

CLASS: XII

SUBJECT: PHYSICAL EDUCATION

MM: 10

**CHAPTER: Unit- V : Sports and Nutrition**

**Unit - VI: Test and Measurement in Sports**

*Based on your understanding of the above topic, answer the following questions.*

**MCQ Based** (100% marks for correct answers)

1 Vitamin B1 is also known as

- (a) Thiamine                      (b) Niacin                      (c) Biotin                      (d) None of these

2. Oxalates are present in

- (a) Green and leafy vegetables    b) Bajra                      c) Nuts                      d) Spices

3 The test duration for the Harvard fitness test is:

- (a) 3minutes                      (b) 4 minutes                      (c) 5 minutes                      (d) 6 minutes

4.In arm curl test, weight of the dumbbell for women is:

- (a) 2.5 kg                      (b) 2.3kg                      (c) 2.8kg                      (d) 2.1kg

**ANSWER THE FOLLOWING QUESTIONS**

4. What do you mean by balanced diet? Explain the factors which affect the balanced diet.

(Hint: meaning of balanced diet and factors affecting diet )

5. Is fat useful or not useful for us and for our body, explain.

(Hint : Functions of fat)

6.What do you know about Harvard Step test? Explain its procedure and administration.

(Hint: Measurement of cardiovascular fitness- Harvard Step test)

**Note: Submit your assignment to your respective subject teacher before 25<sup>th</sup> of August 2024 positively. Its mandatory to submit the assignment.**