

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

Q1. Define kinesiology.

Q2. Define biomechanics.

Q3. Differentiate between linear motion and angular motion.

Q4. List the importance of kinesiology in sports.

Q5. Explain the principles of biomechanics.

Q6. Explain the types of motion.

Q7. Give three examples of law of reaction.