

**DELHI PUBLIC SCHOOL, JAMMU**

**Revision sheet for Cycle Test- I**

**Session 2018-19**

**Class:-XII**

**Sub:- Physical Education**

**Topics:**

- **Planning in Sports**
- **Sports and Nutrition**
- **Yoga and Life Style**

**Long Questions:**

Q1. What is Diabetes? What are the causes of Diabetes?

Q2. Briefly explain the functions and sources of three fat soluble vitamins.

Q3. Explain the differences between Asana and Exercise.

Q4. What do you understand by food myths? Discuss briefly about various food myths.

Q5. Explain the importance of fluid intake Pre, During and Post competition?

Q6. What are fats? Write a detailed note on its types. Also mention its functions.

Q7. What is Hypertension? What are its types of risk factors?

Q8. Define league tournament? Draw a fixture for 19 teams using knock out cum league method.

Q9. Write short notes on: (1) Sports day (2) National sports day (3) Health runs  
(4) Run for specific causes (5) Run for unity.

Q10. What do you understand by Micronutrients? Explain about any four micronutrients.

Q11. What do you mean by intramurals? Mention the significance of intramurals for school children.

Q12. Elucidate about various pitfalls of dieting in detail.

Q13. What do you mean by food supplement? Describe the precautions for taking food supplements.

Q14. What do you mean by food intolerance? Explain the causes, symptoms and management of food intolerance in detail.