



ASSIGNMENT NO. 1

SUBJECT: PHYSICAL EDUCATION CLASS-XII APRIL-MAY '2026

UNIT-1 MANAGEMENT OF SPORTING EVENTS

Answer the following questions:

Q1. League tournament is a better way to judge the best team of the tournament.

Comment.

Q2. Elaborate on the functions of sports events management.

Q3. Explain the role of the marketing committee during the event.

Q4. Explain the role of planning in organizing sports events.

Q5. Differentiate between knockout and league tournament.

Q6. Write briefly about any two types of run.

Q7. Differentiate between intramural and extramural tournament.

Q8. Explain the functions of management.

Q9. Draw a knockout fixture of 27 teams.

Q10. Draw a fixture of 8 teams on league basis following the cyclic method.

UNIT-2 CHILDREN & WOMEN IN SPORTS

Q1. What is kyphosis? Write down causes, symptoms and treatment of kyphosis.

Q2. What is lordosis? Write down causes, symptoms and treatment of lordosis.

Q3. What is scoliosis? Write down causes, symptoms and treatment of scoliosis.

Q4. What is flatfoot? Write down causes, symptoms and treatment of flatfoot.

Q5. What is bow legs? Write down causes, symptoms and treatment of bow legs.

Q6. What is knock-knee? Write down causes, symptoms and treatment of knock-knee.

Q7. Write in brief about osteoporosis. What are the causes of osteoporosis in women?

Q8. What are the factors that cause hindrance in the participation of women in sports?

Q9. What are the causes of menstrual dysfunction?

Q10. What do you understand by female athlete triad and what are its components?

UNIT-3 YOGA AS PREVENTIVE MEASURE FOR LIFESTYLE DISEASE

Q1. Explain the role of yoga in the prevention and management of diabetes with suitable asanas.

Q2. Discuss how yoga helps in controlling hypertension. Mention at least three asanas or pranayama.

Q3. Discuss how yoga helps in controlling asthma. Explain at least three asanas.

Q4. Explain the benefits of trikonasana and paschimottanasana for digestive health.

Q5. What do you understand by ardha matsyendrasana?

Q6. Briefly explain the symptoms and causes of obesity. Explain the procedure, benefits and contraindications of any two asanas to prevent obesity.

Q7. Briefly explain the symptoms and causes of back pain & arthritis. Explain the procedure, benefits and contraindications of any two asanas to prevent back pain & arthritis

