

DELHI PUBLIC SCHOOL, JAMMU
PERIODIC TEST-II (ASSIGNMENT)
(2017-18)

SUB:PHE

CLASS:XI

- Q1. Write a short note on International Olympic Committee.**
- Q2. What is the procedure of Padmasana and Shashankasana?**
- Q3. Explain in detail about the benefits of Yog Nidra.**
- Q4. What are the Olympic symbols? Describe any one of them.**
- Q5. Describe the objectives of CBSE Sports.**
- Q6. Write the objectives of physical education.**
- Q7. What are the career opportunities available in the field of physical education?**
- Q8. What are the ancient and modern Olympics. Explain in detail.**
- Q9. Explain in detail about the Arjuna Award.**
- Q10. What do you understand by the term Pranayama?**
- Q11. How is Yoga beneficial for sports persons? Explain.**
- Q12. Write the safety measures of adventure sports activities.**
- Q13. Explain in detail about the behavior change stages for physical activity.**
- Q14. Explain in detail the career option in physical education.**
- Q15. What do you mean by leadership? Explain the functions of leadership.**