

# DELHI PUBLIC SCHOOL, JAMMU

## Assignment Final Examination 2018-19

**Class :XI**

**Sub: PHE**

- Q1. Difference between Asana and Exercise.
- Q2. Define physical education. Explain the objectives of physical education.
- Q3. Describe the sports award in India.
- Q4. Explain the components of physical fitness.
- Q5. Explain Olympic committee, Olympic Flag, Olympic motto and role of IOC.
- Q6. Discuss the options available for career in physical education.
- Q7. What is yoga? Describe elements of Yoga.
- Q8. Give the ways to overcome plateau?
- Q9. What are the functions of respiratory system
- Q10. What is Yoga Nidra? Explain the steps of Yoganidra.
- Q11. What do you mean by Leadership? Explain the functions of leadership.
- Q12. Describe the objectives of CBSE sports.
- Q13. Discuss about the structure and functions of heart.
- Q14. Describe about In-competition and Out of competition testing for doping control.
- Q15. How can you prevent the sports injuries? Explain in detail
- Q16. Write a short note on Chacha Nehru Award and Olympic charter.