## DAV PUBLIC SCHOL, POKHARIPUT Post Summer Vaccation Test-2021 CLASS-12(PHYSICAL EDUCATION) GENERAL INSTRUCTION

	GENERAL INSTRUCTION	
Duration-1.5 hrs	FM-35	
1. The question pap	per consists of 16 questions and all are compulsory	
2. Question no 1-6	carry 01 mark each and are Multiple Choice Questions	
3. Questions no 7-1	1 carry 02 marks each and shall not exceed 40-60 words	
4. <b>Ouestions no 12-</b>	14 carry 03 marks each and shall not exceed 80 -100 words	
	&16 carry 05 marks each and shall not exceed 150-200 words	
-	·	1
1. Bye is given when-		
a. Large number of team b. League tournament		
c. Advantage to play in	second round d. Value of n is not power of two.	
2. Pitfalls of dieting is		1
a.Skipping meals b.Reducingenegry food		1
c.Drinking lots of wa		
C.DTHIKING IOUS OF W	d. Taking food supplements.	
3. All the following are macro nutrients except–		
(a) Carbohydrates (b) Proteins		
(c) Fats	(d) Vitamin.	
OR		
A Normal range of H	3MI is-1	
(a) 18 to 25	(b) 16 to 24	
(c) 19 to 25	(d) 25 to 30	
4. Match the following with	±	1
1. Food intolerance	(a) To loss body weight	
2. Food myths	(b) Vomiting	
3. Dieting	(c) Healthy weight	
4. BMI 24	(d) Do not drink water during meal	
(a) $d,a,b,c$ (b) $b,d,a,c$	$(c) b,a,d,c \qquad (d) d,a,c,b$	
5. To avoid compete in initi	al round which of the following	1
is correct.		-
	eeding	
(c) fixture (d) Special seeding		
OR	Jeen seeding	
Which is not the objectives	of Intramural Tournament	
(a) To Provide Recreation		
(b) To help in over all devel	onment	
(c) To achieve high perform	•	
	to Learn a variety of games & skill.	
	ich method determine the winner by points-	1
a.American method	b.British method	1
c.Swiss method		
c.Swiss memod	d.Davis cup method	

7. Name the committee which are responsible for smooth conduct of tournament.



8. Identify the below given pictures and write the name of nutrients.







9. Explain the objective of specific sport programs?	2
10.Justify Intramural Leads to Extramural activities.	
11. What is the difference between food intolerance and food	
myths?	
OR	
Find out the role Balanced diet in sports.	
12. Source based Question-	
In an inter-school debate, the Sports Secretary of your school has to speak on nutrition and	
its importance in sports.	
(a) What are the groups of nutrients he should talk about?	
(b) Of all the macro nutrients, what should he focus on while talking about muscle-building	
and strength improvement?	
(c) While talking about nutrition, how can he link it to sports performance?	
13. Write down the role of the various committees of post tournament.	
14.Define the term Tournament,Bye& Seed.	
OR	
List out the objectives of Extramural competition.	
15. With all calculations, draw a single knockout fixture of 20 teams in quarter method	
with two teams are seeded.	
16.Define the term Nutrition and mention the function& sources of any two	
macro elements of diet.	5
OR	
What is healthy weight and describe any four methods to control body weight?	

0.5x4=2

0.5x4=2