



**INDIAN SCHOOL SOHAR
SECOND TERM EXAM-2015
PHYSICAL EDUCATION**

CLASS: XI

Date:

Max Marks: 70

Time: 03 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.
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Q.1.	Give the aim of physical education.	1
Q.2.	Explain the meaning of wellness.	1
Q.3.	Define yoga in your words.	1
Q.4.	Mention any four harmful effects of doping.	1
Q.5.	List down the various anthropometric tool.	1
Q.6.	What do you mean by Systolic blood pressure?	1
Q.7.	Name the forces acting in sports.	1
Q.8.	Define learning.	1
Q.9.	State Limbering down.	1
Q.10.	Who was the first president of IOA?	1
Q.11.	What do you mean by CBT?	1
Q.12.	Discuss the principle of Overload.	3
Q.13.	Explain the primary Thorndikes laws of learning.	3
Q.14.	Briefly explain the frictional force and enlist the types of types.	3
Q.15.	What do you understand by oxygen debt?	3
Q.16.	How Endomorph differs from Mesomorph?	3
Q.17.	Write the exercise guidelines for childhood.	3
Q.18.	Highlight the harmful effects of doping.	3
Q.19.	Why have adventure sports become so popular these days?	3
Q.20.	Explain any two inverted asanas.	5
Q.21.	Write a note on Special Olympic Bharat.	5
Q.22.	Discuss any two sports awards of India.	5
Q.23.	Describe the doping test procedure.	5
Q.24.	How we can conduct Waist-Hip-Ratio Test?	5
Q.25.	Explain the various classes of Lever. Give examples from body.	5
Q.26.	Write a short note on following terminologies: Skill, Technique, Style, Tactic and Strategies.	5

*******The End*******