

BRAIN INTERNATIONAL SCHOOL

Physical Education Assignment
Unit XI (Psychology and Sports)

CLASS XII

October 2018

- Q.1 What do you mean by stress?
- Q.2 Enlist the techniques of motivation.
- Q.3 Write down the definition of personality.
- Q.4 Discuss about the stress management techniques.
- Q.5 Write down the definition of anxiety.
- Q.6 Enlist the problem focused coping strategies.
- Q.7 Discuss about the endomorph in detail.