

**Delhi Public School, Jammu**

**Question Bank**

**Class : XII**

**(2017- 18 )**

**Subject :PHE**

Q1.Explain Newton's law of motion and its application in sports?

Ans: First law of motion: Law of inertia

Second law of motion: Law of acceleration

Third law of motion: Law of Action reaction

Q2.What is the difference between fracture and dislocation?

Ans: Breaking of bone is called fracture whereas dislocation is an injury of joint in which adjoining bones are displaced from their original position.

Q3.What do understand the word PRICE?

Ans:"P" is for protection

"R" is for rest

"I" is for ice

"C" is for compression

"E" is for elevation

Q4. Explain the effects of exercise on muscular system?

Ans: 1.Change in size and shape of muscle

2. Increase in the strength of muscles

3. Proper blood circulation

4. Effects on bones and joints

5. Prevention from diseases

Q5.What is the full form of AAHPERD?

Ans: American alliance for health,physical education,recreation and dance.

Q6.Explain KRAUS WEBER TEST.

Ans: KRAUS WEBER TEST NO.1: To measure the strength of abdominal and Psoas muscles.

KRAUS WEBER TEST NO.2: To measure the strength of abdominal muscles.

KRAUS WEBER TEST NO.3: To measure the strength of Psoas muscles and lower back

KRAUS WEBER TEST NO.4: To measure the strength of lower back

KRAUS WEBER TEST NO.5: To measure the strength of upper back

KRAUS WEBER TEST NO.6: To measure the strength of back and hamstring muscle

Q7. Discuss in detail about Female athlete triad.

Ans: Disordered eating

Osteoporosis

amenorrhea

Q8. Explain any five postural deformities?

Ans: Kyphosis,

Flat foot,

Round Robin,

Bow legs,

Lordosis

Q9.What is ADHD and OCD?

Ans: Attention deficit hyperactivity disorder and obsessive compulsive disorder.

Q10.What is Disability Etiquettes? Explain etiquettes for communicating with people with disabilities.

Ans: 1.Avoid asking personal questions about someone's disability.

2. Treat adults as adults.

3. When meeting a person who is visually impaired, always identify yourself and others who may be with you.

Q11.What is hypertension? What are its types of risk factors?

Ans: Blood pressure is the force of your blood pushing against the walls of your arteries. Each time your heart beats, it pumps blood into the arteries. Your blood pressure is highest when your heart beats, pumping the blood. This is called systolic pressure. When your heart is at rest, between beats, your blood pressure falls. This is called diastolic pressure.

Types of high blood pressure:

- 1.Primary hypertension
- 2.Secondary hypertension

Risk factors:

- a)Age
- b)Family history
- c)Not being physically active
- d)Using tobacco

Q12.What are the cause of back pain?

Ans: Muscle or ligament strain

- b)Bulging or ruptured disk
- c)Arthritis
- d)Skeletal irregularities
- e)Osteoporosis

Q13.Explain about food supplements. Discuss in detail about need of food supplements.

Ans: It means a nutrients that is added to your diet to nourish your body that you are not getting in your regular diet.

Needs:

- a)overcoming deficient nutrients
- b)stronger immune system
- c)to prevent deficiency diseases

d)to have good body shape

Q14.Explain any three myths about dieting.

Ans:a)drinking water in between your meal will mess up your digestion

b) eating after 7pm will make you fat

c)having milk immediately after eating fish

Q15.What is the importance of planning?

Ans: a)planning provides direction

b)planning reduces risk of failure

c)planning reduces wastage of time

d)planning promote innovative ideas

e)planning helps to focus on objectives.

Q16. What do you mean by extramural activities?

Ans:These activities are layed outside the walls of the institution or school college.

Q17.What is knock out tournament?

Ans:In knock out tournament,a team once defeated gets eliminated.Only the winner continue in the competition.It is the fast method to know about the winner team in the tournament.

Q18.What is Endurance?How endurance can be developed through fartlek method?

Ans:Endurance is the ability to sustain the necessary activity level for a specific competitive sport.Fartlek method of training was introduced and practiced in Sweden.Fartlek is a Swedish term which means speed play.This training method was introduced by Gosta Holmer.

Q19. Difference between Isometric and Isotonic Exercises?

Ans: Isometric Exercises: Movements of exercising body parts or object are not visible to third person. Length of exercising muscles does not change. Less muscular endurance is developed.

Isotonic Exercises: Movements of exercising body parts are visible to third person. Length of exercising muscle change. More muscular endurance is developed.

Q20.What are the causes of Stress?

Ans:1)Major life changes

- 2) Work
- 3) Relationship difficulties
- 4) Financial problems
- 5) Being too busy
- 6) Children and family

Q21. How participation in physical activities enhances self esteem among children?

Ans: Ways to improve self esteem and body image are as follows:

- a) Stop comparing yourself to others
- b) Focus on what you have the power to change
- c) Surround yourself with beauty
- d) Practice self care
- e) Build a support system
- f) Treat yourself as you do others

Q22. Name the factors affecting projectile trajectory.

Ans: The factors affecting projectile trajectory are:

Gravity, air resistance, speed of release, angle of release, height of release, spin

Q23. How sports injuries can be prevented?

Ans: The sports injuries can be prevented as follows:

- 1. Proper warming up
- 2. Planning a session
- 3. Proper playing surface
- 4. Protective equipment
- 5. Adherence to rules

Q24. What are the constraints of women participation in sports?

Ans: The constraints of women participation in sports are:

- a) Lack of parental support and encouragement from family
- b) Social barriers and stigma in life
- c) Traditional values can wash out
- d) Religion or customs does not permit
- e) Less recognition to females

Q25. Mention the factor affecting motor development.

Ans: The factors affecting motor development are:

- a) Heredity/genetics
- b) Environment
- c) Nutrition