

GURU GOBIND SINGH PUBLIC SCHOOL

SECTOR : 5B

BOKARO STEEL CITY

Class : 12

Assignment Level :2

Subject : Physical Education

1. Describe the method of preparing fixture in knock-out tournament in detail.
2. What do you mean by tournament ? Elucidate the importance of tournaments in detail.
3. Draw a fixture of 11 football teams participating in a tournament on the basis on knock-out .
4. What do you mean by planning ? Elucidate the objectives of planning in sports in detail.
5. What do you mean by specific sports programmes ? Explain any three.
6. Elucidate the committees and their responsibilities of inter school CBSE Basketball Tournament.
7. Define combination tournament . Draw fixture of 16 teams using league cum knock-out tournament.
8. Briefly explain food myths.
9. Discuss the role of nutrition on the performance of a sports person.
10. Vitamins are very essential for the normal working of the body and are divided into two groups . Explain about them.
11. What is balanced diet ? Explain the component of diet.
12. Are food supplements essential for children who participate in sports ? Give your views.
13. Explain benefits of Asanas for prevention of diseases.
14. What do you mean by Asthma ? Explain the procedure, benefits and contraindications of Chakrasana.
15. Elaborate the procedure and benefits of Tadasana and Pawanmuktasana .
16. What do you mean by Back Pain? Discuss the procedure and benefits of Shalabhasana.
17. What do you mean by diabetes ? Discuss the procedure, benefits and contraindications of Bhujangasana.
18. Elucidate the causes of disability.
19. What is Autism Spectrum Disorder? Discuss its causes in detail.
20. What is Oppositional Defiant Disorder? Discuss its causes in detail
21. Discuss the advantages of physical activities for children with special needs in detail.
22. What is Obsessive Compulsive Disorder ? Elaborate the causes of OCD.
23. Elucidate the causes of bad posture.
24. Discuss the factors affecting motor development in detail.
25. What is weight training? Discuss its advantages.
26. Elucidate the exercise guidelines at different stages of growth.
27. Mention any five advantages of correct posture.
28. Describe the causes, precautions and remedies of scoliosis.
29. Explain any five common postural deformities.
30. Elucidate the reasons of low participation of women in sports and games.
31. Discuss in detail about Female Athlete Triad.
32. What is osteoporosis ? Explain various factors which usually lead to osteoporosis among women athletes.
33. What is amenorrhoea ? Elucidate its types and factors which may inspire the chances of amenorrhoea.
34. Discuss psychological traits of women athlete.
35. Write in detail about eating disorder.
36. Discuss the details of AAHPER physical fitness test.
37. Discuss the contents and administration of Kraus-Weber Tests in detail.
38. Explain the Chair Stand test for lower body strength in detail.
39. Discuss the Back Scratch Test upper body flexibility.
40. Explain the Eight Foot Up and Go Test for measuring agility.
41. Elucidate the Rockport One Mile Test in detail.
42. Discuss any five long term effects of exercise on cardiovascular system.
43. Enumerate any five physiological changes due to ageing.
44. Elucidate any five effects of exercise on muscular system.
45. Elucidate the gender differences in physical and physiological parameters.
46. Explain in detail about the effects of regular exercise on respiratory system.
47. Explain the physiological factors determining speed.
48. Briefly explain about skinfold measurements.
49. Discuss about the methods to control healthy body weight for lifetime.
50. Elucidate about the pitfalls of dieting in detail.

(Paramjeet Singh)

(Rajesh Kumar Singh)