

Roll No. _____

Code : 112014-048-A

Please check that this question paper contains **29** questions and **3** printed pages.

CLASS-XI
PHYSICAL EDUCATION

Time Allowed : 3 Hrs.

Maximum Marks : 70

General Instructions :

- (i) Answer to questions carrying 1 mark should be in 25 to 30 words.*
- (ii) Answer to questions carrying 2 marks should be in 40 to 50 words.*
- (iii) Answer to questions carrying 3 marks should be in 70 to 100 words.*
- (iv) Answer to questions carrying 5 marks should be in 120 to 150 words.*

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1. What is the meaning of lifestyle? (1)
 2. What do you mean by adapted physical education? (1)
 3. Describe the objectives of Dronacharya Award. (1)
 4. What do you mean by Obesity? (1)
 5. What do you mean by Doping? (1)
 6. Explain Green stick fracture. (1)
 7. What do you mean by Test and Measurements? (1)
 8. Enlist any two types of muscles in a human body. (1)
 9. Explain the term Center of Gravity. (1)
 10. What do you mean by Transfer of Learning? (1)

11. Define sports training. (1)
12. What do you mean by Indicators of health? Enlist their types. (2)
13. What are the types of Doping. (2)
14. Briefly explain two soft tissue injuries in sports. (1+1=2)
15. Explain the procedure of measuring Leg length. (2)
16. Explain the third law of motion formulated by Newton. (2)
17. Describe two developmental characteristics of Adolescence. (2)
18. What do you mean by technique and style? (2)
19. What are the side effects of prohibited substances? Explain in brief. (3)
20. Explain the types of Joint injuries. (3)
21. Mention under which category the following BMI scores fall. (3)

Name	Height (Mts.)	Weight (Kgs)	BMI Score
Roopam	1.65 Mts.	65.0 Kgs.	23.89
Sumanth	1.80 Mts.	55.0 Kgs.	16.98
Mohit	1.70 Mts.	80.0 Kgs	27.68

22. Why biomechanics is important in physical education and sports? Explain. (3)
23. Elaborate the Primary Laws of learning. (3)
24. Define physical education? Explain its Aim & Objectives in detail. (1+1+3=5)
25. Discuss different components which help a person to lead positive/healthy lifestyle. (5)

26. Write short notes on the following:- (2+2+1=5)
- Olympic Flag
 - Olympic Motto
 - Olympic Oath
27. Discuss the Elements of yoga. (5)
28. According to the shape and size of bones, explain the types of bones. (5)
29. Elaborate any five principles of sports training. (5)