

GURU GOBIND SINGH PUBLIC SCHOOL

SECTOR : 5B

BOKARO STEEL CITY

Class : 12

Assignment Level :1

Subject : Physical Education

1. Enlist the committees for organizing sports events and explain any eight committees in detail.
2. Draw a knock-out fixture of 21 teams mentioning all the steps involved.
3. Elucidate the pre, during and post game responsibilities of officials of various committees for organizing a sport tournament smoothly.
4. "Vitamins are essential for our metabolic process". What happens if we devoid our diet of vitamins ?
5. Discuss how five major components of diet can enhance the performance of a sportspersons ?
6. What are the nutritive and non-nutritive components of diet ? Explain.
7. What is obesity ? How can we come to know that we are obese..
8. Describe the benefits and contraindications of Pada Hastasana.
9. Elucidate the benefits and contraindications of Sukhasana.
10. Elaborate the concept of disability and disorder in detail.
11. What do you mean by Sensory Processing Disorder ? Discuss the causes of SPD.
12. What do you mean by disability etiquettes ? Mention any five general disability etiquettes.
13. Discuss the physical exercises as corrective measure for Kyphosis, lordosis and scoliosis.
14. Suggest corrective measures for flatfoot and Bow legs.
15. Equal opportunities should be provided to women in sports and there should not be any discrimination. Explain your views in the light of this statement.
16. What is menstrual dysfunction ? Elaborate the various types of disorders related to menstrual dysfunction.
17. How the cardiovascular fitness test is measured with the help of 'Harvard Step Test' ? Write in detail about its administrative procedure.
18. Elucidate the three item test battery for general motor fitness propounded by Barrow in detail
19. Discuss any five effects of exercise on respiratory system.
20. Elaborate the role of regular physical activity in maintaining functional fitness of aged population.

(Paramjeet Singh)

(Rajesh kumar Singh)