

**National Institute of Open Schooling**  
**Senior Secondary Course**  
**Lesson 14: Sports Training**  
**Worksheet-14**

Q.1- How to calculate Maximum Heart Rate (MHR)? Explain.

Q.2- You are a physical education teacher of a senior secondary school. You train your students to participate in National Athlete Meet 2022 and win medal. For this purpose fitness of participant is essential. As a trainer list out physical fitness components which will help to make your student physically fit.

Q.3- You are a physical education trainer and you taken initiative to organize aerobic exercise in the park area for school going students of your society. Draft a plan for the same.

Q.4- Distinguish between aerobic and anaerobic exercise.

Q.5- Write Short note on the following

- A. Aims of sports training
- B. Endurance
- C. Coordinative Ability