

Delhi Public School, Jammu

Periodic Test-I Assignment (2017-18)

Class:12th

Sub: Phe

- Q1.What do you mean by sports planning?
- Q2.Give the function of carbohydrates in our food.
- Q3.Define Motor Development.
- Q4.What is Round Robin?
- Q5.Name the types of Proteins.What are its sources?
- Q6.What do you mean by Specific Sports Programmes?
- Q7.Define Posture.
- Q8.What are the merits and demerits of knock out tournament?
- Q9.Highlight the role of macronutrients in our diet,mention its sources.
- Q10.State the factors affecting Motor Development.
- Q11.What are the objectives of sports planning?
- Q12.What are the causes of bad posture?
- Q13.Discuss four myths about diet.
- Q14.Define the terms Seeding,Bye and Fixture.Make a knock out fixture of 17 teams.
- Q15.Explain the corrective exercises of any three postural deformities.
- Q16.What are the functions of micronutrients in our diet?Also mention their deficiency diseases.
- Q17.What are the advantages and disadvantages of weight training.
- Q18.Differentiate between Intramural and Extramural activities.