



INDIAN SCHOOL SOHAR
UNIT TEST 2015-2016
SUB: PHYSICAL EDUCATION (Theory)

CLASS: XI

Max Marks: 50

Date:

Time: 02 Hrs

General instructions:

1. Question paper consists of 20 questions.
2. All questions are compulsory
3. Answers to questions carrying 1 mark should be approximately 20-30 words.
4. Answers to questions carrying 3 marks should be approximately 80-90 words.
5. Answers to questions carrying 5 marks should be approximately 150-200 words.

Q.1	Define physical education.	1
Q.2.	Give the aim of physical education.	1
Q.3.	What do you understand by wellness?	1
Q.4.	When did first Asian games held in India?	1
Q.5.	Define physical fitness.	1
Q.6.	Expand NSNIS and IOA.	1
Q.7.	In how many clusters and zones CBSE games are divided in India and abroad?	1
Q.8.	Define health.	1
Q.9.	Mention the origin of ancient Olympic games.	1
Q.10.	Describe the concept of integrated physical education	3
Q.11.	Write the principles of adaptive physical education.	3
Q.12.	Enlist the components of positive life style.	3
Q.13.	Highlight the factors which affect wellness.	3
Q.14.	Explain Olympic flag.	3
Q.15.	What are the functions of IOC?	3
Q.16.	Briefly explain Chacha Nehru sports award.	3
Q.17.	Physical fitness, wellness and lifestyle are equally important for healthy living. Justify.	5
Q.18.	Explain the objectives of physical education.	5
Q.19.	Discuss the Paralympic movement.	5
Q.20.	Mention the organisational composition of IOC.	5

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