## Class 12

10-5-2016

1. What is knock out tournament? Explain bye.
2. Define planning in sports.
3. What is adventure sport?
4. What is balanced diet?
5. Explain leadership through physical education.
6. Explain functions of balanced diet.
7. Explain the adventure sports. Explain any one of them.
8. Explain the effect of diet on the sports performance.

## $-X-X-X-X-X-$

Class 12
10-5-2016
First Unit Test in PHYSICAL EDUCATION
Time : 1 hr .
M. Marks : 20

1. What is knock out tournament? Explain bye.
2. Define planning in sports.
3. What is adventure sport?
4. What is balanced diet?
5. Explain leadership through physical education.
6. Explain functions of balanced diet.
7. Explain the adventure sports. Explain any one of them.
8. Explain the effect of diet on the sports performance.
$-x-x-x-x-x-$
Class 12
10-5-2016
First Unit Test in PHYSICAL EDUCATION
Time : 1 hr . M. Marks : 20
9. What is knock out tournament? Explain bye.
10. Define planning in sports.
11. What is adventure sport?
12. What is balanced diet?
13. Explain leadership through physical education.
14. Explain functions of balanced diet.
15. Explain the adventure sports. Explain any one of them.
16. Explain the effect of diet on the sports performance.
