

BRAIN INTERNATIONAL SCHOOL
SUBJECT- PHYSICAL EDUCATION
OCTOBER ASSIGNMENT CLASS XII 2024-25

Q1. What is cardiovascular fitness and how is it measured?

Q2. What rikli and jones senior citizen fitness test and how does it measures the physical fitness level of older adults?

Q3. Make a table of test items listed under fitness test by SAI (age 9-18yrs). Explain the procedure and scoring of 50 MTS run and partial curl up.

Q4. Write down the objectives and administration of the flamingo test.

Q5. What causes of sports injuries?

Q6. Briefly explain the following sports injuries.

- i) Fracture
- ii) Dislocation
- iii) Green stick

iv) Stress fracture

Q7. Define flexibility. Explain its types and any two methods to develop flexibility.

Q8. What are the primary causes of fractures?