

INDIAN SCHOOL SOHAR
FIRST TERM EXAM - 2014
PHYSICAL EDUCATION (Theory)

CLASS: XI

Date:

Max Marks: 70

Time: 3 Hours

General Instructions:

- 1. All questions are compulsory.**
 - 2. The serial number of question should be written clearly.**
 - 3. Answer to question carrying 1 mark should be in approximately 30 words.**
 - 4. Answer to question carrying 2 marks should be in approximately 60 words.**
 - 5. Answer to question carrying 3 marks should be in approximately 100 words.**
 - 6. Answer to question carrying 5 marks should be in approximately 150-200 words.**
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Q.1	Define physical fitness .	1
Q.2.	Enlist the career options in the field of physical education.	1
Q.3.	Who made efforts for Modern Olympic Games?	1
Q.4.	Mention two asana which can cure diabetes.	1
Q.5.	Mention any four harmful effects of Doping.	1
Q.6.	Explain First-aid.	1
Q.7.	List down the four types of fracture.	1
Q.8.	What do you mean by Evaluation?	1
Q.9.	Explain any four components of positive lifestyle.	2
Q.10.	What are the functions of IOA?	2
Q.11.	Enlist the elements of yoga. Explain any one.	2
Q.12.	Briefly explain Narcotics with example.	2
Q.13.	List down the W.H. Sheldon's body types. Explain any one.	2
Q.14.	Discuss the factors which effect physical fitness and wellness.	3
Q.15.	Define physical education. Explain the aim and objectives of physical education.	3
Q.16.	State the principles of adapted physical education with explanation.	3
Q.17.	Explain IOC and its functions.	3
Q.18.	Discuss the importance of yoga for healthy living.	3
Q.19.	Describe the Doping test procedure.	3
Q.20.	Briefly explain soft tissue injuries of muscles and their types.	3
Q.21.	Describe the concept of integrated physical education.	3
Q.22.	How we can conduct and evaluate waist-Hip-Ratio Test?	3
Q.23.	Discuss the development of physical education in India.	5
Q.24.	Write a note on Ancient and Modern Olympic Games.	5
Q.25.	Discuss "Yoga as heritage of India".	5
Q.26.	Explain types of Doping.	5
Q.27.	Write down the importance of Test and Measurements in Sports.	5