

Roll No. \_\_\_\_\_

Code : 112017-048-A

Please check that this question paper contains **26** questions and **3** printed pages.

**CLASS-XI**  
**PHYSICAL EDUCATION**

**Time Allowed : 3 Hours**

**Maximum Marks : 70**

***General Instructions :***

- *Question paper consists of 26 questions.*
- *All questions are compulsory.*
- *Answer to questions carrying 1 mark should be answered in 10 to 20 words.*
- *Answer to questions carrying 3 marks should be answered in 30 to 50 words.*
- *Answer to questions carrying 5 marks should be answered in 75-100 words.*

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1. Describe Speed? (1)
  2. Mention any two preventive health threads through change in lifestyle. (1)
  3. What do you mean by Asana? (1)
  4. Propose any two Mechanical Aids that helps an athlete to enhance their performance in sports. (1)
  5. State classification of Doping. (1)
  6. What do you mean by Physical Activity ? (1)
  7. What is second wind? (1)
  8. Explain center of gravity. (1)
  9. What is passive warming up ? (1)
  10. We have number of sports activities and each activity requires a set of skills. According to characteristics of skill, enlist any two skills. (1)
  11. Explain briefly the term Biomechanics. (1)
  12. Explain special Olympic Bharat and discuss its mission and goal. (1+1+1=3)

13. Prepare a short note on Paralympics. (3)
14. Write any three aim and objectives of CBSE Sports. (3)
15. Sunil was a good player in his school days and he used to practice very hard as his aim was to participate and get medal in National Games. His coach was also very hopeful and wanted him to win gold medal in National Games. However he got frustrated because of his bad performance in Zonal level. Due to overstress, desperation and anxiety he started taking stimulants to enhance his performance. When his coach came to know about this fact, he called him and tried very hard to counsel him about the consequence of taking stimulants. He suggested him not to take such prohibited substances in future. Sunil assured his coach that he will not take prohibited stimulants in future.

Based on above passage answer the following questions; (3)

- A. What values did the coach reflected through his initiative?
- B. What qualities and dis-qualities were shown by Sunil?
- C. What do you mean by stimulants?
16. Write the procedure of anthropometric measurement of Height. (3)
17. Classification of body type is based on physical, mental and practical aspects. Explain the three classifications. (3)
18. For comprehensive knowledge about growth and development, it is necessary for us to understand their differences. Discuss any three differences of Growth and Development. (3)
19. For effective implementation of Adapted Physical Education, we need or required certain principles. Enlist any six principles of adapted physical education. ( $\frac{1}{2} \times 6 = 3$ )
20. How can the component of positive lifestyle help in leading healthy life? Discuss any five components in detail. 5
21. Yoga plays a significant role to get rid of various diseases, stress and tension, that's why people practice yoga regularly. Explain five points that clearly explain the importance of yoga. 5
22. The health of an individual can be promoted and enhanced with physical activities. For physical fitness certain components are essential. State those components of health related physical fitness. (5)

23. State the functions of Bones. (5)
24. What is Force ? Explain the centripetal and centrifugal forces and their application in sports. (1+2+2=5)
25. Learning takes place from womb to tomb”. It is never ending process, for that there are two types of laws of learning. Explain the Secondary laws of learning, (any five) (5)
26. Warming up is essential for attaining better performance in the field of sports and games. On the basis of this description write the importance of warming up. (5)