



Brain International School

Vikas Puri, New Delhi

ASSIGNMENT NO. 1

SUBJECT: PHYSICAL EDUCATION CLASS-XI

APRIL, 2025

UNIT 1: CHANGING TRENDS AND CAREERS IN PHYSICAL EDUCATION

Q1. Define physical education.

Q2. Enlist the career opportunities available in the field of physical education.

Q3. Name some technological advancement in sports.

Q4. Explain any three objectives of physical education.

Q5. Write down a few lines on different committees constituted for the purpose of development of physical education in India after independence.

Q6. Write a short note on FIT INDIA program.

Q7. Write a short note on KHELO INDIA program.

Q8. Explain the performance related careers in the field of physical education.