
Class: XI

Subject : Physical Education

Assignment No. 2

- 1- Explain the soft tissue injuries in detail.
 - 2- Discuss the rehabilitation process through exercises in detail.
 - 3- Describe the skin fold measurement
 - 4- What do you mean by body mass index? Explain the procedure of calculation of BMI.
 - 5- What do you mean by anatomy and physiology? Elucidate the importance on anatomy and physiology in the field of physical education and sports.
 - 6- What do you mean by muscular system? Explain the structural classification of muscles in detail.
 - 7- What do you mean by circulatory system? Explain the structure, location and function of heart.
-

-----X-----

www.studiestoday.com