

DAV KAPILDEV PUBLIC SCHOOL , KADRU,RANCHI

SUMMER HOLIDAY HOMEWORK

SESSION-2021-22

SUBJECT- PHE

Chapter 1

Planning in Sports

Q.1. Draw a fixture of 15 teams on knockout basis.

Q.2. Draw a fixture of 11 teams on knockout basis .out of which 4 teams are to be seeded.

Q.3. Draw a fixture of 11 teams on knockout basis .out of which 4 teams are to be special seeded.

Q.4 Draw a fixture of 8 teams by cyclic method.

Q.5. Draw a fixture of 5 teams by cyclic method.

Q.6. Draw a fixture of 7 teams by staircase method.

Q.7. Draw a fixture of 10 teams by staircase method.

Q.8. Briefly explain the advantages and disadvantages of knockout and league method.

Q.9. Discuss the objectives of planning in sports.

Q.10. Explain the difference between intramural and extramural.

Chapter 2

Sports and Nutrition

Q.1. What do you mean by macronutrients and micronutrients. Explain all the types.

Q.2. Discuss any four pitfalls of dieting.

Q.3. What do you mean by food myths ? Briefly explain about four food myths.

Q.4. Explain protein as the nutritive components of diet.

Q.5. Enlist non-nutritive components of diet .

Q.6. Briefly explain about vitamins.

Q.7. Define balance diet.

Q.8. Define healthy weight .

Q.9. Briefly explain about Pre, During and post competition .

Q.10. What is importance of water?

Chapter 3

Yoga and Lifestyle

Q.1. What do you mean by asanas ? Explain its importance .

Q.2. What do you mean by Asthma? Discuss reason and treatment.

Q.3. What do you mean by Diabetes? Discuss procedure benefits and contraindications of PawanMukthasana.

Q.4. Briefly discuss about hypertension.

Q.5. what are the risk factors of obesity?

Q.6. What do you mean by Yoga? Outline the importance of yoga

Q.7. What is back pain ? Discuss reason and treatment.

