



ASSIGNMENT NO. 3

SUBJECT: PHYSICAL EDUCATION

CLASS-XII

OCTOBER'2026

UNIT- 8 BIOMECHANICS AND SPORTS

VERY SHORT ANSWER TYPE QUESTIONS (2 Marks)

1. What do you mean by biomechanics ?
2. Define friction.
3. What is lever ? How many classes of levers are there ?

SHORT ANSWER TYPE QUESTIONS (3 Marks)

1. Explain newton's law with examples.
2. Friction is categorized into how many types ? Explain them in brief.

LONG ANSWER TYPES QUESTIONS (5 Marks)

1. Explain equilibrium and its types. Also explain how equilibrium increases with the influence of various factors by giving suitable examples from sports.
2. What do you understand about projectile trajectory ? Explain the factors affecting projectile trajectory in sports.

UNIT- PSYCHOLOGY AND SPORTS

VERY SHORT ANSWER TYPE QUESTIONS (2 Marks)

1. What do you mean by psychology ?
2. Define motivation.
3. What do you mean by personality ?

SHORT ANSWER TYPE QUESTIONS (3 Marks)

1. Explain the meaning of external motivation.
2. What is hostile aggression ?

LONG ANSWER TYPES QUESTIONS (5 Marks)

1. What is meant by exercise adherence ? Give reason and benefits of exercise.
2. Enlist the big five theory personalities and describe any three of them while comparing their characteristics.