

Holiday Homework Physical Education (Class XI)

Answer the following questions:

1. Define Anatomy and Physiology. Highlight the importance of these subjects?
2. Explain the general working of skeletal system. Give details of types of joint.
3. Describe various types of muscles and their working. List down important muscles of body.
4. Discuss about various aspects of Respiratory System. Make a suitable diagram of Respiratory System.
5. Describe the term Second Wind and Oxygen debt, its causes and symptoms.
6. State Kinesiology and Biomechanics. Explain their importance.
7. Describe Buoyancy Force.
8. Describe the various forces acting in sports. Explain center of gravity.
9. Explain the various classes of Lever. Give examples from body.
10. Define Equilibrium and Balance. Explain the principles of balance.
11. State Newton's first law of motion and give some suitable examples of its application in sports.
12. Define Psychology and Sports Psychology. Highlight the importance of sports psychology.
13. Discuss the difference between growth and development.
14. Describe the characteristic development during infancy and childhood stage.
15. Discuss the adolescence needs, problems and management steps.
16. State learning and laws of learning.
17. What is plateau? Mention its cause. How can we overcome plateau?
18. Explain Emotions. How can we control Emotions?
19. Define Test, Measurement & Evaluation. Highlight their importance in sports.
20. How is BMI test conducted? Give index for its various categories.
21. How can we conduct the Waist-Hip-Ratio test? Explain.
22. Describe the various types of body categories.
23. Explain the Sheldon's Somato type.
