

HEALTH AND PHYSICAL EDUCATION

CLASS-XII

CHAPTER 1.PHYSICAL FITNESS

Q. 1 Fill in the blanks with appropriate word.

1. Appropriate **physical fitness** is necessary for the development of healthy personality.
2. **Needs** and **abilities** is necessary to make the individuals body ready for exercise
3. While increasing the exercise training the intensity and load should be increased slowly . and **steadily**.
4. **Physical activity** should be there for getting favorable changes in exercises.

Q.2. ANSWER IN ONE SENTENCE

Q.1.What do you mean by frequency of exercise?

ANS: - Number of sessions of exercise or 3 training, we do in a week is called as Frequency of training.

Q.2.Which principles should be considered while doing exercises?

ANS: -. While preparing the exercise program which will have positive changes, principles of fitness must be followed:

1)Individualization

2)Specificity 3)Overload

Q.3. What should be done to improve mental health and concentration?

ANS: -. Yoga should be included, so that your physical fitness will be increased and mental health will be maintained.

Q.4. For how many hours exercise should be done daily?

ANS: - Exercise at least one hour daily which will include exercises from medium to high intensity.

Q.3.Answer in brief

Q.1. Write the names of five components of health related physical fitness.

ANS: -. 1. Cardiovascular Endurance 2. Muscular Strength 3. Muscular Endurance
4. flexibility 5. Body Composition

Q.2. Write three main parts of an exercise session.

ANS: - Exercise Session is divided in to three parts. (1 Warming Up (2) Main Activity e.g. game/ activity (3) Cooling Down

Q.3. Which exercise should be selected to improve the cardiovascular endurance in daily exercise?

ANS: - In fitness training same type of the exercises should be avoided. Variety of exercises must be included to make the fitness training more interesting.

Q.4. WRITE YOUR VIEW

Q1. Importance of fitness for healthy life.

ANS: - Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life.

Q.2. Prepare your individual exercise or training program for developing physical fitness.

ANS: -

1. Consider **your fitness** goals.
2. Create **a balanced routine**.
3. Start low and progress slowly.
4. Build **activity** into **your daily routine**.
5. **Plan** to include different activities.
6. Try high-interval intensity **training**.
7. Allow time for recovery.
8. Put it on paper.