

# SECOND TERMINAL EXAMINATION, 2017

## PHYSICAL EDUCATION

Time : 3 hrs.

Class XI

M. M. : 70

Date – 04.02.2017 (Saturday)

### Instructions:

- All questions are compulsory. The question paper consists of **26 questions**.
- Answers to questions carrying **01 mark** should be in approximately **30 words**.
- Answers to questions carrying **03 marks** should be in approximately **100 words**.
- Answers to questions carrying **05 marks** should be in approximately **150-200 words**.

- Q.1** What do you mean by Coordinative abilities? (1)
- Q.2** Who can participate in paraolympic games? (1)
- Q.3** What do you mean by obesity? (1)
- Q.4** What do you mean by doping? (1)
- Q.5** What do you mean by health related physical fitness? (1)
- Q.6** What do you mean by somato types? (1)
- Q.7** What is second wind? (1)
- Q.8** What do you mean by biomechanics? (1)
- Q.9** What do you mean by sports psychology? (1)
- Q.10** What do you mean by sports training? (1)
- Q.11** Define warming up. (1)
- Q.12** Last year, our school organised a programme 'Run for unity'. All the teachers of our school were involved in this race. Such runs promote unity, peace and harmony among the people. After covering a distance of 2 kilometers, one student felt chest pain spontaneously. He complained to a teacher regarding pain. Immediately some of the teachers, who were running beside him, took him to the doctor for necessary check up. His blood pressure was measured and ECG was also performed. Doctor said that it was not the case of heart problem. It was surely the problem of second wind which is a usual phenomenon for individual who does not practise to run a race.
- Based on the above passage, answer the following questions. (1×3=3)**
- i) What is the purpose of 'run for unity'?
- ii) What values did the teachers show by taking the student to the doctor immediately?
- iii) Was the student physically fit?
- Q.13** Explain any three elements of yoga. (3)
- Q.14** Enlist the performance enhancing substances. Explain any two of them in brief. (3)
- Q.15** State the function of bones. (3)
- Q.16** What do you mean by anatomy and physiology? (3)
- Q.17** What do you mean by lever? Elaborate the types of lever with diagram. (3)
- Q.18** Explain the terms 'Growth and Development'. (3)
- Q.19** Explain the methods of warming up in detail. (3)
- Q.20** Define physical education and explain its aims and objectives in detail. (5)
- Q.21** Discuss about the organizational set up of CBSE sports. (5)
- Q.22** What do you mean by test and measurement? Elucidate the importance of test and measurement in the field of sports. (5)
- Q.23** What do you mean by muscular system? Structural classification of muscles in detail. (5)
- Q.24** Mention the Newton's law of motions and their applications in the field of games and sports. (5)
- Q.25** Explain the problem of adolescence in detail. (5)
- Q.26** Discuss various means or steps to overcome the problem of overload in detail. (5)

