

**St. Mary's School, Dwarka**  
**Holiday Homework**  
**Class XI**  
**Subject: Physical Education**  
**Week 3**  
**Worksheet 3**

**No. of questions: 10**

1. The sports medicine are in great demand everywhere, and their availability with the sports persons become absolutely necessary. (True/False) 1
2. Athletic director is a professional who guides an athlete through his professional career. ("True/False) 1
3. Nutrition expert is also called a ..... 1
4. We are in the..... era of the sports media. 1
5. Define the aim of physical education. 3
6. How does physical education leads to moral development of an individual? 3
7. Explain sports journalism. 3
8. Explain in brief about some national sports played in India. 5
9. Define physical education and its objectives in detail. 5
10. What is the importance of physical education in the life of a student? 5