

Guru Gobind Singh Public School

Sector V, B Bokaro Steel City

Annual PE Assignment Class 11

1. Describe the various physical education courses available in India.
2. Define physical education and explain its aim and objectives in detail.
3. Enlist the soft skills required in the careers of physical education.
4. Write a note on Rajiv Gandhi Khel Ratna Award.
5. Explain the origin of Modern Olympic Games.
6. Briefly discuss the Winter Olympics.
7. Discuss the main functions of IOC.
8. Do the components of positive lifestyle help in leading a healthy life? Discuss in detail.
9. Elaborate the importance of physical fitness and wellness in detail.
10. Discuss the role of maintaining a healthy weight in preventing health threats through lifestyle changes.
11. Briefly discuss about coordinative abilities.
12. Discuss the role of physiotherapist for students with special needs.
13. Briefly discuss about Special Olympics Bharat.
14. Write a detailed note on Deaflympics.
15. Discuss the objectives of adaptive physical education in detail.
16. Explain briefly the procedure of Tadasana.
17. Discuss any three stages of Yoganidra.
18. What do you mean by yoga ? Explain its importance in daily life.
19. Elucidate any two asanas for improving concentration of mind.
20. Describe any five qualities of a leader.
21. Discuss safety measures for surfing and paragliding.
22. What do you mean by adventure sports? Discuss the objectives of adventure sports in detail.
23. What is river rafting? Discuss about their grades of difficulty.
24. What do you mean by Waist –Hip Ratio?
25. Explain in brief the traits of mesomorphs.
26. Describe the procedures for height and weight measurements.
27. What do you mean by test, measurement and evaluation? Elucidate the importance of test, measurement and evaluation in the field of sports.
28. What do you mean by anatomy and physiology? Explain the importance of anatomy and physiology in the field of physical education and sports.
29. Explain about the structure of respiratory system in detail.
30. Discuss the functions and properties of muscles.
31. What do you mean by skeleton system? Elaborate the freely movable joints in detail.
32. What do you mean by biomechanics? Elaborate the importance of biomechanics in physical education and sports.
33. Describe buoyancy force, with example in detail.
34. Clarify the meaning and types of equilibrium
35. What is the importance of kinesiology in physical education and sports?
36. Elucidate the primary laws of learning.

37. Elucidate the management of problems of adolescence.
38. Differentiate between growth and development?
39. What do you mean by emotion? Elaborate the methods of controlling emotions in physical education and sports.
40. Discuss the types of warming-up in detail.
41. Explain the importance of limbering in detail.
42. What is overload? Discuss its symptoms and steps to tackle the problem of overload.
43. Enumerate the principles of sports training.
44. Elucidate the role of free play in the development of motor component in detail.
45. Elucidate the performance enhancing substances in detail.
46. Explain the various responsibilities of athletes.
47. Elucidate the doping control procedure in detail.
48. What is blood doping?
49. Explain about ergogenic aids in brief.
50. Elucidate the coaching career in detail.

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