

**DELHI PUBLIC SCHOOL, JAMMU**  
**ASSIGNMENT**

**SUBJECT :-PHYSICAL EDUCATION**

**CLASS-12<sup>TH</sup>**

- Q1. Define posture.
- Q2 What do mean by soft tissue injuries ?
- Q3 What do you mean by ASD?
- Q4 What are the disadvantages of league tournament?
- Q5 Write note on health run, sports day.
- Q6 Draw a fixture of thirteen team on knockout basis.
- Q7 Write about any two factors which affect motor development in child.
- Q8 What are the merits and demerits of league tournament. ?
- Q9. Write short note on Bulimia Nervosa.
- Q10 Write a note on Diabetes and back pain.
- Q11. Mention the Macro and Micronutrients present in Balanced Diet.
- Q12. Mention four deficiency diseases and explain anorexia nervosa.
- Q13. List down the causes of bad posture.
- Q14. Explain various muscles involved in running.
- Q15. Explain the strategies to ,make physical activities for children with special needs ?
- Q16. Explain in brief “The Hartvard Step Test”.
- Q17 explain Big five theory.
- Q18 explain interval training method.