance of biomechanics in sports. (3)
- Q12. Discuss about the food myths in our society. (3)
- Q13. Comment on the outlook of Indian society towards the participation of yoga. (3)
- Q14. In sports such as Boxing and Wrestling, do players tend to loose weight sharply? Explain the pitfalls of dieting. (5)
- Q15. What are the various types of friction? How is friction advantageous or disadvantageous in the field of games and sports? Explain with suitable examples. (5)
- Q16. What do you mean by Asthma? Explain the procedure, benefits and contraindications of Gomukhasana. (5)