



Brain International School

Vikas Puri, New Delhi

ASSIGNMENT NO. 3

SUBJECT: PHYSICAL EDUCATION CLASS-XII

MAY, 2025

UNIT 4 & 5

Q1. What do you mean by Disability ?

Q2. Explain in details about special Olympic bharaat.

Q3. Explain Paralympic movement in details.

Q4. Write in detail about deaflympics. What are the aims and objectives of deaflympics?

Q5. What are the types of vitamins? Describe their sources and functions.

Q6. Explain macro-nutrients and their role in our diet.

Q7. What is the importance of diet in sports?

Q8. Explain nutritive and non-nutritive components of diet.