

APEEJAY SCHOOL PITAMPURA
PHYSICAL EDUCATION CLASS XI TERM 1

TIME: 3Hrs

M.M: 60

INSTRUCTIONS:

1. All questions are compulsory.
2. Answer all the questions in given order.
3. Answer to questions carrying 1 mark should be in 30 words.
4. Answer to questions carrying 3 marks should be in 100 words.
5. Answer to questions carrying 5 marks should be in 200 words.

Q1. Write about the history of physical education.	1
Q2 .What do you mean by aim and objective in physical education?	1
Q3. What is the meaning of physical fitness according to a common person?	1
Q4. Define Lifestyle.	1
Q5. What do you mean by Olympic movement?	1
Q6. Write about Olympic ideals.	1
Q7. Write about the history of yoga.	1
Q8. What do you know about sutra period of yoga?	1
Q9. How doping was done in ancient Greece?	1
Q10. What are the schemes of sports authority of India?	3
Q11. Explain any three components of physical fitness.	3
Q12. Write in brief about Olympic resolution, Olympic Oath & Olympic Emblem.	3
Q13. Write about the categories of asanas on the basis of their effects.	3
Q14. What are the side effects of Anabolic steroids?	3
Q15. What are types of physical activities?	3
Q16. Write in brief about any three behaviour change technique for physical activity.	3
Q17. Explain about the development of physical education after independence.	5
Q18. Explain the components of positive lifestyle in detail.	5
Q19. Write in detail about Paralympic movement.	5
Q20. Write about the management of back pain.	5
Q21. Discuss about the types of ergogenic aids in detail.	5
Q22. Explain the components of health related fitness.	5