

B.B.S SMRITI VIDYAPEETH, AURAIYA

(An English Medium Co-Educational Sr. Sec.(10+2) affiliated to CBSE New Delhi)

WEEKLY ASSIGNMENT SERIES

Sub- Physical Education

Class- XII

Ques.1- What do you mean by carbohydrates?

Ques.2- How many types of vitamins?

Ques.3- What is intramural?

Ques.4- Mention the objective of planning.

Ques.5- Mention the macro and micronutrients present in balance diet.

Ques.6- What is technical committee?

Ques.7- Mention the type of carbohydrates.

Ques.8- List down simple types of carbohydrates.

Ques.9- State two non- nutritive components of diet.

Ques.10- Define the term bye and seeding

Ques.11- List down myths about dieting?

Ques.12- Explain the planning process in sports.

Ques.13- Explain the meaning of planning.

Ques.14- What do you mean by balance diet?

Ques.15- What is food supplement?

Ques.16- How BMI is calculated ?

Ques.17- List down the various types of tournament.

Ques.18- Write down about following

Run for fun

Run for unity

Sports day

Run for specific causes.

Ques.19-What is the pitfalls of dieting ? explain it

Ques.20- Define the term nutrition and objective.

Ques.21- Make a knock out fixture for 13 teams keeping in mind special seeding teams.

Ques.22- Write down the advantage and disadvantage of league tournament.

Ques.23- What do you mean by food intolerance?

Or

Describe the role of diet on performance.

Ques.24- Draw a fixture of 9 teams on league basis following the cyclic method.

Ques.25- What is the importance of nutrition in physical activity explain it.