

# Haryana Board Class 12 Physical Education Question Paper (Memory Based)

Time Allowed :3 Hour	Maximum Marks :60	Total Questions :24
----------------------	-------------------	---------------------

## General Instructions

Read the following instructions very carefully and strictly follow them:

- Answers to this Paper must be written on the paper provided separately.
- You will not be allowed to write during the first 15 minutes
- This time is to be spent in reading the question paper.
- The time given at the head of this Paper is the time allowed for writing the answers,
- The paper has four Sections.
- Section A is compulsory - All questions in Section A must be answered.
- You must attempt one question from each of the Sections B, C and D and one other question from any Section of your choice.

1. Explain the differences between Knock-out and League (Round Robin) tournaments.

---

2. Define Seeding and explain the method of giving Byes in a fixture.

---

3. List the various committees responsible for organizing a sports tournament and their specific duties.

---

4. Write the formula for Body Mass Index (BMI) and identify the categories for obesity.

---

5. What are the functions of Proteins and Carbohydrates in an athlete's diet?

---

6. Define food intolerance and how it differs from a food allergy.

---

7. Explain the procedure and benefits of Vajrasana or Bhujangasana in managing obesity.

---

8. Define Yoga and list the elements of Ashtanga Yoga.

---

9. Differentiate between a Sprain (ligament) and a Strain (muscle/tendon).

---

10. Explain the RICE (Rest, Ice, Compression, Elevation) technique for treating sports injuries.

---

11. State Newton's First Law of Motion (Law of Inertia) and its application in sports.

---