

INTERNATIONAL INDIAN SCHOOL BURAI DAH

PHYSICAL EDUCATION WORKSHEET (XII)

LESSON: 02 AND 03

VERY SHORT ANSWER QUESTION

1. What are bowlegs?
2. Explain the causes of scoliosis.
3. What do you mean by spinal curvature deformities?
4. Why does flat foot occur?
5. Suggest two exercises for correcting bowlegs.
6. What do you mean by Female Athlete Triad?
7. What do you mean by eating disorders?
8. Explain term menarche.
9. What is menstrual dysfunction?
10. List types of Amenorrhea.
11. What do you mean by bulimia?
12. What is the procedure of doing Tadasana?
13. Mention any two differences between Halasana and Matsyasana.
14. What is Asthma?
15. How Vakrasana is performed?
16. Define Hypertension.
17. Define systolic and diastolic pressure.
18. Define Yoga.
19. What is Obesity?
20. What is Diabetes?
21. Explain two benefits of Kapalabhati Pranayam.

SHORT ANSWER QUESTION

1. Discuss the corrective measures for common postural deformities.
2. What do you mean by round shoulders? Suggest any four physical activities to correct it.
3. Enlist the spinal deformities. Explain the cause of Kyphosis and precautions to avoid it.
4. What do you mean by Female Athlete Triad? Discuss its causes.
5. Write in brief about osteoporosis. What are the causes of osteoporosis?

6. What are the benefits and contradiction of Katichakrasana and Pawanmukthasana?
7. Write any 2 benefits of Shalabasana.
8. How to perform Supta-Vajrasana?
9. What is the procedure of Bhujangasana?
10. Explain the benefits and contradiction of Gomukhasana.
11. Discuss the procedure of Sukhasana.
12. Discuss the procedure of Tadasana,

LONG ANSWER QUESTION

1. Mention the causes, precaution, and remedies of bowlegs.
2. Discuss the physical exercises as corrective measure for kyphosis, lordosis and scoliosis.
3. Discuss in detail about Female Athlete Triad in detail.
4. Elaborate upon the asanas which help in curing the lifestyle disease Obesity.
5. Which Asanas help in curing diabetes explain the procedure benefits and contradiction of any three asanas?
6. Elucidate upon the procedure, benefits, and contradiction of any two asanas which help in cure or management of Asthma.
7. Mention the asanas which can help manage hypertension. Explain the procedure, benefits of any two?
8. Discuss the benefits and contradiction of Ardhamatsyendrasana.