



ÉCOLE GLOBALE

INTERNATIONAL GIRLS' SCHOOL

Dehradun

HOLIDAY HOMEWORK - CLASS XI HUMANITIES

UNIT-1 Changing trends & career in physical education

VERY SHORT ANSWER TYPE QUESTION (1 MARKS EACH)

- Q1. What is physical education?
- Q2. What do you mean by sport journalism?
- Q3. When was sports Authority of India established?
- Q4. Describe various physical education courses available in India?

SHORT ANSWER TYPE QUESTION (80 to 90 WORDS) (3 MARKS EACH)

- Q1. What are the soft skills required for different careers in physical education?
- Q2. Write a note on the teaching career in physical education?
- Q3. Discuss the programmes of the sports Authority of India.

LONG ANSWER TYPE QUESTION (150 to 200 WORDS) (5 MARKS EACH)

- Q1. What are the main objectives of physical education.
- Q2. Describe the objectives and role of the central advisory board of physical education and recreation.
- Q3. Describe the aims and objectives of Netaji Subhash National Institute of Sport.
- Q4. Discuss the health related and administration related careers in India.

UNIT-2 Olympic Movement

VERY SHORT ANSWER TYPE QUESTION (1 MARKS EACH)

- Q1. What do you mean by Olympic Motto?
- Q2. What do you mean by NSNIS?

Q3. When was sports Authority of India established?

Q4. Mention about Olympic flame?

SHORT ANSWER TYPE QUESTION (80 to 90 WORDS) (3 MARKS EACH)

Q1. Write a brief note on the Olympic Flag?

Q2. Briefly explain development of values through Olympic movement?

Q3. What is Olympic oath?

Q4. Describe the objectives of CBSE sports?

LONG ANSWER TYPE QUESTION (150 to 200 WORDS) (5 MARKS EACH)

Q1. Write down in details about International Olympic Committee.

Q2. Describe the formation and objectives of India Olympic Association...

Q3. Enlist the various Sports Awards and explain any one award in details?

Q4. Explain the origin of Ancient Olympic Games.

UNIT-3 Physical Fitness, wellness & lifestyle

VERY SHORT ANSWER TYPE QUESTION (1 MARKS EACH)

Q1. Define Physical fitness?

Q2. What do you mean by wellness?

Q3. What is meant by Lifestyle?

Q4. List down the component of positive Lifestyle

Q5. Explain the meaning of Health.

SHORT ANSWER TYPE QUESTION (80 to 90 WORDS) (3 MARKS EACH)

Q1. Briefly explain the importance of wellness.

Q2. Discuss 'healthy diet' as a component of positive Lifestyle

Q3. Why is a Healthy Lifestyle important?

Q4. Mention the health threats in life.

LONG ANSWER TYPE QUESTION (150 to 200 WORDS) (5 MARKS EACH)

Q1. Explain the importance of physical activity on enhancing the life?

Q2. What do you mean by the term physical fitness? Explain the component of physical fitness in detail

Q3. Describe the components of wellness.

Q4. What are the essentials for a healthy life style?

UNIT-4 physical education & sports for differently abled

VERY SHORT ANSWER TYPE QUESTION (1 MARKS EACH)

Q1. Define inclusion?

Q2 write the Oath of special Olympics bharaat?

Q3. What do you mean by adaptive physical education?

Q4. What do you mean by Paralympics?

Q5. What do you mean by Deaflympics?

SHORT ANSWER TYPE QUESTION (80 to 90 WORDS) (3 MARKS EACH)

Q1. Briefly explain the principles of adaptive physical education?

Q2. Briefly explain the principles of integrated physical education?

Q3. Briefly explain the mission and vision of special Olympic bharaat.

LONG ANSWER TYPE QUESTION (150 to 200 WORDS) (5 MARKS EACH)

Q1. What is the need and implementation of inclusion in physical education?

Q2. Describe in detail about the role of various professionals for children with special needs.

UNIT-5 yoga

VERY SHORT ANSWER TYPE QUESTION (1 MARKS EACH)

Q1. What do you mean by yoga?

Q2 what is pranayama?

Q3. What is meditation?

Q4. What are yogic kriyas?

Q5. What do you mean by yog nidra?

SHORT ANSWER TYPE QUESTION (80 to 90 WORDS) (3 MARKS EACH)

Q1. Discuss any three yoga practices for increasing concentration for children.

Q2. Differentiate between asana & exercise?

Q3. Enlist the types of asanas.

LONG ANSWER TYPE QUESTION (150 to 200 WORDS) (5 MARKS EACH)

Q1. Explain the importance of yoga?

Q2. Discuss the elements of yoga.

Q3. Describe the advantages of yog nidra.

UNIT-6 Physical activity & leadership training

VERY SHORT ANSWER TYPE QUESTION (1 MARKS EACH)

Q1. Define adventure sports?

Q2. What do you mean by camping?

Q3. Name specific equipment's which are used during river rafting?

Q4. Define leadership?

Q5. Mention any three objectives of adventure sports?

SHORT ANSWER TYPE QUESTION (80 to 90 WORDS) (3 MARKS EACH)

Q1. Explain about rock climbing in detail.

Q2. Discuss about mountaineering in detail?

Q3. Explain the material requirement and safety measures for trekking?

Q4. Describe some important qualities of a leader.

LONG ANSWER TYPE QUESTION (150 to 200 WORDS) (5 MARKS EACH)

Q1. Discuss the objectives of adventure sports in detail.

Q2. Explain the leadership qualities physical education.

Q3. Describe behaviour change stages for physical activity.

Q4. Elaborate paragliding in detail.

UNIT-7 Test, Measurement and evaluation

VERY SHORT ANSWER TYPE QUESTION (1 MARKS EACH)

- Q1. Define evaluation.
- Q2 What do you mean by test & measurement?
- Q3. What is meant by waist hip ratio?
- Q4. Explain BMI.
- Q5. Explain the meaning of somatotypes.

SHORT ANSWER TYPE QUESTION (80 to 90 WORDS) (3 MARKS EACH)

- Q1. Briefly explain the traits of endomorph.
- Q2. Explain the procedure of measuring somatotypes in brief.
- Q3. Discuss the procedure of measurement of arm length and upper arm length.
- Q4. Calculate the BMI of a male person whose weight is 80 kg and height is 1.6 m. Also state the category in which he falls.
- Q5. Write down the scale of BMI.

LONG ANSWER TYPE QUESTION (150 to 200 WORDS) (5 MARKS EACH)

- Q1. Explain in detail the importance of Test and Measurement in the field of sports.
- Q2. Explain the procedure for fixing marks for skinfold measurement.
- Q3. Explain the procedure of skinfold measurement in detail.

UNIT-8 Fundamentals of anatomy & physiology

VERY SHORT ANSWER TYPE QUESTION (1 MARKS EACH)

- Q1. Define Oxygen debt?
- Q2 Define anatomy?
- Q3. Define physiology?
- Q4. Name any four physiological systems of human body.
- Q5. What is a muscle?
- Q6. Which is the longest and the smallest bone in human body?

SHORT ANSWER TYPE QUESTION (80 to 90 WORDS) (3 MARKS EACH)

- Q1. What are the functions of skeletal system?
- Q2. Explain the functions of heart.
- Q3. Explain diverse types of joints in human body.
- Q4. Define the phenomenon of second wind. What are its causes and symptoms?

LONG ANSWER TYPE QUESTION (150 to 200 WORDS) (5 MARKS EACH)

- Q1. Explain the structure of heart with the help of diagram
- Q2. Elucidate the importance of anatomy and physiology in the field of sports.
- Q3. Explain several types of joints in human body.
- Q4. What are the functions of skeletal system?

UNIT-9 kinesiology, Biomechanics and sports

VERY SHORT ANSWER TYPE QUESTION (1 MARKS EACH)

- Q1. Define kinesiology.
- Q2. Define the term biomechanics.
- Q3. What is a lever?
- Q4. What do you understand by equilibrium?
- Q5. What is a force?
- Q6. What is centre of gravity?

SHORT ANSWER TYPE QUESTION (80 to 90 WORDS) (3 MARKS EACH)

- Q1. Describe buoyancy force in detail.
- Q2. Explain dynamic equilibrium.
- Q3. Explain the factors related to movement activities.

LONG ANSWER TYPE QUESTION (150 to 200 WORDS) (5 MARKS EACH)

- Q1. Explain in detail the principle of stability and its uses in sports.
- Q2. What do you know about lever? What are different types of levers. Explain the application of lever in sports.

Q3. What do you know about centripetal force and centrifugal force? Explain its application in sports.

Q4. Elucidate the importance of biomechanics in sports.

UNIT-10 psychology & sports

VERY SHORT ANSWER TYPE QUESTION (1 MARKS EACH)

Q1. What do you understand by term Sports Psychology.

Q2 Define Adolescence?

Q3. Which type of physical activities can be played in early childhood?

Q4. What do understand by learning?

Q5. What is positive transfer of learning.

Q6. Write note on Infancy?

SHORT ANSWER TYPE QUESTION (80 to 90 WORDS) (3 MARKS EACH)

Q1. Mention the importance of sports psychology.

Q2. Describe the development characteristics during early childhood.

Q3. Highlight the differences between growth and development.

Q4. Enlist the primary laws of learning and explain any one law.

LONG ANSWER TYPE QUESTION (150 to 200 WORDS) (5 MARKS EACH)

Q1. Explain any five problems of adolescents.

Q2. Discuss the factors affecting transfer of learning.

Q3. What is Plateau? Mention its causes.

Q4. Explain emotion. How can we control emotions?

Q5. Mention the importance of sports psychology

Q6. Describe the development characteristics during early childhood.

Q7. Highlight the differences between growth and development

Q8. Enlist the primary laws of learning and explain any one law.