

Roll No. \_\_\_\_\_

Code : 112016-048-A

Please check that this question paper contains **26** questions and **3** printed pages.

**CLASS-XI**  
**PHYSICAL EDUCATION**

**Time Allowed : 3 Hrs.**

**Maximum Marks : 70**

***General Instructions :***

- *Answer to question carrying 1 mark should be in approximately in 10 to 20 words.*
- *Answer to question carrying 3 marks should be in approximately in 30 to 50 words.*
- *Answer to question carrying 5 marks should be in approximately in 75-100 words.*

**Part-A**

1. Write aim the aim of adapted physical education. (1)
2. What is meant by lifestyle? (1)
3. Who banned the Ancient Olympics Game s & when? (1)
4. Who can participate in Paralympic Games ? (1)
5. Briefly explain the term 'Pranayama'. (1)
6. What do you understand by Prohibited Substances ? (1)
7. What is meant by "oxygen debt" ? (1)
8. Write the meaning of human anatomy. (1)
9. Explain the term "Training" in short. (1)
10. What do you know about Limbering down ? (1)
11. What is technique in sports ? (1)

12. Discuss any three components of Wellness. (3)
13. Write what you know about endurance ? Explain Short-Term Endurance with examples. (3)
14. Explain the role of yoga in sports. (Write any six points) (3)
15. Sonal and her friends used to cycle in their society park every day. She noticed that a few children were quite obese and they would sit on benches busy with their mobiles. She discussed the matter with President of the society. Together they decided to have yoga classes in the society park and also of organizing an awareness programme.
- (i) How obesity can be prevented ? Give two ways.
- (ii) Give any two disadvantages of obesity.
- (iii) What values are shown by Sonal and her friends ? (1×3)
16. Fill in the BMI range values according to the categories given in the following table : (1+2)

| Category          | BMI |
|-------------------|-----|
| Over Weight       |     |
| Obesity Class-II  |     |
| Under Weight      |     |
| Obesity Class-III |     |
| Normal Weight     |     |
| Obesity Class-I   |     |

17. Explain in brief the traits and most suited sports activity for Endomorphs & Ectomorphs. (3)
18. How do Anatomy and Physiology play an important role in Physical Education ?(3)
19. What do you mean by plateau ? Elaborate any four causes of plateau in the field of physical education. (3)

20. What do you understand by Physical Education ? Explain any four objectives in detail. (5)
21. Answer the following : (1+4)
1. Arjuna Award (Short note)
  2. List any four rules of Ancient Olympic Games
22. What is Ergogenic aid ? Discuss about any four types in detail. (1+4)
23. Explain any five essential elements of positive sports environment. (5)
24. What do you understand by lever ? Elaborate the types of levers and their application in sports. (2+3)
25. Explain the role of teachers & parents in the management of adolescence problems. (5)
26. Explain any five principles of Sports Training. (5)

