

Roll No. _____

Code : 112012-048

Please check that this question paper contains **27** 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 question carrying 1 mark should be in approximately 30 words.*
- (iv) Answer to question carrying 2 marks should be in approximately 60 words.*
- (v) Answer to question carrying 3 marks should be in approximately 100 words.*
- (vi) Answer to question carrying 5 marks should be in approximately 150-200 words.*

PART-A

1. What do you mean by friction? (1)
2. Write any two factors which influence the choice of a career. (1)
3. Discuss any two causes of obesity. (1)
4. Write any two objectives of Modern Olympic Games. (1)
5. What do you mean by the term cultural heritage? (1)
6. Write any two points explaining the importance of measurement in sports? (1)
7. What is external respiration? (1)
8. Enlist any two components of health related fitness. (1)
9. Name any two sub-disciplinary contexts of physical education. Explain any one of them. (2)

10. Enlist any two career options in physical education. Explain any one in brief. (2)
11. Write down any two effects of alcohol on sports persons. (2)
12. What is the meaning of measurement in sports? Write the formula to calculate BMI. (2)
13. Write a brief history of ancient Olympic Games. (2)
14. Name any three courses available in the field of physical education with their eligibility, duration and avenues. (3)
15. Explain any three agencies working in the field of community health programmes. (3)
16. Write the full form and purpose of AAHPERD Physical fitness test. Also enlist two test items of it. (3)
17. Write short note on the following : (3)
 - (a) Olympic Flag
 - (b) Olympic Oath
 - (c) Olympic Motto
18. Define physical education? Explain its importance in detail. (5)
19. Explain any two types of muscles. Write any six effects of exercise on the muscular system. (5)
20. Discuss the importance of sports sociology in detail. (5)
21. Give five principles of each - integrated and adapted physical education. (5)

PART-B

Answer the questions 22 to 25 from one particular game / sport only.

22. Write the history of the game / sport. (2)

23. Explain any three important tournaments of the game / sport. (3)
24. Draw a neat diagram of the field / court / table with its measurement and specifications. (5)
25. Explain any four terminologies of the game / sport. (2)
26. Enlist two types of sports injuries. Describe the preventive measures for common sports injuries. (3)
27. Name any four national sports awards. Write short note on any two of them. (5)