

Subject: Physical Education

Class: XII

1. What do you mean by Intramurals and Extramural? Elucidate the significance of extramural and intramurals.
2. What do you mean by planning? Elucidate the objectives of planning in sports in detail.
3. What do you mean by specific sports programmes? Explain in detail.
4. Explain any five common postural deformities.
5. Discuss the physical exercises as corrective measures for the deformities of spinal curvature.
6. What do you mean by motor development? Explain the motor development during childhood.
7. What do you mean by food supplement? Describe the precautions for taking food supplements.
8. Explain the administration of AAPERD Youth Fitness Test.
9. Explain Sit and Reach Test in detail.