

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

SUB: PHE

CLASS: 11TH

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?