

CLASS XI-Physical education

1. Define physical fitness
2. Define the meaning of wellness
3. Define the meaning of lifestyle
4. What is the aim of physical education
5. Write principles of integrated physical education
6. Write 3 principles of adapted physical education
7. Write teaching career in physical education
8. Explain the motto of Olympic games
9. Write the development of values through Olympic movement
10. Write modern Olympic awards
11. Write the rules for Arjuna award
12. What is pranayam
13. What is hypertension
14. Explain elements of yoga
15. Explain the prevention and management of diabetes
16. Define doping
17. What are the side effects of anabolic steroids
18. Substance prohibited at all times or in-and-out of competition.
19. Write objectives of Indian Olympic association.
20. Write career in sports journalism.