

# FIRST TERMINAL EXAMINATION, 2016

## PHYSICAL EDUCATION

Time : 3 hrs.

Class – XI

M. M. : 70

Date – 08.09.2016

### Instructions:

- All questions are compulsory.
- Answers to questions carrying **01 mark** should be in approximately **30 words**.
- Answer to questions carrying **03 marks** should be in approximately **100 words**.
- Answer to questions carrying **05 marks** should be in approximately **150-200 words**.

- Q.1** What is meant by life style? (1)
- Q.2** What are health status indicators? Enlist them. (1)
- Q.3** Define Physical Education. (1)
- Q.4** What do you mean by integrated Physical Education? (1)
- Q.5** Write down the famous sermon of Olympic games? (1)
- Q.6** What do you mean by shatkarma or yogic kriyas? (1)
- Q.7** What do you mean by gene doping? (1)
- Q.8** What is nutritional wellness? (1)
- Q.9** What do you mean by flexibility. (1)
- Q.10** What do you mean by positive sports environment? (1)
- Q.11** What is body composition? (1)
- Q.12** In our neighborhood a man of fifty years old used to live alone. I used to call him uncle. He was facing common life style diseases such as obesity, diabetes, depression and high blood pressure etc. one day I consulted my physical education teacher about his common lifestyle diseases, because he taught us about such lifestyle diseases in our class. He consented to meet my uncle the next day. He suggested to adopt and maintain a healthy as well as positive life style. He suggested to take regular physical exercise, healthy eating habits, sufficient sleep and to maintain healthy body weight. My uncle started to follow the suggestions by the teacher strictly. Approximately, after six months he improved himself a lot and now he is leading a healthy life. (3)
- Based on above passage ,answer the following questions:
1. What do you mean by common life style diseases?
  2. What values are shown by the teacher?
  3. What suggestions were given by the teacher to my uncle?
- Q.13** Mention any four rules for competitions in Ancient Olympic Games (3)
- Q.14** Describe any three responsibilities of athletes regarding anti-doping policy. (3)
- Q.15** Elucidate the importance of physical fitness and wellness in brief. (3)
- Q.16** Write down objectives and contribution of central advisory board of physical education and recreation. (3)
- Q.17** Write a note on Chacha Nehru sports award. (3)
- Q.18** What do you mean by Pranayama? Mention the types of Pranayama. (3)
- Q.19** Describe about in-competition and out or competition testing for doping control. (3)
- Q.20** Enumerate the factors affecting physical fitness and wellness in detail. (5)
- Q.21** Write short note on any two of the following: (5)
- a) Adapted Physical education
  - b) Career in Sports Industry.
  - c) Sports Authority of India
- Q.22** Write short notes in brief on the following: (5)
- a) Olympic motto
  - b) Olympic Flag
  - c) Olympic Flames
  - d) Olympic Awards
  - e) Olympic Oath
- Q.23** Discuss the elements of Yoga. (5)
- Q.24** What is doping? Explain the side effects of prohibited substances in detail. (5)
- Q.25** What is Physical activity? Explain the various types of Physical activities (5)
- Q.26** Explain any five essential elements of positive sports environment. (5)

