

**DELHI PUBLIC SCHOOL, JAMMU**  
**PERIODIC TEST-III (ASSIGNMENT)**

**SUB: PHE**

**CLASS: 11<sup>TH</sup>**

- Q1. Explain briefly about paralympic movement.**
- Q2. What is meditation? What is the importance of meditation in sports?**
- Q3. What are the essential qualities of a good leader? Explain.**
- Q4. What do you understand by anthropometric measurement?**
- Q5. Define physiology? Elucidate the importance of anatomy and physiology in the field of sports.**
- Q6. Explain the following adventure sports activities: a) Rock climbing b) trekking c) river rafting d) mountaineering.**
- Q7. What is the difference between endomorphs and actomorphs?**
- Q8. Describe the structure and working of heart with the help of diagram.**
- Q9. What are the benefits of yoga for concentration?**
- Q10. Explain in detail about Special Olympic Bharat.**
- Q11. What do you understand by the term pranayama?**
- Q12. What is BMI? How will you calculate it?**