

DELHI PUBLIC SCHOOL, JAMMU

SESSION (2019-20)

ASSIGNMENT FOR HALF-YEARLY

CLASS:-XIITH

SUB:-PHYSICAL EDUCATION

- Q1. What do you understand by food myths? Discuss briefly about various food myths.
- Q2. What are functions of protein in our body?
- Q3. Is fat useful or not useful for us and for our body, explain.
- Q4. Write about the various committees and their responsibilities.
- Q5. Explain macro-nutrients and their role in our diet.
- Q6. Mention all calculations and steps involved to draw a Knock-out fixture of 19 teams, where 4 teams are to be seeded.
- Q7. Draw a fixture of 11 teams on the basis of league tournament using cyclic method. Explain British method to declare the winner.
- Q8. What do you mean by balance diet? Explain the factors which affect the balance diet.
- Q9. What are the pitfalls of dieting? Explain any five pitfalls in dieting.
- Q10. Write short notes on: (i) National sports day (ii) Run for specific causes (iii) Run for unity (iv) Run for awareness.
- Q11. Write three differences between Intramurals and Extramural.
- Q12. Explain 'Flat Foot' and 'Knock Knees' and also suggest corrective measures for both postural deformities.
- Q13. Write briefly about the prevention and management of "Anorexia".
- Q14. Explain about the procedure and advantages of "Bhujangasana".
- Q15. What are the causes of Hypertension? Explain any three yogic asana to prevent Hypertension?
- Q16. Practicing Yoga-asanas regularly can prevent many diseases." Justify.
- Q17. Explain the strategies to make physical activities accessible for children with special needs.
- Q18. Write about the symptoms, causes and management of Oppositional Defiant Disorder.
- Q19. Explain briefly about eating disorder "BULIMIA".
- Q20. Discuss Female Athlete Triad. Write its causes. Explain its factors and symptoms in detail.