

Physical Education: (GP – 2)

1. Make a detailed report on Doping including following points:-
 - (a) Meaning & types of Doping
 - (b) Prohibited substances & methods
 - (c) Testing in competition & out of competition
 - (d) Side effects of prohibited substances.
2. Management of Injuries.
 - (a) Common sports injuries of soft Tissues
 - (b) First – Aid in common sports injuries

(GP – 3)

1. Levers - Its Types & application in sports.
2. Equilibrium – Dynamic & static – application in sports.
3. Center of Gravity – Its application in sports.
4. Force - Centrifugal & Centripetal & its application in sports.
5. A report on Health & fitness activities stating the benefits of medicine ball/ Thera Tube/ Pilates/ Rope shipping.