

Please check that this question paper contains **10** questions and **3** printed pages.

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

**Time Allowed : 3 Hrs.**

**Maximum Marks : 70**

**General Instructions :**

- (i) All questions are compulsory.
- (ii) Question paper carries two parts–A and B.
- (iii) Answer to questions carrying 1 mark should be in approximately 10-15 words.
- (iv) Answer to questions carrying 2 marks should be in approximately 30-50 words.
- (v) Answer to questions carrying 3 marks should be in approximately 50-70 words.
- (vi) Answer to questions carrying 4 marks should be in approximately 70-100 words.

**Part-A**

1. Answer the following : (1+4+2+1=8)

- (i) What do you understand by the term 'physical education'?
- (ii) How is physical education important in modern times? Explain.
- (iii) Briefly explain about 'humanism' in physical education.
- (iv) Explain any one subdiscipline of physical education.

**OR**

- (i) Write the aim of physical education. (1)
- (ii) Describe the objectives of physical education. (4)
- (iii) Discuss any two misconceptions about physical education. (2)
- (iv) Enlist any two Laws of Motion. (1)

2. (i) Discuss the teaching and coaching career in physical education.  
(ii) What do you mean by professional ethics? (3+2=5)

**OR**

Name any five courses available in the field of physical education with their eligibilities and duration. (1×5=5)

3. Answer any four from the following : (2×4=8)
- (i) Name any four agencies working in the field of community health.
  - (ii) Write any four effects of tobacco on sports person.
  - (iii) Name any two drugs commonly used by sports persons. Also write two side effects of any one drug.
  - (iv) How can obesity be controlled? Explain.
  - (v) What is hypertension?
  - (vi) Write any one stress management technique.
4. Answer the following : (4+4=8)
- (i) Explain in detail about modern Olympic Games.
  - (ii) What do you mean by ideals and motto of modern Olympic Games? Explain.
5. Answer the following : (2+1+2=5)
- (i) Write any two definitions of sociology.
  - (ii) What do you mean by culture?
  - (iii) Write any four qualities of a leader in the field of physical education.
6. Answer the following : (1×6=6)
- (i) What is the meaning of measurement in sports?
  - (ii) What is the full form of BMI?
  - (iii) What is the purpose of AAPHER physical fitness test?
  - (iv) What is the other name of Rockport One Mile test?
  - (v) Explain any one test of Krans-Weber in brief.
  - (vi) Name two methods to measure the heart rate.
7. Answer the following : (1+1+3=5)
- (i) Briefly explain general warming up and specific warming up.
  - (ii) Explain any six effects of exercise on circulatory system.
8. Answer the following : (2+3=5)
- (i) Write any four principles of Integrated physical education.
  - (ii) Mention the benefits of "Sports for All".

## Part-B

Answer the following questions from any one game/sport of your choice :

1. Answer any five from the following : (2×5=10)
  - (a) Highlight the main events of history of the game/sport.
  - (b) Write any four general rules.
  - (c) Any four measurements of play fields/play area.
  - (d) Any four tournaments.
  - (e) Name any four famous personalities.
  - (f) Write any four venues.
  - (g) List down any two sports gear.
  
2. Answer any five from the following : (2×5=10)
  - (a) Discuss any two fundamental skills.
  - (b) Any two specific exercises of conditioning.
  - (c) Briefly explain any four terminologies of the game.
  - (d) What do you know about Arjuna Award?
  - (e) Enlist any four soft tissue injuries.
  - (f) Write any two objectives of CBSE sports.