

DELHI PUBLIC SCHOOL, JAMMU

Assignment for Final Examination

(Session 2019-2020)

Class: XI

Subject: PHE

- Q1. Write in detail the stages of learning new skills.
- Q2. Describe the doping test procedure.
- Q3. Discuss in detail about the structure of Khelo India Programme.
- Q4. Describe the management of adolescent problems.
- Q5. What is sports training? Write the principles of sports training.
- Q6. What are the differences between Growth and Development?
- Q7. What is yoga? Describe elements of Yoga.
- Q8. Write a short note on the International Paralympics Committee.
- Q9. Describe the structure and working of heart with the help of diagram.
- Q10. What is Yoga Nidra? Explain the steps of Yoganidra.
- Q11. Describe the formation and objectives of Indian Olympic Association.
- Q12. Discuss briefly about Cardio-respiratory endurance.
- Q13. What are the components of Health related fitness? Explain in detail how they can be measured?
- Q14. Explain in detail about Special Olympic Bharat.
- Q15. Write briefly about Deaflympics.
- Q16. Explain in detail the Somatotypes. How can we measure Somatotype?
- Q17. What are the essential qualities of a good leader? Explain.
- Q18. Write down the guiding Principles of Warming-up in brief.