

*Assignment of physical education+1

Ch -1*

Q1.Explain the concept of Physical education.

Q2.what is the aim of the Khelo India program.

Q3.Write any two component s of physical education.

Q4.Explain the benefits of synthetic tracksuit.

Q5.Explain career options in physical education.

Q6.Discuss the aims and objectives of physical education

Q7.Describe the role of a physical therapist in sports.

Q8.what is the vision of the Fit India Movement.

Q9.what about injury prevention and rehabilitation.

Q10.Explain the importance of GPS tracking in sports.