

Summer Vacation Homework

Class - XII (Science & Commerce)

Sub - Physical Education (048)

* Complete all the notes till chapter 5 .

* Get prepared for the half yearly test (Chapter 1 - 5) .

* Practice all the following questions in your notebook -

1) Draw a fixture of 23 teams on knockout basis .

2) Draw a fixture of 17 teams on knockout basis .

3) Differentiate between intramural and extramural competitions .

4) Discuss the role of Nutrition on the performance of a sports person .

5) What do you mean by food supplement ? Describe the precautions for taking food supplements .

6) Discuss the procedure, benefits and contraindications of trikonasana, Ardh matsyendrasana, pawanmuktasana, and pada hastasana .

7) What do you mean by back pain? Discuss the procedure and benefits of shalabhasana .

8) What do you mean by disability? Discuss the types of disability.

9) What do you mean by disorder? Discuss all the five types of disorder.

10) Suggest corrective measures for flat foot and lordosis.

11) Mention the causes, precautions and remedies of bow legs.

12) What do you mean by Menarche and menstrual dysfunction ?

13) Discuss in brief about the female athlete triad .

14) Discuss the types of amenorrhoea .

15) What do you mean by anorexia nervosa and bulimia nervosa .