

Physical Education XII

Chapter-1,2(Question bank)

1. Training session is a part of:

- (a) Planning (b) Fixture
- © Both a and b (d) None of these.

2. First step In sports management is:

- (a) Planning. (b) Organising
- (c) Execution. (d) Coordination

3. The first step in Planning is :

- (a) Identification of target group
- (b) Determination of goals
- (c) Mobilisation of resources
- (d) Provision of facilities

4. What is Planning ?

- (a) Motivating the training
- (b) Meeting with student's
- (c) Deciding in advance what to be done
- (d) Deciding in advance what to be done

5. The head of a sport committee is.....director.

- (a) Technical. (b) administrative
- (C) Purchasing. (d) Recording.

6. Which of the following is not committee of sports events?

- (a) Reception committee
- (b) Technical committee
- (C) Discipline committee
- (d) Standing committee.

7. Which is the formula for calculating the total number of matches in a knock out tournament?

- (a) $N+1$
- (b) $N-1$
- (c) $N+1/2$
- (d) $N-1/2$

8. If 8 teams are participate in single league tournaments. What would be the total number of matches.

- (a) 24
- (b) 26
- (c) 30
- (d) 28

9. Seeding is decided on the basis of:

- (a) Previous performance
- (b) advance performance
- (c) good performance
- (d) bad performance

10. What is the formula to determine number of matches in league Fixture for even number of teams ?

- (a) $N+1/2$
- (b) $N-1/2$
- (c) $N(N-1)/2$
- (d) $N(N+1)/2$

11. Which one of the following is not the non- nutritive components of diet?

- (a) Roughage
- (b) colour compounds
- (c) protein
- (d) Flavour compounds

12. In most of the carbohydrates, the ratio of hydrogen atoms to oxygen atoms is:

- (a) 2:1
- (b) 1:2
- (c) 1:3
- (d) None of these

13. The main source of vitamin C is :

- (a) Guava
- (b) Egg
- (c) Milk
- (d) Banana

14. proteins are main components of....

- (a) heart
- (b) brain
- (c) bones
- (d) liver

15. which among the following minerals are essential for proper thyroid functions?

- (a) Calcium
- (b) iodine
- (c) Zinc
- (d) Copper

16. is the example of macro minerals.

- (a) Phosphorus
- (b) Copper
- (c) Iodine
- (d) Iron

17. Amino acid and protein are the.... Of life.

- (a) building blocks
- (b) training blocks
- (c) Fitness blocks
- (d) Both a and b

18. Which of the following diseases is caused by protein deficiency?

- (a) Rickets
- (b) Marasmus

- (C) Scurvy
- (d) Xerophthalmia

18. The source of Phosphorus

- (a) Fish
- (b) Meat
- (c) Egg
- (d) All of these

19. Which teams are usually left out in the first round of knock out tournament in case of byes?

- (a) Strong
- (b) weak
- (c) High
- (d) Low

20. If 8 teams are participating, the number of knock out matches will be.

- (a) 16
- (b) 8
- (c) 7
- (d) 9