## **CBSE Class 12 Physical Education Important Questions Chapter 8 Physiology and Sports**

## **1 Mark Questions**

**VERY SHORT ANSWER TYPE QUESTION  
(1 MARK EACH)**  
**Q1. What is flexibility?**  
**Q2. What is ageing?**  
**Q3. What is stroke volume?**  
**Q4. Define oxygen intake?**  
**Q5. Define physical fitness?**  
**Q6. What is cardiac output?**  
**Q7. What is oxygen uptake?**  
**Q8. What do you mean by physiology?**  
**Q9. What is Cardio-vascular system?**  
**Q10. Define Respiratory system?**  
**Q11. What is Respiration?**  
**Q12. Define Blood Vessels?**  
**Q13. What do you mean by circulatory system?**  
**Q14. What is Trachea?**  
**Q15. What is the Tidal Volume?**  
**Q16. What is Vital Capacity?**  
**Q17. What is VO2 Max(Maximum Oxygen uptake).**  
**Q18. Explain Aerobic capacity?**  
**Q19. Define Total Lung Volume?**  
**Q20. Explain Muscle Fibre?**  
**Q21. What is Myoglobin?**  
**Q22. Define Anaerobic Capacity?**

## **3 Mark Questions**

**SHORT ANSWER TYPE QUESTIONS (80 TO 90 WORDS) –**  
**(3 MARKS EACH)**  
**Q1. Differential between Aerobic and Anaerobic Metabolism?**  
**Q2. What are capillaries?**

**Q3. Write the immediate effects of exercise on Cardio-Vascular system?**

**Q4. Differentiate between slow twist fibre and fast twist fibre?**

**Q5. Write the effects of exercise in muscular system?**

**Q6. Describe the effects of exercise on respiratory system?**

## **5 Marks Questions**

**LONG ANSWER TYPE QUESTION (150 TO 200 WORDS) –**  
**(5 MARKS EACH)**  
**Q1. Elucidate Physiological changes due to Ageing?**

**Q2. Explain the effect of Exercise on Circulatory System?**

**Q3. Discuss the physiological factors determine the flexibility?**

**Q4. Elaborate the Role of Regular Exercise on Ageing Process?**

**Q5. Discuss the physiological factors, determine the strength as a component of physical Fitness?**

**Q6. Describe the physiological factors which determine the speed as a component of physical fitness?**

**Q7. Explain the physiological factors determine endurance as a component of physical fitness?**