

**DELHI PUBLIC SCHOOL, JAMMU  
CYCLE TEST-II (ASSIGNMENT-I)**

**SUB: PHE**

**CLASS: 11<sup>TH</sup>**

**Q1. Explain briefly about paralympic movement.**

**Q2. What is meditation? What is the importance of meditation in sports?**

**Q3. What are the essential qualities of a good leader? Explain.**

**Q4. What do you understand by anthropometric measurement?**

**Q5. Define physiology? Elucidate the importance of anatomy and physiology in the field of sports.**

**Q6. Explain the following adventure sports activities: a) Rock climbing b) trekking c) river rafting d) mountaineering.**

**Q7. What is the difference between endomorphs and actomorphs?**

**Q8. Describe the structure and working of heart with the help of diagram.**

**Q9. What are the benefits of yoga for concentration?**

**Q10. Explain in detail about Special Olympic Bharat.**

**Q11. What do you understand by the term pranayama?**

**Q12. What is BMI? How will you calculate it?**