

DEHRADUN PUBLIC SCHOOL
ASSIGNMENT (2022- 23)
SUBJECT- PHYSICAL EDUCATION (048)
CLASS- XI

UNIT I: Changing Trends & Career in Physical Education

i. Which of the following materials cannot be used in preparing playing surface in sports?

- a. Cricket b. Hockey c. Football d. Athletics

ii. Given below are the two statements labeled as Assertion (A) and Reason (R).

Assertion (A): Physical education is the development of built-it qualities in the child through physical activities.

Reason (R): Physical education helps achieve all round development.

In the context of above two statements, which one of the following is correct?

- a. Both (A) and (R) are true and (R) is the correct explanation of (A).
b. Both (A) and (R) are true and (R) is not the correct explanation of (A).
c. (A) is true but (R) is false.
d. (A) is false but (R) is true.

iii. List any two sports organisations that use artificial pitches.

iv. Explain in detail any three career options of physical education.

UNIT II: Olympism

i. The first Olympics is believed to have been played in:

- a. 776 BC b. 394 AD c. 1898 d.1894

ii. Given below are the two statements labeled as Assertion (A) and Reason (R).

Assertion (A): The Olympic flag is made up of a white silk cloth in which five rings are embedded with each other.

Reason (R): The Olympic flame is the symbol of peace.

In the context of above two statements, which one of the following is correct?

- a. Both (A) and (R) are true and (R) is the correct explanation of (A).
b. Both (A) and (R) are true and (R) is not the correct explanation of (A).
c. (A) is true but (R) is false.
d. (A) is false but (R) is true.

iii. What is the Olympic Motto?

iv. Describe National Olympics Committee.

UNIT III: Yoga

i. Kapalbhati improves the functioning of the:

- a. Lungs b. knees c. joints d. liver

ii. Given below are the two statements labeled as Assertion (A) and Reason (R).

Assertion (A): 'Non-violence' means absence of violence or the absence of pain.

Reason (R): It means not to ill-treat any creature, giving no pains to it, not giving any mental or physical injury.

In the context of above two statements, which one of the following is correct?

- a. Both (A) and (R) are true and (R) is the correct explanation of (A).
 - b. Both (A) and (R) are true and (R) is not the correct explanation of (A).
 - c. (A) is true but (R) is false.
 - d. (A) is false but (R) is true.
- iii. What is the meaning of Contentment?
- iv. How yoga is beneficial for us? Explain.

UNIT IV: Physical Education and Sports for CWSN

- i. Disability due to polio virus infection is:
 - a. Cerebral Palsy b. Poliomyelitis c. Spina Bifida d. Leprosy
- ii. What is intellectual disability?
- iii. What is the role of various professionals for the differently abled? Explain.
- iv. Abhimanyu is a physical education teacher. It makes him very sad to know that there are many children with disabilities in his school who are unable to participate in physical education activities and so he decides to include participate of such students also in physical education activities. He started contribute in the physical improvement of a disabled child through special organisation, suitable venue and appropriate and improved material. He also requests to the principal for the availability of various professionals in the school for children with disabilities.
 - Based on the above case study answer the following questions.
 - 1. What are the objectives of adapted physical education?
 - 2. What is the role of special educator for a CWSN?
 - 3. What is the role of counsellor for a Divyang person?

UNIT V: Physical Fitness, Health and Wellness

- i. Performing daily chores without any fatigue is:
 - a. Mental wellness b. Dynamic ability c. Physical fitness d. None of these
- ii. Given below are the two statements labeled as Assertion (A) and Reason (R).
Assertion (A): Endurance means the ability to continue an activity for a longer duration without fatigue.
Reason (R): Using maximum strength for completing a task is known as endurance.
In the context of above two statements, which one of the following is correct?
 - a. Both (A) and (R) are true and (R) is the correct explanation of (A).
 - b. Both (A) and (R) are true and (R) is not the correct explanation of (A).
 - c. (A) is true but (R) is false.
 - d. (A) is false but (R) is true.
- iii. According to WHO, what is health?
- iv. Explain the importance of physical fitness and wellness.

UNIT VI: Test, Measurement and Evaluation

- i. Which scale is used to rank the things?
 - a. Nominal measurement scale b. Interval scale c. Ordinal scale d. Ratio scale

- ii. What is the purpose of 'Intelligence Test'?
- iii. What is a 'Test'? List any four types of tests.
- iv. Evaluation and measurement is important to assess the base and then the progress in all facets of life, more so in sports. Performance enhancement is always a goal but one needs to know and understand the starting baseline. Before any sports can be initiated, a clear understanding of why it is important to test, measure and evaluate any sports performance has to be in place.
 - Based on the above case study answer the following questions.
 1. What do you understand by test, measurement and evaluation?
 2. Why is it important?
 3. How do these factors help you in effective planning of the school sports curriculum?

UNIT VII: Fundamentals of Anatomy, Physiology in Sports

- i. Body composition is related to:
 - a. Physiology b. Anatomy c. Kinesiology d. All of the above
- ii. Given below are the two statements labeled as Assertion (A) and Reason (R).
Assertion (A): Larynx is also called voice box.
Reason (R): Larynx is a strong tube of approximately 12 cm long.
 In the context of above two statements, which one of the following is correct?
 - a. Both (A) and (R) are true and (R) is the correct explanation of (A).
 - b. Both (A) and (R) are true and (R) is not the correct explanation of (A).
 - c. (A) is true but (R) is false.
 - d. (A) is false but (R) is true.
- iii. Which is the longest and the smallest bone in human body?
- iv. State the function of the heart.

UNIT VIII: Fundamentals of Kinesiology and Biomechanics in Sports

- i. Sagittal plane divides the body into:
 - (a) Front and Back (b) Left and Right
 - (c) Upper and Lower half (d) none of these
- ii. What do you understand by Kinesiology?
- iii. Describe various types of movements in joints with the help of examples.
- iv. Divya and Jolly are good basketball players. Both of them practice regularly. But during competition Jolly performs good while Divya is not able to perform so well most of the time. One day she decided to ask the reason for the good performance to Jolly. Being a good friend, Jolly told her that she also wasn't able to perform well earlier then her coach advised to execute the game skill keeping in mind the basic principles of biomechanics.
 - Based on the above case study answer the following questions.
 1. How jolly was able to demonstrate better game? Discuss.
 2. Discuss the importance of biomechanics in games and sports.
 3. Biomechanics is the study of mechanical laws related to the movement. Discuss .

UNIT IX: Psychology and Sports

- i. Rapid physical changes happen in:
 - a. Infancy b. Childhood c. Adolescence d. Adulthood

ii. Given below are the two statements labeled as Assertion (A) and Reason (R).

Assertion (A): Adolescence is a stage of rapid development.

Reason (R): In this stage, changes happen in the physical, mental, emotional and social spheres of young people.

In the context of above two statements, which one of the following is correct?

- a. Both (A) and (R) are true and (R) is the correct explanation of (A).
- b. Both (A) and (R) are true and (R) is not the correct explanation of (A).
- c. (A) is true but (R) is false.
- d. (A) is false but (R) is true.

iii. How does the sports psychology help in motor skill learning?

iv. Discuss the management of adolescent problems.

UNIT X: Training and Doping in Sports

i. According to the principle of progression, load should be:

- | | |
|-----------------------|------------------------|
| a. Increased suddenly | b. Increased gradually |
| c. Decreased suddenly | d. Decreased gradually |

ii. What do you understand by 'Prohibited substances', in sports?

iii. Explain any five principles of sports training.

iv. Prince enrolled himself in a basketball academy where his coach explained the planned training process based on scientific principles. Apart from this, information about what to keep in mind while training during coaching and ways to focus on skill development and techniques, were provided. A player is unable to give his best performance in the absence of the above information. Apart from this, information was also provided that the banned medicines should not be included in their diet.

➤ Based on the above case study answer the following questions.

1. Discuss principle of specificity in sports training.
2. Discuss the principle of variety in sports training.
3. What do you understand by doping?