

Class XII Physical Education

<u>Unit I: Physical fitness and wellness</u>	
1) What is the meaning Physical fitness and wellness?	(1)
2) What are recreational activities?	(1)
3) Explain any three components of Physical fitness and wellness?	(2)
4) Explain the principles of Physical fitness development?	(3)
5) Discuss in detail the various factors which influence the physical fitness and wellness?	(5)
<u>Unit II: Planning in sports</u>	
1) What do you mean by planning in sports?	(1)
2) Explain about the knock out tournament with an example?	(2)
3) Explain any two objectives of Intra mussels	(2)
4) Discuss any three specific sports programmers?	(3)
5) Enlist the committees for organizing sports evens and explain any eight committees in detail	(5)
<u>Unit III: Sports Environment</u>	
1) Define environment?	(1)
2) Briefly explain the role of spectators for creating positive sports environment?	(2)
3) Discuss the need of proper sports environment?	(2)
4) Explain any three needs of proper sports environment?	(3)
5) Discuss any five essential elements of proper sports environment	(5)
<u>Unit IV: Postures</u>	
1) What do you mean by correct posture	(1)
2) Explain the causes of hypnosis and lord sis?	(2)
3) Mention the corrective excesses related to knock knees and Bow fort?	(2)
4) Briefly discuss flat fort?	(3)
5) Discuss the physical excesses as corrective measures for the deformities of special curvature	(5)
<u>Unit V: Yoga</u>	
1) Define yoga?	
2) Explain the role of yoga in sports	(2)
3) Briefly mention the importance of yoga?	(2)
4) Explain asana in detail?	(3)
5) Discuss “yoga as an Indian Heritage”	(5)