

Roll No. _____

Code : 11201819PE-A

Please check that this question paper contains 26 questions and 2 printed pages.

Class : XI
PHYSICAL EDUCATION

Time Allowed : 3 Hours

Maximum Marks : 70

General Instructions :

- All questions are compulsory.
- Question paper consists of 26 questions.
- 01 mark questions must be answered in 10-20 words.
- 03 mark questions must be answered in 30-50 words.
- 05 mark questions must be answered in 75-100 words.

1. State the meaning of CITIUS - ALTIUS - FORTIUS. 1
2. Explain in brief the term muscular endurance. 1
3. "Health is an asset". Comment. 1
4. Write down the motto of Deaflympics. 1

OR

When and where the Ancient Olympic games were started?

5. What do you understand by the term "Relaxative Asana"? 1
6. Calculate the BMI of a female weighing 60 kgs and a height of 1.50 metres. 1

OR

Write any one importance of test, measurement and evaluation in sports.

7. Name the different chambers of human heart. 1
8. What is the role of centre of gravity in sports? 1

OR

Write any one example for Class - 3 Lever in sports.

9. Explain the term 'Recovery' in sports training. 1
10. What do you mean by gene doping? 1

OR

Write the name of the organization which work for the control of doping at International level.

11. Write any two major risks associated with taking diuretics. 1
12. Discuss any three career options available in the field of physical education. 3

OR

Write the full form of the following physical education courses available in India.

C.P.Ed, B.P.Ed, M.P.Ed, D.P.Ed, M.Phil, Ph.D.

13. Briefly describe any three objectives of physical education. 3
14. Write the importance of attaining wellness for self elevation. 3

OR

Explain any three components of health related fitness.

15. Explain any three stages involved in the behaviour change for physical activity. 3
16. Write any three safety measures to be followed during physical activity. 3
17. Differentiate between growth and development. 3
18. Elucidate the management of problems of adolescence. 3

OR

Write down any three importance of psychology in physical education and sports.

19. Explain any two performance enhancing substances in brief. 3
20. Discuss in detail :- $2\frac{1}{2} \times 2 = 5$
- (i) Any five objectives of Modern Olympic Games.
- (ii) Chacha Nehru Sports Award.
21. Explain the following :- $2\frac{1}{2} \times 2 = 5$
- (i) Paralympic Games
- (ii) Need for integrated physical education.
22. "Yoga is a light, which once lit, will never dim. The better you practice, the brighter will be the flame". Justify your answer by considering the importance of yoga. 5

OR

Explain the procedure and benefits of performing any one asana for improving concentration.

23. Classify the human body according to Somatotypes. Which Somatotype is best suitable for weight lifting and power lifting? 5
24. Explain any five freely moveable joints in detail with one example of each joint. 5
25. Knowledge of biomechanics is important in sports. Justify your answer. 5
26. Discuss the principles to be followed, while designing sports training programme for athletes. 5

OR

What do you mean by Load and Adaptation? Enlist any four performance related symptoms of over load.