

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

Code : 11-201718PE-A

Please check that this question paper contains **26** questions and **4** printed pages.

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

**Time allowed : 3 Hrs.**

**M.Marks : 70**

***General Instructions :***

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

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1. When and where was the Olympic flag hoisted for the first time ? (1)
  2. Name the organization which organize the Paralympic games. (1)
  3. Differentiate between 'Yama' and 'Niyama'. (1)
  4. What do you understand by the term 'Pranayama' ? (1)
  5. Explain the term 'Mountaineering' in brief. (1)

6. Discuss about the Cardiac Muscles in brief. (1)
7. What do you mean by 'Buoyancy force' ? (1)
8. Briefly explain what is meant by 'sports training'. (1)
9. 'Limbering down' is as important as warming up. Justify your answer. (1)
10. At times narcotics are taken by the players. Explain the reason behind the same. (1)
11. Explain the term 'Blood doping'. (1)
12. Write a brief note on Sports Authority of India. (3)
13. There is a lot of demand for personal trainers and health clubs nowadays. Explain in brief. (3)
14. "Physically fit citizens are nation's best asset, weak one's are its liability". Justify your answer considering importance of physical fitness. (3)
15. "Sprinters are born, not made". Keeping in view, the components of Physical fitness, justify the above mentioned statement. (3)
16. During summer vacation, Ria decided to join a Yoga camp with one of her friends Ranjana. Their yoga teacher taught them different asanas and yog nidra as one of the techniques to relax their mind. He told them about the importance of yoga in one's life. Yoga helps to become creative, disciplined, focussed and also helps to develop positive qualities in life.

He suggested that they should do asanas and breathing exercises every day. After rejoining the school Ria & Ranjana demonstrated some of the asanas and told about the benefits of Yoga & Yog-Nidra to their classmates. This helped their classmates to lead a better and healthy life.

Based on the above passage answer the following questions :

- (a) What do you know about Yog Nidra ?
  - (b) How does Yoga help to become a good human being ? (any two qualities)
  - (c) What are the values shown by Ria & Ranjana ? (any two) (3)
17. Write any three points, to show the importance of test and measurement in the field of sports. (3)
18. How is WHR calculated and how can it be used to assess the health of a person ? (3)
19. What do you mean by Technique and Skill ? (3)
20. Write brief notes on :
- (a) Rajiv Gandhi Khel Ratna Award (2½)
  - (b) International Olympic Committee (2½)
21. Write the need and implementation of 'Inclusion in physical education'. (1+4)

22. What do you mean by 'adventure sports' ? Discuss any four objectives of adventure sports in detail. (1+4)
23. Write the importance of anatomy and physiology in the field of sports. (5)
24. What is equilibrium ? Discuss the types of equilibrium and their application in sports. (1+4)
25. How can a person control his emotions in sports ? Suggest any five methods. (5)
26. What do you mean by ergogenic aids ? Write about any four types of ergogenic aids. (1+4)

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