CLASS XI
ANNUAL EXAM
PHYSICAL EDUCATION (048)
SET A

TIME ALLOWED: 3 HRS **MAX. MARKS: 70**

GENERAL INSTRUCTIONS:

1) The question paper consists of 5 sections and 37 Questions.
2) Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
3) Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
4) Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
5) Sections D consist of Question 31-33 carrying 4 marks each and are case studies.
6) Section E consists of Question 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.

SECTION A

Q1. Which of the following is not an objective of Khelo India Programme
a. Political organization in games and sports
b. Development of play field
c. Searching new talented players
d. Providing coaching to players

Q2. Central Government Physical Education Committees was setup in 1948,which is also known as?
a. Tara Chand Committee
b. Simon Committee
c. Rajkumari Amrit Kaur committee
d. NIS Committee

Q3. "Playing beyond the rules of the game" is violation of which of the following educational value?
a. Pursuit of Excellence
b. Balance Between Body, Will and Mind
c. Joy of Effort
d. Fair Play

Q4. The word ALTIUS in the Olympic motto means
a. Faster
b. Higher
c. Heavier
d. Stronger

Q5. Identify the shat karma

(a) Dhauti
(b) Trataka
(c) Jal Neti
(d) Sutra Neti

Q6. What does the 'Yama' in Yoga refer to?

(a) Breath Control
(b) Good Behavior with Others
(c) Meditation
(d) Physical Discipline

Q7. Given below are the two statements labelled Assertion (A) and Reason (R):

Assertion (A): A physiotherapist is concerned with the gross motor skill and mobility of the children with special needs.

Reason (R): A physiotherapist does not concentrate on problem that affect muscles, bones, circulation of blood & lungs.

In the context of above two statements, which one of the following is correct?

a. Both (A) and (R) are true and (R) is the correct explanation of (A).
b. Both (A) and (R) are true, but (R) is not the correct explanation of (A).
c. (A) is true, but (R) is false.
d. (A) is false, but (R) is true.

Q8. A mentally challenged child with a low IQ has …….. disability.

a. Cognitive
b. Intellectual
c. Mental
d. All of these

Q9. Fill in the blanks:

Physical fitness of a common person means the capacity to do _____ work without any _____ and after doing their work she is ready to do some work with quick recovery.

a. Routine, fatigue
b. Regular, exertion
c. Irregular, movement
d. Often, static

Q10. Strength is the ability of muscles to overcome

a. Power
b. Force
c. Resistance
d. None of the above

Q11. Skinfold technique is used to measure

a. Weight
b. fat percentage
c. girth measurement
d. over fatness

Q12. The Respiratory system is made up of trachea, the lungs, and the_____

a. Liver b. Diaphragm
c. Oesophagus d. Pancreas

Q13. Which on the below given motion is the only motion allowed at a pivot joint

a. Flexion
b. Rotation
c. Extension
d. Circumduction

Q14. This is an imaginary flat surface running through the body.

a. Axis
b. Plane
c. Supination
d. pronation

Q15. The period between puberty and adulthood in human development that typically falls between the ages of 13 and 19 is:

a. Pre – adolescence b. pubescence c. senescence d. adolescence

Q16. Cohesion means

a. Bonding and attraction
b. Coordinated
c. Common
d. All of the above

Q17. Given below are the two statements labelled Assertion (A) and Reason (R):

Assertion (A): After training we should not stop the movements immediately.
Reason (R): If you are not performing proper cooling down, muscles become stiff.
In the context of above two statements, which one of the following is correct?

a. Both (A) and (R) are true and (R) is the correct explanation of (A).
b. Both (A) and (R) are true, but (R) is not the correct explanation of (A).
c. (A) is true, but (R) is false.
d. (A) is false, but (R) is true.

Q18 Why warming up is important before exercise?

a) It improves flexibility
b) It improves heart rate
c) It decreases the removal of lactic acid
d) All the above

SECTION B (questions 19-24 carrying 2 marks each)

Q19. Enlist the objective of physical education.

Q20. How does a physiotherapist help children with special need?

Q21. What do you mean by Waist-Hip-Ratio test.

Q22. Describe the importance of biomechanics?

Q23. What is the relationship between training load and adaptation?

Q24. Define mental toughness.

SECTION C [Question 25-30 carrying 3 marks each (attempt any 5)]

Q25. Elucidate upon international Olympic committee with its functions?

Q26. Elaborate the role and importance of physical education teacher in growth of special need children?

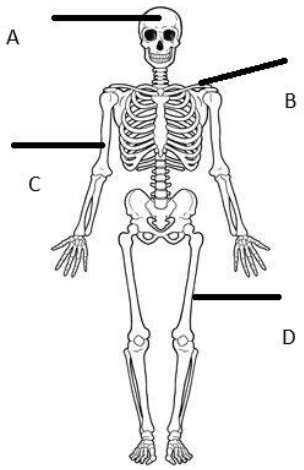
Q27. Discuss in detail about the components of physical fitness.

Q28. Elaborate the freely movable/ synovial joint in detail.

Q29. Define Test, Measurement & Evaluation.

Q30. With the help of suitable sports example explain discuss the role of kinetics and kinematics in sports.

(SECTION D Question 31 to 33 carrying 4 marks each)



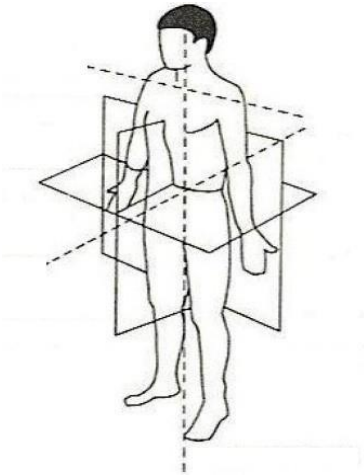
Q31. On the basis of given picture answer the following questions

(A) the picture depicted as A is _____ of human.

(B) The other name of collar bone is _____

(C) The picture depicted as C is _____ bone.

(D) _____ depicted as D is the longest bone in human skeletal system.



Q32. On the basis of given picture answer the following questions

(a) _____ plane passes through the middle of the body and divides the body horizontally in the upper and lower half.

(b) A vertical plane that divides the body into left and right side is known as _____.

(c) _____ axis runs from left to right through the centre of the body.

(d) Sagittal axis is also known as_____axis.

Q33. Rohan, a student of class XI has taken up physical education as he is very interested in making his career in the field of Physical Education. When he was introduced to the career options available in the subject he became a bit hesitant about continuing in this field because for him physical education was just about playing so he approached his subject teacher to explain his position.On the basis of the given information given below are a few queries of Rohan and you have to give him the reply according to the information provided to you in your first chapter.

(A.) A child interested in reporting the sports event should further study ____.

(B.) For making a future in Officiating a person should do_____course.

(C.) Teaching physical education to senior school students requires _____ as qualification.

(D.) Designing and researching sports equipment is related to_____.

SECTION E [Question 34-37 carrying 5 marks each (Attempt any 3)]

Q34. Mention the types of pranayama and briefly explain any two Pranayama techniques.

Q35. Elucidate upon BMI? Explain the procedure to calculate BMI.

Q36. Explain in detail the problems and management of adolescence.

Q37. Discuss the concept and disadvantages of doping in detail.