

R.H.M PUBLIC SR.SEC. SCHOOL

SECTOR 87 KANKROLA GURGAON

ASSIGNMENT

PHYSICAL EDUCATION

Chapter – 1 : PLANNING IN SPORTS

- Q1. What do you mean by Knockout Tournament ? Draw the fixture of 19 teams on knockout basis.
- Q2. Briefly explain the significance of Extramural Competitions.
- Q3. Briefly explain the objectives of Intramurals.
- Q4. What do you mean by combination tournament
- Q5. Briefly mention the advantages of league tournaments.
- Q6. What do you mean by Planning ? Elucidate the objectives of planning in sports.
- Q7. What do you mean by a Bye ? Write its formula.
- Q8. What is 'Seeding' ?
- Q9. How various committees are formed for tournaments?

Chapter –3: YOGA AND LIFESTYLE

- Q1. Briefly state benefits of Bhujangasana.
- Q2. Discuss asanas as preventive measures in detail.
- Q3. What do you mean by Asthma? Explain asanas to cure it.
- Q4. Elaborate the procedures and benefits of Tadasana and Pawanmuktasana.
- Q5. Discuss the contraindications of Vajrasana.

Chapter – 12 : TRAINING IN SPORTS

- Q1. What are Isokinetic Exercises?
- Q2. What is Explosive Strength ?
- Q3. What is dynamic flexibility?
- Q4. What do you mean by High Altitude Training?
- Q5. "Pace races mean, running the whole distance of a race at a constant speed." Which are the races included in pace races?
- Q6. State acceleration ability and locomotor ability.
- Q7. Discuss Fartlek training method as a means of developing endurance.
- Q8. Dynamic strength is divided into three parts. Write in brief about each.
- Q9. Suggest various methods for flexibility training to improve the optimum flexibility.
- Q10. Differentiate between 1:1 and 1:2 ratio interval training, with suitable examples.