

Physical Education

XI

Home Work

- (1) What is Physical Fitness ?
- (2) What is inclusion ?
- (3) What do you mean by Paralympics ?
- (4) What is yoga ?
- (5) What is Niyama ?
- (6) What is yam ?
- (7) What is Prityahar ?
- (8) What is Leadership ?
- (9) What is Olympic motto ?
- (10) Who was the father of modern Olympic Games ?
- (11) What is Physical education ?
- (12) When Olympic Flag was hoist ?
- (13) What is high blood pressure ?
- (14) What is low blood pressure ?
- (15) How is Physical Wellness gets developed by the improvement in life style ?
- (16) What is the role of special education ?
- (17) Why is need of integrated Physical education ?
- (18) Briefly discuss the importance of yoga .
- (19) What are adventure sports ?
- (20) What is Endomorphy ?
- (21) What is ectomorphy ?
- (22) What is mesomorphy ?
- (23) Discuss in detail the role of yoga in sports .
- (24) Explain the elements of yoga in details .
- (25) Write the Aims and objects of Physical Education .

28) Explain Shudhi Kriyas.

29) What is Rajiv Gandhi Khel Ratna Award?

30) What is Arjuna Award?

31) Explain Oxygen debt.

32) What is Anatomy? and explain the importance of Anatomy in sports.

33) Explain Types of Joints.

34) Explain the objectives of Adventure sports and its Types.

35) Explain Aims and objectives of Adaptive Physical Education.

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XII

Home Work

- ① What is disorder?
- ② What is ~~to~~ scoliosis?
- ③ What is menarche?
- ④ What is Cardiovascular fitness?
- ⑤ What is Kayser-Welber Test?
- ⑥ What is Cardiac output?
- ⑦ What is stroke volume?
- ⑧ What is Second Wind?
- ⑨ What is oxygen debt?
- ⑩ What is healthy weight?
- ⑪ Write standard BMI formula.
- ⑫ What is Endomorphy?
- ⑬ What is ectomorphy?
- ⑭ What is special seeding?
- ⑮ What is bye?
- ⑯ Write any two advantages of Bhujangasana.
- ⑰ What is ~~AHA~~ AHAPER Test?
- ⑱ What is flexibility?
- ⑲ What is Knock-out Tournament?
- ⑳ Write any two advantages of Round Robin Tournament.
- ㉑ Explain various committees and their responsibilities.
- ㉒ What is the need for food supplement?
- ㉓ Explain...

- 24) What is diabetes, and its Types.
- 25) List the advantages of physical activity for children with special needs.
- 26) Discuss any The advantages of correct Posture.
- 27) Suggest Four corrective exercises for Flat Foot.
- 28) Explain The Rockport one mile Test.
- 29) What are the aims of First Aid?
- 30) What is league Tournament? Draw a Fixture of Six teams using round Robin method.
- 31) Draw 21 teams Fixture using knockout method with Table.
- 32) How Hypertension can be managed through change in life styles?
- 33) What are the symptoms of female Athlete Triad?
- 34) Write any five long-Term effects of exercise on respiratory system.
- 35) What are the reasons of low participation in Indian women in sports?
- 36) Discuss the Physiological factors determining "strength" as a Component of Physical Fitness.
- 37) Write any five effects of exercise on circulatory system.
- 38) Explain Anorexia Nervosa and Bulimia Nervosa.