

DELHI PUBLIC SCHOOL, JAMMU

SESSION (2019-20)

ASSIGNMENT

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. Explain the strategies for enhancing adherence to exercise.
- Q4. Why the knowledge of biomechanics is essential for a coach to overcome the limitations of physical strength of an athlete.
- 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 9 teams on league basis according to the staircase method. How will you decide the winner in a league tournament?
- Q8. Personality and Posture are the two opposite sides of the same coin. Comment.
- Q9. Write a note on 'eating for weight control'.
- Q10. Explain the Barrow motor ability test.
- Q11. Explain the methods to prevent back pain.
- 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 Vajrasana.
- Q15. What are the causes of Hypertension? Explain any three yogic asana to prevent Hypertension?
- Q16. Explain Proprioceptive Neuromuscular Facilitation (PNF) or contract-relax technique.
- Q17. Explain the strategies to make physical activities accessible for children with special needs.
- Q18. Write in brief about osteoporosis. What are the causes of osteoporosis in women?
- Q19. Explain briefly about eating disorder "BULIMIA".
- Q20. Differentiate between 1:1 and 1:2 ratio interval training with suitable examples.

