

**SUB:-PHYSICAL EDUCATION REVISION SHEET**

**Unit I (Changing trends and career in physical education)**

- Q.1 What is N.S.N.I.S.?
- Q.2 What is the full form of SAI?
- Q.3 What is physical education?
- Q.4 Discuss about the career options available in the field of media in Physical Education.
- Q.5 Describe the various physical education courses available in India.
- Q.6 Write a short note on “All India Council of sports”.

**Unit II (Olympic movement)**

- Q.1 Elucidate about the Olympic Awards.
- Q.2 What is the objective of Indian Olympic Association?
- Q.3 Which country is selected by IOC to host 2024 Summer Olympics?
- Q.4 Discuss the main functions of IOC.
- Q.5 What is the motto of modern Olympic Games?
- Q.6 Describe the objectives of Chacha Nehru sports award.
- Q.7 Explain about the Dronacharya award in detail.

**Unit III (Physical fitness, wellness and lifestyle)**

- Q.1 Describe endurance.
- Q.2 Enlist the components of wellness.
- Q.3 Briefly describe any three importance of physical fitness.
- Q.4 What is body composition?
- Q.5 List the components of lifestyle and explain any one.
- Q.6 Discuss about the three components which are essential for leading a healthy life style.

**Unit IV (Physical education and sports for differently abled)**

- Q.1 What is the mission of Special Olympic Bharat?
- Q.2 Write down the objectives of adapted physical education.
- Q.3 Describe about Paralympic Committee.
- Q.4 What do you mean by inclusion?
- Q.5 What is the role of a physical education teacher for children with special needs?
- Q.6 Write down its need and implementation.

## **Unit V (Yoga)**

- Q.1 Write down the definition of yoga.
- Q.2 What do you mean by shatkarmas?
- Q.3 Write down a short note on asana.
- Q.4 Discuss about the advantages of Shashankasana.
- Q.5 What do you mean by dharana in yoga?
- Q.6 Write down the procedure of padmasana.

## **Unit VI (Physical activity and leadership training)**

- Q.1 Write down the definition of leadership.
- Q.2 What is the type of physical activity?
- Q.3 Write a short note on “river rafting”.
- Q.4 Name any four safety equipments required for trekking.
- Q.5 Enlist about the safety measures for surfing.
- Q.6 Describe trekking in your words.

## Value based question

Q1. There was a boy whose name was Raju. He had polio. But unlike his physical disabilities, he was very interested in games and sports. When he watched Para Olympics, he urged to his school principal to conduct sports events for the physically disabled children. The principal agreed and promised him to conduct that event as soon as possible.

Based on the above passage, answer the following question:

- (a) What are the values shown by the principal?
- (b) What are Paralympics?
- (c) What is the main objective of Paralympics?

Q2. How can we prevent and manage lifestyle diseases like depression, asthma, hypertension, diabetes, etc. by adopting yoga in our daily lives?

Q3. Ramesh had been suffering from stress, tension and anxiety for the last three years. Now, along with these problems, he is also suffering from severe depression. He was already consulted many doctors but has not found an appropriate solution. Ultimately, he met our yoga instructor. The yoga instructor taught him to perform yogic asana, pranayamas and yognidra. After about three months of regular practice, he was feeling well.

Based on the above passage, answer the following question:

- (i) What is yoga?
- (ii) What was the problem of Ramesh?
- (iii) What did the yoga instructor teach Ramesh to overcome his problems?