



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

**CLASS: XI**

**Date:**

**Max Marks: 70**

**Time: 3 Hours**

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**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	What do you understand by wellness?	1
Q.2.	Give the aim of physical education.	1
Q.3.	List down the benefits of yoga?	1
Q.4.	Define doping.	1
Q.5.	Write down the full form of RICE?	1
Q.6.	What do you mean by evaluation?	1
Q.7.	List down four bones of human body.	1
Q.8.	Explain third law of motion?	1
Q.9.	Differentiate between tactics and strategies.	2
Q.10.	Name the forces acting in sports.	2
Q.11.	Enlist the functions of skeletal system.	2
Q.12.	List down the various anthropometric tools with their uses.	2
Q.13.	What do you understand by integrated physical education?	2
Q.14.	Highlight the principles of sports training.	3
Q.15.	Explain Centripetal and Centrifugal forces.	3
Q.16.	Explain systolic and diastolic pressure of blood.	3
Q.17.	Describe the Doping test procedure.	3
Q.18.	Explain the testing procedure of Body Mass Index.	3
Q.19.	Highlight harmful effects of doping .	3
Q.20.	Discuss the role of meditation for players.	3
Q.21.	What do you understand by health indicators?	3
Q.22.	Briefly explain Arjuna Award.	3
Q.23.	Explain physiological warming up and its importance.	3+2
Q.24.	What do you understand by Lever? Explain the various types of Lever.	5
Q.25.	Draw a labeled diagram of heart and explain its working.	5
Q.26.	Describes the various types of body categories.	5
Q.27.	Discuss the factors which affect physical fitness and wellness.	5