

FIRST TERM WORKSHEET FOR CLASS XI (PHYSICAL EDUCATION)

UNIT-I

1. What is the aim of physical education?
2. What is adapted physical education?
3. Enlist the career options in physical education.
4. Briefly explain the principles of integrated Physical Education.
5. What do you mean by the concept of integrated physical education? Describe its principles.
6. Explain in detail the sports media related careers in the field of physical education.
7. What do you mean by Special Olympic Bharat? Discuss its mission, vision and achievements in detail.

UNIT-II

1. Define Endurance.
2. What is Nutritional Wellness?
3. Define strength and discuss its types in brief.
4. Brief discuss about coordinative abilities.
5. What do you mean by physical fitness and wellness ? Expound the importance of physical fitness and wellness.
6. Do the components of positive lifestyle help in leading a healthy life? Discuss in detail.

UNIT-III

1. Elucidate about the symbol of modern Olympic games.
2. What is the criteria for the Rajiv Gandhi Khel Ratna Award ?
3. What is the Olympic Motto?
4. Discuss about Olympic Flame and Olympic Oath.
5. Discuss about the categories of disability for Paralympic.
6. Elucidate about the development of values through Olympic Movement.
7. Discuss about the organizational set up of CBSE sport.

UNIT-IV

- 1.What is yoga ?
- 2.What is yama?
3. What is asthma?
- 4.Discuss the way to prevent diabetes.
- 5."Yoga is an Indian Heritage" elaborate this statement.
- 6.Discuss the element of yoga.
- 7.Eluciated the physiology benefits of asanas and pranayamas.

UNIT-V

- 1.What do you mean by narcotics?
- 2.What are psychological aids?
- 3.What do you mean by harmful ergogenic aids?
- 4.What do you mean by autologous and homologous blood doping?
- 5.What are the side effect of stimulants and narcotics? Explain in brief.
- 6.Define doping and explain the types of doping.
- 7.Eluciated the doping control procedure in detail.

UNIT-VI

- 1.What do you mean by social environment?
- 2.What is body composition?
- 3.Clarity the concept of sports environment.
- 4.Discuss any three essential elements of sports environment.
- 5.Discuss the exercise guideline during adolescence.
- 6.Explain any five essential elements of positive sports environment.
- 7.Discuss the exercise guidelines at different stages of growth and development.

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