

## **Summer Holiday Home work**

### **Class - XII**

### **Subject - Physical Education**

#### **1 Marks Questions**

1. What is seeding?
2. What is food intolerance?
3. What is Hypertension?
4. What do you mean by cognitive disability?
5. What do you mean by motor development?
6. What do you mean by Kyphosis?
7. What do you mean by amenorrhoea?
8. What do you mean by Balance diet?
9. What are macro minerals?
10. What is anorexia nervosa?

#### **3 Marks Questions**

1. Briefly explain about any three specific sports programme.
2. Discuss in brief about nutrition before competition.
3. Describe the benefits and Contraindications of tad asana.
4. What do you mean by disability? Explain it types in detail.
5. What do you mean by motor development in early childhood?
6. Briefly discuss about Psychological aspect of women athlete.

#### **5 Marks Questions**

1. What do you mean by planning? Explain the objectives of Planning.
2. What are the nutritive and non nutritive components of diet? Explain , It in brief.
3. what do you mean by obesity? Discuss the Benefits and contraindication of Bhujangasana and Vajrasana.
4. What do you mean by disorder? Explain its types in brief.
5. Explain any five common body postural deformities.
6. Discuss in detail about female athlete traid.

**Note :- Revise the MT-3 Syllabus**

**Chapter - 4 Physical Education & Sports CWSN (Divyang)**

**Chapter - 5 children & Sports**