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FM-35

DAV PUBLIC SCHOL, POKHARIPUT **Post Summer Vaccation Test-2021 CLASS-12(PHYSICAL EDUCATION)**

GENERAL INSTRUCTION

Duration-1.5 hrs

2. Question no 1-6 ca	r consists of 16 questions and all are compulsory arry 01 mark each and are Multiple Choice Questions carry 02 marks each and shall not exceed 40-60 words	
4. Questions no 12-14	carry 02 marks each and shall not exceed 80 -100 words 6 carry 05 marks each and shall not exceed 150-200 words	
1. Bye is given when-		1
a. Large number of team	b. League tournament	
c. Advantage to play in se	econd round d. Value of n is not power of two.	
2. Pitfalls of dieting is		1
a.Skipping meals	b.Reducingenegry food	
c.Drinking lots of water	d. Taking food supplements.	
3. All the following are n	nacro nutrients except—	1
(a) Carbohydrates	(b) Proteins	
(c) Fats	(d) Vitamin.	
OR	m: 1	
A Normal range of BN		
(a) 18 to 25	(b) 16 to 24	
(c) 19 to 25	(d) 25 to 30	
4.Match the following with co	•	1
	(a) To loss body weight	
	(b) Vomiting	
	(c) Healthy weight	
	(d) Do not drink water during meal	
(a) d,a,b,c (b) b,d,a,c	$(c) b,a,d,c \qquad (d) d,a,c,b$	
5. To avoid compete in initial	round which of the following	1
is correct.		
(a) Bye (b) Seed	- C	
(c) fixture (d) Spe OR	cial seeding	
Which is not the objectives of	Intramural Tournament	
(a) To Provide Recreation	indulididi Todinamon.	
(b) To help in over all develop	oment	
(c) To achieve high performan		
· /	Learn a variety of games & skill.	
	n method determine the winner by points-	1
_	b.British method	
c.Swiss method	d.Davis cup method	

OR

List out the objectives of Extramural competition.

15. With all calculations, draw a single knockout fixture of 20 teams in quarter method with two teams are seeded.

16.Define the term Nutrition and mention the function& sources of any two macro elements of diet.

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OR

What is healthy weight and describe any four methods to control body weight?