



Worksheet 02

Std: XII

Subject: PHYSICAL EDUCATION

	B – Short Questions – Should not exceed 100-150 words.
1	Draw a fixture of 8 teams in league tournament using staircase method.
2	Discuss the combination tournaments.
3	Explain any three micro minerals in detail.
4	Explain any two Macro Nutrient in detail.
5	Write a short note on Pitfalls of dieting?
	C – Long Questions - should not exceed 200-300 words.
6	Explain the non-nutritive components of diet.
7	Describe the method of preparing fixture in knock out tournament in detail.
8	Discuss the committees those who responsible before tournament and its responsibilities.
9	What is the management? Explain the functions of management.
10	"Vitamins are essential for our metabolic process." What happens if our diet is Vitamins?
11	What do you mean by Intramural and extramural? Explain the objectives of intramurals and extramural competitions.
12	Describe the corrective measures for flatfoot and knock knees deformities.
13	What It's a knockout tournament? Draw the knockout fixture for 23 teams.
14	What do you mean by community sports programmes? Explain any four.
15	Elaborate the macro nutrients in detail.