

Sample paper

Physical education (XI)

Time-3hrs

MM-70

General instructions

- The question paper consists of 34 questions.
- All the question are compulsory.
- Multiple choice questions (Section A) 1 to 20 carrying 1 mark.
- Short answer questions (Section B) 21 -30 carrying 3 marks should be in approximately 80-100 words.
- Long answer questions (Section C) 31-34 carrying 5 marks should be approximately 150-200.

Section A

1. Uber cup is related to:
A) Table tennis B)lawn tennis C) badminton D) None of these
2. Who is the president of International Olympic committee?
A) Antonio Samaranch B)Thomas Bech C)Robert Bech D)None of these
3. Which one of the following is not a part of Olympic Strength-
A) Muscular Strength B) Strength Endurance C) Explosive Strength D) Static Strength
4. Which one of these, is included in the categories of disability-
A) Physical Disability B) Visual Disability C) intellectual Disability D) All the Above

OR

Where is the head quarter of International Paralympics committee located-

- A) Dusseldorf B) London C) Bonn D) Paris
5. Which one of the following is not an example of corrective asana-
A) Bhujang asana B) Padmasana C)Chakrasana D) Halasana
6. Adolescence is derived from a Latin word –
A) Adult B) Adole C) Adolescere D) Scare
7. Which Skill is required in order to Grade 2 river rafting-
A) Basic Paddling B) Expert Paddling C) While water rafting Experience D) Advance Rafter Experience

OR

Which one of the following Categories is not classified by Hippocrates-

- A) Sanguine B) Phlegmatic C) Aesthetic D) Cholenic
8. Mountaineering gained popularity in –
A) 18th Century B) 19th Century C) 16th Century D) 17th Century
9. Which one of the following is properties of muscles –
A)Excitability B) Elasticity C) Extensibility D) All of these
10. Who is the current Champion of Indian Premier League-

A) Chennai B) Mumbai C) Hyderabad C) Delhi

11. Body Mass Index of $18\text{kg}/\text{m}^2$ is Considered as-

A) Normal Range B) Under Weight C) obesity Class-2 D) Obesity Class I

12. Which is not the Example of Anabolic Steroids?

A) Stenazol B) Metenalone C) Drostanole D) Temoxifen

OR

‘ Psychology is the Science of Human behaviour ’ whose statement is it?

A) Pillsbury B) Watson C) Words Worth D) Singer

13. Which one of the following categories is a performance enhancing substance-?

A) Cocaine B) Ephedrine C) Amphetamines D) All the Above

14. Which one of the following component is not included in Khelo India programme-?

A) Play Flied development B) Talent Search and development C) Sports for Women

D) To organise Cricket Competitions

OR

Inclusive Education provides perfect training of-

A) Real Life B) Hostile Life C) Abnormal Life D) None of these

15. Which is the significant safety measure to prevent Sports Injuries?

A) To be warm up B) to be hydrated C) proper surface of play ground D) all the above

16. Which one of the following joints is not freely movable joints-

A) Hinge joints B) Saddle Joints C) Pivot joints D) Symphysis Joints

17. What is the approximate weight of Human Heart?

A) 200g B) 300g c) 400g D) None of these

18. out of the following asana, which asana does not help in improving concentration?

A) Sukhasana B) Tad asana C) Chakrasana D) Padmanasa

19. Lower centre of gravity, Higher the-

A) Weight B) Stability C) Marketing D) Industrial Recreation

20. Who said this-Sports training is the basic form of preparation of sportsman-

A) Matwejew B) Martin C) Schnadel D) Hardial Singh

Section -B

21. Discuss the main functions of International Olympic committee.

OR

Describe any three objective s of adventure sports.

22. State the functions of bones?

23. Discuss about any three components of wellness.

24. Briefly discuss Paralympics games.

OR

What do you mean by Pranayama? Mention the types of Pranayama.

25. Discuss about mountaineering in detail.

26. What do you Mean by Test, Measurement and Evaluation?

27. Discuss the property of muscles?

OR

Discuss the types of Equillibrium?

28. Differentiate between Growth and Development.

29. Explain the meaning of sports training in detail.

30. Explain about the substances prohibited in competitions.

Section –C

31. What do you mean by Physical Education? Discuss its aim and objectives in detail.

OR

Does appropriate development of values take place through Olympic Games? Give your views.

32. What do you mean by Physical Fitness and Wellness? Discuss their importance in detail.

33. What is Inclusion? Elucidate the need of inclusive education in detail.

OR

What do you mean by Yoga? Elaborate the importance of yoga in modern age.

34. Discuss the various safety measures for preventing sports Injuries.