

DAV PUBLIC SCHOOLS, ZONE – II , ODISHA
QUESTION BANK

(01 mark question)

1. What are extramural sports?
2. What is meant by planning in Sports ?
3. What is a knock- out tournament ?
4. What is mountaineering ?
5. Who were the first two men who conquered the Mount Everest in 1953 ?
6. Name some of the dangers the climbers have to face during Rock climbing.
7. What is frost bite?
8. What is Anorexia Nervosa ?
9. What is the range of daily energy requirement of an active man ?
10. What is bulimia?
11. Give a definition of nutrition
12. What is Round Shoulders ?
13. What is meant by Posture ?
14. Give two reasons for a bad posture.
15. Explain the correct posture of standing.
16. Why childhood is called the golden age in human development process?
17. What is motor development?
18. What are food supplement?
19. Name some of the safety measures necessary during weight training.
20. Name of the disadvantages of weight training
21. Define Menopause.
22. Explain about menstrual dysfunction.
23. What care should be taken during pregnancy?
24. What is endurance?
25. Give a simple definition of training.
26. Name at least two basic principles of training
27. Define physical fitness.
28. What is self esteem?
29. What is stroke volume?
30. What do you understand by personality?
31. What is stress ?
32. What is self- esteem?

(03 marks questions)

1. Draw league fixture for eight teams either round robin or starcase method.
2. What are the advantages of Knock- out tournaments?
3. Write a short note on the run for awareness.
4. Make a list of non-renewable natural resources.
5. What are the main objectives of camping ?
6. What type of physical qualities are required for mountaineering ?

7. What are the general motivating factors for going on a trekking?
8. What are the Symptoms of food myths.
9. Name at least six constituents of diet that has no nutritive value.
10. Make a list of some of the Principles of a balanced diet.
11. Discuss the causes of knock knees and bowlegs.
12. What type of care is needed for the development of proper posture?
13. What do you understand about osteoporosis?
- 14 Explain amenorrhea?
15. What are the symptoms of female athlete triad?
16. What is the importance of measurement in physical education & sports?
17. Name the test item AAHPER physical fitness test
18. What do you mean by body image? Discuss its types in brief.
19. What are systole, diastole and pause?
20. Explain any four techniques of motivation for higher achievements in sports.
21. Explain two soft tissue injuries.
22. Give the preventive step for sports injuries?
23. Explain the principle of first –aid?
24. Give the treatment steps of laceration injury.
25. Explain the various types of bone injuries . What do you mean by rehabilitation?
26. Describe the management of strain and sprain Injury?
27. How would you provide first aid to bone Injury?
28. Describe in brief the five phases of walking?
29. What is the difference between power and energy?
30. What is friction? Give one example of its importance in life
31. Name the steps required to be taken to cope with problem focused anxiety ?
32. What are the physiological reactions of anxiety?
33. Give a brief introduction of Pace running.
34. Describe isometric exercise and highlight their utility in games and sport?

(05 marks questions)

1. What should be the objective of planning?
2. Make a sample draw for 12 teams in knock-out tournaments.
3. What are the benefits of taking parts in health runs?
4. Name some of the safety measures required for mountaineering.
5. Make a list of opportunities for enhancing qualities of leadership.
6. What safety measures should be taken on a trekking tour ?
7. Name four chemicals that can be the cause of food intolerance.
8. Make a list of some food myths.
9. What is the difference between food intolerance and food allergy?
10. What are the dangers or pitfalls of dieting Programme?
11. Which body measurement of an individual indicates his oxygen consumption in exercise?
12. What does the measurement indicates.
13. What is a projectile?
14. What is potential energy ?

15. What do you understand by biomechanics?
16. What are flat feet? What are the cause flat feets and what are the remedial measures for minimizing this defect?
17. What is kyphosis? What is the main cause of kyphosis are what corrective or remedial measures are required to minimize it?
18. Discuss the physical exercises as corrective measures for the deformities of spinal curvature.
19. Explain in detail the role of activities in improving the quality of life.
20. What are the physiological benefits of exercise on children?
21. Describe any two physiological changes in women after menarche?
22. Discuss the method by which women participation in sports can be increased.
23. Write an essay on sports participation of women in India.
24. Give the procedure for conducting Kraus Weber test.
25. Describe the Rockport one mile test.
26. Name some of the physiological changes that occur due to ageing.
27. What are the effects of regular exercise on cardio-vascular system of the body?
28. Explain aim of sport medicine.
29. Explain the scope of sport medicine.
30. Define sport medicine.
31. Define first-aid.
32. Make a list of the factors that affect the path of projectile.
33. Describe briefly the walking cycle.
34. Write at least five principles of efficient running.
35. Explain briefly the factor that influences the formation of body image.
36. Describe briefly the extrinsic techniques of motivation.
37. Make a list of the method adopted for coping with anxiety.
38. Give a description of fartlek training method for developing endurance.
39. What is the role of flexibility in performance of sportsmen? What method should be adopted for developing flexibility?
40. Describe interval training method.
