

Delhi Public School, Jammu
Assignment (2016-17)

Class: XI

Subject: Physical education

Questions 1-11 are very Short type.

Questions 12-19 are Short type.

Questions 20-26 are very Long type.

- 1) Enlist the career options in the field of physical education.
- 2) Explain the meaning of health.
- 3) Briefly explain Arjun Award.
- 4) Define yoga in your words.
- 5) Give the ill effects of Narcotics.
- 6) Define sports environment.
- 7) Explain ectomorph body type.
- 8) Name the various types of joints
- 9) Mention the principles of stability and balance
- 10) What do you mean by plateau?
- 11) Define sports training.
- 12) Explain the principles of training in sports.
- 13) How tactics differ from strategies.
- 14) Explain laws of learning.
- 15) What do you mean by lever? Explain the various types of lever.
- 16) Define Anatomy and Physiology. Mention various physiological systems.
- 17) State the working of heart.
- 18) How endomorph differs from ectomorph.
- 19) Give the importance of test and measurement.
- 20) State the difference of following terminologies :Skill and techniques, tactics and strategies.
- 21) Explain the concept of training followed in sports.
- 22) What is plateau? Mention its cause. How to overcome plateau.
- 23) Explain emotions. How we can control emotions.
- 24) Describe various forces acting in sports. Mention its importance.
- 25) Discuss about various aspects of respiratory system.
- 26) Explain the working of heart give the importance of blood.