



INDIAN SCHOOL SOHAR

FIRST TERM EXAM - 2015 PHYSICAL EDUCATION (Theory)

CLASS: XI
Date: 10-09-2015

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 20-30 words.
 4. Answer to question carrying 3 marks should be in approximately 80-90 words.
 5. Answer to question carrying 5 marks should be in approximately 150-200 words.
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Q.1	Define Physical Education.	1
Q.2.	Give the aim of Physical Education given by J.F.William.	1
Q.3.	Who was the first president of IOA?	1
Q.4.	State Olympic Oath?	1
Q.5.	Define physical fitness.	1
Q.6.	Name any two inverted asanas?	1
Q.7.	What do you mean by pranayam?	1
Q.8.	Write two harmful effects of growth hormones.	1
Q.9.	What do you mean by measurement?	1
Q.10.	Write full form of NADA?	1
Q.11.	Give two examples of stimulants.	1
Q.12.	Discuss the need of healthy lifestyle.	3
Q.13.	If Mohan's weight is 160 pound and height is 170 cm then determine its BMI and specify the category.	3
Q.14.	Briefly explain Arjuna Award.	3
Q.15.	What are the causes of obesity? How obesity can be prevented through yoga?	3
Q.16.	State the principles of adapted physical education.	3
Q.17.	Discuss doping test procedure.	3
Q.18.	Write short note on Flag, Torch and Motto of Olympic Games.	3
Q.19.	What do you mean by waist-hip ratio? Explain.	3
Q.20.	Explain Paralympics movement.	5
Q.21.	Discuss the factors which affect physical fitness and wellness.	5
Q.22.	Explain the ill effects of doping over individual health.	5
Q.23.	What is Special Olympic Bharat?	5
Q.24.	What you mean by yoga? Explain its elements.	5
Q.25.	Explain in details the career options in physical education.	5
Q.26.	Describe the various types of body categories.	5