

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 :

- *All questions are compulsory.*
- *Answer to questions carrying 1 mark should be approximately in 25 to 30 words.*
- *Answer to questions carrying 2 marks should be approximately in 40 to 50 words.*
- *Answer to questions carrying 3 marks should be approximately in 70 to 100 words.*
- *Answer to questions carrying 5 marks should be approximately in 120 to 150 words.*

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1. What do you mean by Wellness ? (1)
 2. Define Physical Education. (1)
 3. How many rings are there in Olympic Symbol ? What do these rings represent ?
($\frac{1}{2} \times 2 = 1$)
 4. What is Meditation ? (1)
 5. Name the world agency which controls doping. Also write the full form of that agency.
($\frac{1}{2} \times 2 = 1$)
 6. What do you mean by Rehabilitation ? (1)
 7. What is Measurement in sports ? (1)
 8. Describe 'Flat bones'. (1)
 9. What does the term 'Force' mean ? (1)

10. What do you mean by 'Learning' ? (1)
11. What is 'Skill' ? (1)
12. Discuss 'Physical Activity' as a component of positive lifestyle. (2)
13. What do you mean by Dope testing in competition ? (2)
14. What first aid should be given in case of a fracture ? (2)
15. Explain the procedure of measuring height. (2)
16. What do you understand by 'Biomechanics' ? (2)
17. Discuss any two problems of Adolescence. (2)
18. What do you mean by general warming-up and specific warming-up ? (1×2=2)
19. What are the responsibilities of an athlete regarding doping control ? (any six) (3)
20. Enlist any two types of sports injuries. Describe any four preventive measures for common sports injuries. (3)
21. Explain the physical and physiological characteristics of Mesomorph. (3)
22. Write the types of Levers with suitable examples in games & sports. (3)
23. Differentiate between 'Growth & Development'. (any three) (3)
24. What do you mean by Physical Fitness ? Explain its importance. (any six points) (2+3=5)
25. Explain any ten career options in the field of Physical Education. (5)
26. Enlist the sports awards and explain about any one award in detail. (2+3=5)

27. Explain the following :
- Prevention of back pain (any five points)
 - Importance of Asanas in sports (any five) (2½+2½=5)
28. Clarify the meaning of anatomy and physiology. Explain their importance in physical education. (any six) (1+1+3=5)
29. Write the meaning of 'Lumbering down'. Explain its six advantages. (2+3=5)

