

physical education 11th class

1. Meaning and importance of physical education?
objectives / same answer.
2. Functions and Types of muscles.
3. Effect of exercise on circulatory system and digestive system.
4. Define health and importance of Health education.
5. Importance of psychology and sports psychology?
6. Explain the stages of career preparation in physical education.
7. Effects of drugs on individual.
8. Alcohol effect on sports person.
9. What is fracture and Types of fracture.
10. Define the Terms - muscle pull, strain and sprain.
11. Describe the history of olympic games.
12. What are the rules of Khokho, Badminton, Handball, & hockey.
13. What is olympic Torch and March past.
14. What are components of balanced diet.
15. Causes of obesity.
16. Write short note Rajiv Gandhi Khet Ratan award.
17. What is Dronacharya award.
18. Write short on Ajinkya award, and Republic event.
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