

ANNUAL EXAMINATION, 2018-19

PHYSICAL EDUCATION

Time : 3 hrs.

Class – XI

M. M. : 70

Name of the student _____ Section _____ Date-07.02.2019 (Thursday)

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 the aim of physical education ? (1)
- Q.2 What do you mean by 'CITIUS ALTIUS and FORTIUS' ? (1)
- Q.3 What do you mean by special Olympic Bharat ? (1)
- Q.4 Write two objectives of adventure sports ? (1)
- Q.5 What do you mean by somatotypes ? (1)
- Q.6 What is second wind ? (1)
- Q.7 What do you mean by kinesiology? (1)
- Q.8 What do you mean by sports psychology? (1)
- Q.9 What do you mean by corrective asanas ? (1)
- Q.10 Enlist the principles of sports training ? (1)
- Q.11 What do you mean by prohibited substances ? (1)
- Q.12 Enlist the objectives of physical education and explain any one of them? (3)
- Q.13 Discuss any three components of positive lifestyle? (3)
- Q.14 Explain any three elements of yoga ? (3)
- Q.15 What do you mean by test, measurement and evaluation ? (3)
- Q.16 Describe the meaning of human anatomy and human physiology ? (3)
- Q.17 What is the importance of kinesiology in physical education and sports ? (3)
- Q.18 Sunny was a good shot putter. His height was 5 feet 6 inches with a body weight of 75kg. His body was muscular. He used to put the shot with Perie O'brien technique. For the last one year his performance was stable even after his best efforts. He met our new physical education teacher to discuss about the root cause of his problem. He saw his technique of putting the shot. He was not satisfied with his technique. He suggested that this technique was not suitable for short-statured individual. He told him to practice disco-put technique instead of Perie O'brien technique. Approximately, after 6 months' practice, Sunny's performance was improved by 1.70 metre. In this way, biomechanics helped him a lot.
- Based on the above passage, answer the following questions :
- What qualities did Sunny possess?
 - What values of the new physical education teacher did impress you ?
 - What is biomechanics ?
- Q.19 What do you mean by autologous and homologous blood doping ? (3)
- Q.20 Write short notes in brief on the following : (5)
- Olympic motto
 - Olympic flag
 - Olympic award
 - Olympic oath
- Q.21 What do you mean by body mass index? Explain the procedure of calculation of BMI? (5)
- Q.22 What is circulatory system? Explain the structure, location and function of heart ? (5)
- Q.23 What is biomechanics? Explain the importance of biomechanics in physical education and sports ? (5)
- Q.24 Explain the problems of adolescence in detail. (5)
- Q.25 What do you mean by warming-up ? Describe the methods of warming up in detail? (5)
- Q.26 Elucidate the doping control procedure in detail. (5)

