

CBSE Class-12

Physical Education

Important Question Answers

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Chapter 1 Planning in Sports

Important Question

VERY SHORT ANSWER TYPE QUESTION (1 MARKS EACH)

Q1. What is knock-out tournament?

Ans. In knock-out tournament a team gets eliminated at the very first defeat. Only winning teams keep on continuing.

Q2. Explain league tournament?

Ans. In this system of tournament each team plays with the rest of the teams once if the tournament is single league. In double league every team plays twice with the rest of the teams.

Q3. What is 'Bye'?

Ans. It is a privilege given to a team to play directly in the second round. While drawing fixtures on knock-out basis if the no. of participating teams is not being the power of two i.e., - 22, 23, 24 and are odd in numbers. i.e., 5, 7, 9, 11, 12, then bye has to be given to a specific no. of teams /players. A team which is given 'Bye' will not play in the first round.

Q4. Define Intramurals?

Ans. Intramurals = Intra + Murals = Inside + wall within i.e., an activity performed within the walls i.e. within an institution/school/college is called intramurals.

Q5. Define extramurals?

Ans. Extramurals = Extra + Murals = Outside + wall. Extramurals means outside the walls or the campus i.e. when more schools or institutions join together to organise/to participate a competition. It is also known as Extramurals competition.

Q6. What is health run?

Ans. It is organised by sports or health department to raise funds for charity and spread awareness about health and fitness. People of any age can take part in it.

Q7. What is run for Fun?

Ans. It is organised to spread awareness about health and fitness. There is fun and frolic and no competition.

SHORT ANSWER TYPE QUESTION (80 to 90 WORDS) (3 MARKS EACH)

Q1. Write the advantages & disadvantages of knock-out tournaments.

Ans. Advantages of Knock-out Tournaments

1. Knock-out tournaments are less expensive.
2. It helps in developing the standard of the game, as each team tries to perform at their best to avoid defeat.
3. Within shortest possible time, tournament can be finished.
4. No. of officials required also get reduced to organise such tournaments

Disadvantages of Knock-out Tournaments

1. There are chances of even good enough teams getting eliminated in 1st and 2nd round itself.
2. There are chances of weak teams making it to final stages.
3. Viewers interest in the final match may get reduced.

Q2. Define league. Explain its types. Write its advantage & disadvantage of league tournament?

Ans. League or Round Robin Tournament

In this system, each team plays with the rest of the teams once if the tournament is single league. In case of double league every team plays with the rest of the team twice. Victory or defeat does not matter.

Type of League Tournaments

1. Single League Tournament
2. Double League Tournament

Formula for no. of matches in single league $N(N-1)/2$

(N stands for no. of participating teams) E.g. For 12 Teams

$$12(12-1)/2=66$$

For Double league Tournament $N(N-1)$

$$\text{Eg. } 8(8-1) = 8 \times 7 = 56$$

Advantages of League Tournament

1. Only the strong teams will win.
2. Teams will get enough opportunity to show their performance.
3. Games and sports get more opportunity of publicity.
4. Officials find it easy to choose a team.
5. A team does not have to defeat the other team to play next match.
6. There are no. of opportunity to improve one's own game and performance.
7. Viewers get enough opportunity to see a no. of games.

Disadvantages of League Tournament

1. It takes more time.
2. It is more expensive.
3. Much bigger arrangement has to be made.
4. Repeated defeat demoralize the team and reduces recreation of the spectators.

Q4. What are the objectives of Extramurals ?

Ans.

1. To improve the standard of sports - By taking part in extra murals the students get gradually more and more technically and tactically equipped.
2. Provides experience to students - Extramurals give many opportunities to students to take part in different tournaments and gain experience.
3. To develop sportsmanship - All the players play together, eat together, live together, it develops the sportsmanship among the players.
4. To provide the knowledge of new rules and regulations and advanced techniques- Through extra murals players get extra knowledge about related activities by meeting new teams and players.

Q5. Define Tournament? Write the types of tournaments?

Ans. A tournament is a competition involving a relatively large number of competitors, all participating in a sport or game.

Types of Tournaments

1. Knock-out Tournament
2. League or Round Robin Tournament
3. Combination Tournament
4. Challenge Tournament

LONG ANSWER TYPE QUESTION (150 to 200 WORDS) (5 MARKS EACH)

Q1. Explain the principles of Intramurals.

Ans. Local Circumstances

1. It means the favorite games of the school and the area in which the school is located. Availability of play ground and other facilities which are suitable for activities & students.

2. Good quality sports equipments and facilities

In order to organize intramurals the sports equipments should be very high quality to avoid the injuries.

3. Interest

The selection of activities should be on the basis of the interest of the students so that the students can enjoy it and it will increase the number of participation in the intramurals. To maintain the interest, activities should be selected on the basis of students, facilities & society.

4. Budget

Organizing intramurals is based on the budget of the school. In case there is sufficient budget it can be organized on a large scale other wise we can organize it within the budget.

5. Time & climatic condition

It is also a very important factor. It should be organized in evening or in the holidays so that the teaching classes are not disturbed.

6. Mass participation

In such competitions winning should not be over emphasized because mass participation is more important. We should see that every student take part and enjoy the sports activities.

7. Medical examination

Medical examination of all the participants should be compulsory. Students having serious health problem an injury should be prevented from participating.

8 Classification of students

On the basis of age, sex, ability, weight, height and strengths of class, students should be classified to maintain the interest in the tournament.ng classes are not disturbed.

Bonus Question

- **Q. Write the procedure of fixtures in league tournaments?**

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