CLASS XI
ANNUAL EXAM
PHYSICAL EDUCATION (048)
SET B

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. Khelo India program started in India:

a. 2020
b. 2018
c. 2016
d. 2014

Q2. SAI Stands for:

a. Sports Appointment of India
b. Sports Academic of India
c. Sports Authority of India
d. Sports Accreditation of India

Q3. The first Olympic Torch was lit in:

a. 1936, Athens, Greece
b. 1920, Antwerp, Belgium
c. 1924. Paris, France
d. 1928, Amsterdam, Netherlands

Q4. Which of the following was placed on the head of the winner of the ancient Greek Olympic?

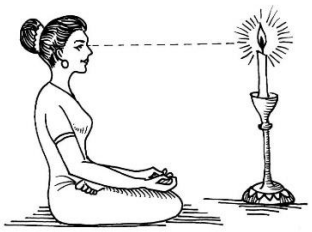
a. Gold Medal
b. Olive leaf crown
c. Silver medal

d. Bronze medal

Q5. One word for not to indulge in any relationship

a. Brahmcharya
b. Satya
c. Aparigraha
d. Ahimsa

Q6. What does the picture given below represent?



(a) Trataka (b) Neti (c) Vaman Dhouti (d) Nauli

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

Assertion (A): Adapted physical education is appropriate for differently abled person.
Reason (R): Adapted physical education is a sub-discipline of physical education.
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. Which of the following are common causes of both intellectual and cognitive disability?

a. Alcohol or Drug abuse by mother during pregnancy
b. Generic abnormalities.
c. Deprivation of oxygen at the Time of birth
d. All of the above

Q9. Physical fitness is possessed by an individual who is:

a. boring, irritating
b. enthusiastic, cheerful
c. tired, less movement
d. all of the above

Q10. It is the ability of an individual to perform a movement of the same pattern at a faster rate is

a. Speed
b. Strength
c. Agility

d. Endurance

Q11. Ruchi's weight is 10 kgs more than Prithvi. It is

a. Test
b. Evaluation
c. Measurement
d. Summary

Q12. What is the function of the Respiratory System?

a. To take in glucose and convert it into useable energy.
b. Send signals through the spinal cord and brain to tell other parts of the body what to do.
c. Take waste products and take them out of the body.
d. To allow gas exchange to provide parts of the body with oxygen.

Q13. _____ was defined as the study of motion

a. Anatomy
b. Physiology
c. Kinesiology
d. Psychology

Q14. This is an imaginary line at right angles to the plane, about which the body rotates or spins.

a. Axis
b. Planes
c. Flexion
d. Extension

Q15. An individual's ability to bounce back emotionally in the face of adversity is referred as:

a. Aggression
b. Anxiety
c. Resilience
d. Motivation

Q16. Adolescence usually ends at which age?

(a) 19 years (b) 18 years (c) 17 years (d) 16 years

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

Assertion (A): Training load is very significant in the field of sports.

Reason (R): It helps to increase the sports performance.

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. Which one of the following is an example of a performance enhancing drug?

a) Anabolic Steroid
b) Alcohol
c) Carbohydrate
d) Paracetamol

SECTION B questions 19-24 carrying 2 marks each (attempt any 5)

Q19. List down the career opportunities available in the field of physical education?

Q20. Explain the concept of disorder briefly?

Q21. Define the term Measurement.

Q22. Enlist the principles of sports biomechanics?

Q23. Define Attention Resilience.

Q24. What is the important of limbering down?

SECTION C Question 23-26 carrying 3 marks each (attempt any 5)

Q25. Who formed IOA and discuss about its members and structure?

Q26. Give your views on the outlook of society towards the children with special need and what steps should be taken to improve thoughts of society?

Q27. What do you mean by traditional Games? Mention various Indian traditional Games?

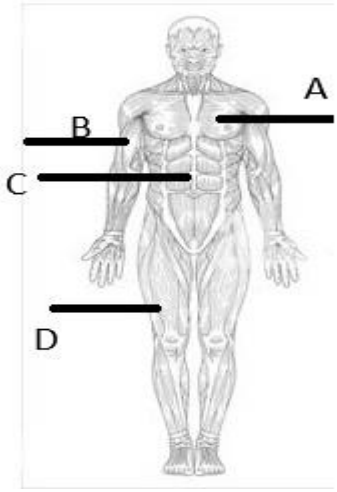
Q28. Elucidate the classification of bones

Q29. Discuss the concept of measurement of health-related fitness.

Q30. Differentiate between the following:

a. Flexion and extension
b. Rotation and circumduction

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



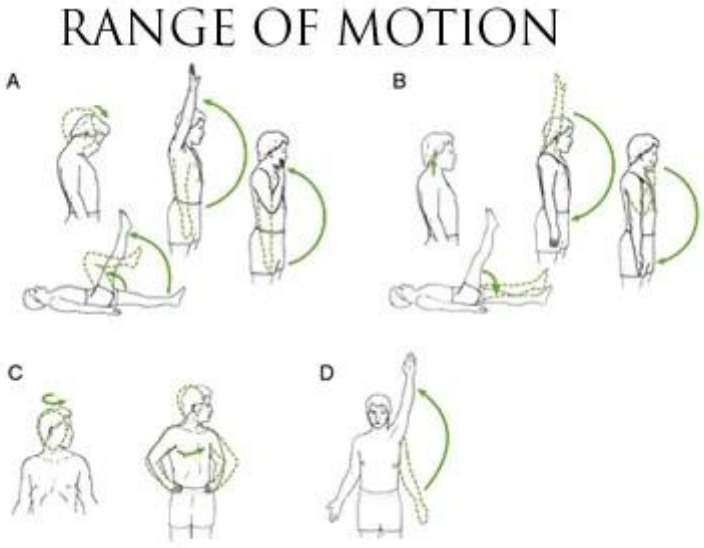
Q31. On the basis of given picture answer the following questions

(A) The Pectoralis muscle image A is classified as _____ muscle (skeletal/ smooth).

(B) There are around _____ muscles in a human body.

(C) The picture depicted as C is _____ muscle (obliques/ rectus abdominis).

(D) _____ depicted as D is the longest muscle in human body.



Q32. On the basis of range of motion in given picture answer the following questions

(A) The picture depicted as A is _____ .

(B) The picture in B as _____

(C) The picture depicted as C is _____ .

(D) The picture in D is _____ range of motion.

Q33. Rohit, 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 t chapter.

(A) NSNIS is a diploma of _____.

(B) Ground supervisors and stadium administrators comes under _____ career.

(C) lifestyle consultant and director fitness club is related to _____ career.

(D) A person with an interest in sports journalism can do _____ course.

SECTION E (Question 34-37 carrying 5 marks each)

Q34. Enlist the types of kriyas and briefly explain any two kriya techniques.

Q35. Explain in detail the term somatotypes and it's classifications.

Q36. Explain the Importance of psychology in the field of physical education and sports.

Q37. Discuss in detail the principles of sports training.