

BRAIN INTERNATIONAL SCHOOL
SUBJECT- PHYSICAL EDUCATION
NOVEMBER ASSIGNMENT CLASS XI 2024-25

Q1. What do you mean by anatomy and physiology? Elucidate the importance of anatomy and physiology in the field of physical education and sports.

Q2. What do you mean by skeleton system? Elaborate the freely movable joints in details.

Q3. Explain about the structure of respiratory system in details.

Q4. What do you mean by circulatory system? Explain about arteries, veins and capillaries in details.

Q5. Discuss the various types of movements in details.

Q6. What do you mean by biomechanics? Elaborate the importance of biomechanics in the field of games and sports.

Q7. Discuss the principles of biomechanics.

Q8. What do you mean by axis and planes? Explain their types.

