

Assignment = I

10+1 Physical Education

Max Marks = 25

- Q1. What are the misconceptions about Physical Education = 8
- Q2. Explain the Place of Physical Education in Total Education. = 7
- Q3. Define Digestive System. = 5
- Q4. Write the Effect of Exercise on Digestive System. = 5

Gylden

SH. VIJAY SHAMSHER BHANDARI
DPE G.S.S.S KHANWARA KHAS
Distt Kangra H.P.

(A.O)
Wp/lo

Sh

Sh vijay kumar
D.P.E G.S.S.S. Juelangal
Distt Kangra.

- Q1. What is sportsmanship? = 5
- Q2. What is meant by sports ethics? = 5
- Q3. What are the principles of Health Education = 7 (7)
- Q4. Explain the importance of community participation for health promotion. = 8

~~OR~~

(Signature)

SH. VIJAY SHAMSHER BHANDARI
D.P.E G.H.S. Kaniarakhas
Bhabela Distt Kangra

(A.O)
Wplii

(Signature)

Vijay Kumar
D.P.E G.S.S. Jalsangul
D/Sala Kangra H.P.

- Q1. What are the effects of Alcohol? 5
- Q2. Give the bad effect of Tobacco. 5
- Q3. What is the effect of the use of the Alcohol and tobacco in the health of sports person? = 8
- Q4. What is the effect of Drugs on sports Person? = 7

Ans

VIJAY CHAM SHIR BHANDARI
DPE GHS Khamisakhas
D/shala.

(A.O)
W/plus


Ans

Vijay Kumar


D.P.E. C.S.S.S. Jadrangal
D/Sala Kangra 1411

Assignment-4 10+1 Physical Education

- Q1. Define the eating habits. 5
- Q2. What are the causes of obesity? 5
- Q3. Effects of obesity on a person explain. 7
- Q4. Define the methods to prevent obesity; 8


 VIDYA SHAMSHER BHANDARI
 DPE G.S.S. Khamra Khas
 D/Sala

(A.O)
Copy


 Vijay Kumar
 D.P.E G.S.S. Jadrangal
 D/Sala Kangra H.P.