

DELHI PUBLIC SCHOOL, JAMMU

SESSION (2019-20)

ASSIGNMENT FOR PRE-BOARD -I

CLASS:-XIITH

SUB:-PHYSICAL EDUCATION

- Q1. Explain about the physiological changes which occur with ageing in a person.
- Q2. What is First Aid? What is the role of First Aid in minimizing further damage in cases of Dislocation and Fracture?
- Q3. What are the different types of body movements? Explain.
- Q4. What is the difference between Flexion and Extension?
- Q5. Explain macro-nutrients and their role in our diet.
- Q6. What are the components of Rikli and Jones Test? Explain the purpose and procedure of any one test.
- Q7. Draw a fixture of 10 teams on league basis according to the staircase method. How will you decide the winner in a league tournament?
- Q8. How various committees are formed for tournaments? Write briefly.
- Q9. What are the pitfalls of dieting? Explain any five pitfalls in dieting.
- Q10. Explain the Barrow motor ability test.
- Q11. Explain the methods to prevent Asthma.
- Q12. Explain 'Flat Foot' and 'Knock Knees' and also suggest corrective measures for both postural deformities.
- Q13. Write briefly about the prevention and management of "Anorexia".
- Q14. Explain about the procedure and advantages of "Bhujangasana".
- Q15. What are the causes of Hypertension? Explain any three yogic asana to prevent Hypertension?
- Q16. Practicing Yoga-asanas regularly can prevent many diseases." Justify.
- Q17. Explain the strategies to make physical activities accessible for children with special needs.
- Q18. Write a detailed note on sports participation of women in India.
- Q19. Explain briefly about eating disorder "BULIMIA".
- Q20. Discuss Female Athlete Triad. Write its causes. Explain its factors and symptoms in detail.

