

12th Class Physical Education Important Questions

By Danish Razaq Lone | Jk Study Materials

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Describe interval training in detail. Give its merits and demerits.

What is Physical Fitness? the importance of physical fitness in sports.

Explain Explain how can social qualities be developed through medium of physical education and sports.

Write the significance of Sociology in the field of Physical Education.

Define Sociology. Explain how sociology can help in developing sports ethics.

Discuss the need of environment in Physical Education Programme.

Mention the various Throwing and Jumping events. Draw and label the sector of Discus Throw with its measurements.

Plot the sector of shot put with a brief explanation of its techniques.

What is the aim of circuit training method? Describe this method of training in detail. Explain how can you develop speed through acceleration and pace run training methods. Discuss in detail the various factors

which influence the physical fitness. Describe various components of Physical Fitness in detail.

What is Cardio-vascular Endurance? Explain the components of Physical Fitness also.

Highlights the meaning and need of environment. Explain why good environmental. Condition are essential for Physical Education Programme.

Define strength. Explain isometric, isotonic and isokinetic strength exercises briefly.

What is circuit training? Prepare six-station programme and mention its benefits.

Explain essential elements of positive environment and give its importance in games and sports.

Write the history of Cricket. Draw and label the arena of Cricket showing the various field positions.

Mention various Running events in Athletic. Explain any one events with Technique.

What is positive environment? Elaborate any three important elements of it.

Enumerate the role of an individual for improvement of positive environment.

Draw a labelled diagram of Basket-ball Court. Write its dimensions and historical background.

Explain the basic rules of cricket.

Make a list of the defensive strokes of Table Tennis and explain any three

Mention various jumping events, Explain any one event with the help of diagram.

Plot the sector of Javellin throw with the explanation of its techniques.

Write down the factors affecting physical fitness,

Mention various methods of endurance training with a brief explanation.

Give important qualities of a good captain. Explain

briefly some essential elements of sport environment.

Give a brief account of Yoga.

Briefly explain dehydration, heat stroke and exercise induced asthma,

What do you mean by continuous training method?

Explain the importance of sociology in Physical Education.

Write an essay on "Sports and Games" as man's cultural heritage.

What are the essential elements of positive environment?

Explain heat stroke and tendonitis.

Enlist the elements of Yoga and explain any two elements in detail.

Explain the meaning of Physical fitness and list down its importance.

What are essential elements of Environment? Explain.

Define Leader, What are the important qualities of a good leader?

Differentiate between isometric and isokinetic exercise.

Describe the importance of Sociology in Physical Education and Sports.

