## **CBSE Class 12 Physical Education Important Questions Chapter 12 Training in Sports**

## **1 Mark Questions**

**SHORT ANSWER TYPE QUESTION (1 MARK EACH)**  
**Q1. What is speed?**

**Q2. What is strength?**

**Q3. What is endurance?**

**Q4. What is flexibility?**

**Q5. What is coordinative ability?**

**Q6. What is speed endurance?**

**Q7. What is strength endurance?**

**Q8. What is acceleration?**

**Q9. What is explosive strength?**

**Q10. What is reaction ability?**

**Q11. What is movement speed?**

## **3 Mark Questions**

**SHORT ANSER TYPE QUESTION [80 TO 90 WORDS] –**  
**(3 MARKS EACH)**  
**Q1. What do you understand by maximum strength?**

**Q2. What is the difference between active and passive flexibility?**  
**Or**  
**What are the types of flexibility? Discuss.**

**Q3. What are coordinative abilities in sports?**

**Q4. Briefly explain the types of Endurance.**  
**Or**  
“**Endurance is one of the most important factor for high performance in games & sports.” Explain.**

## **5 Marks Questions**

**LONG ANSWER TYPE QUESTION [150 TO 200 WORDS] –**  
**(5 MARKS EACH)**  
**Q1. What are the methods for developing strength?**  
**Or**  
**Write the difference between isometric, istonic and isokinetic exercises.**

**Q2. Explain the methods to develop endurance.**  
**Or**  
**Differentiate the continuous method, interval method and farlek method.**

**Q3. What are the methods to develop/improve flexibility? Explain**  
**Or**  
**What is the difference between ballistic method and Post – Isometric Method?**

**Q4. Briefly explain any two methods for improving speed write down the factors determining speed?**