



INDIAN SCHOOL SOHAR
PRE-FINAL EXAM – 2015-16
PHYSICAL EDUCATION (Theory)

CLASS: XI
Date: 14-2-2016

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	What is meant by lifestyle?	1
Q.2.	Write the full form of B.P.ED and M.P.ED	1
Q.3.	What do you mean by ‘CITIUS, ALTIUS and FORTIUS’?	1
Q.4.	What is hypertension?	1
Q.5.	What do you mean by narcotics?	1
Q.6.	Name any two standing asanas?	1
Q.7.	What do you mean by somatotypes?	1
Q.8.	Define Physiology.	1
Q.9.	What do you mean by Balance?	1
Q.10.	Define Cardiac output.	1
Q.11.	What is Overload?	1
Q.12.	Define Warming up. Explain General and Specific Warming-up.	3
Q.13.	Give the importance of test and measurement.	3
Q.14.	Define biomechanics. Give importance of biomechanics.	3

- Q.15. What are the adolescence problems? 3
- Q.16. What do you mean by preparatory period, competition period and transitional period? 3
- Q.17. Enlist the performance enhancing substances and explain any two of them in brief. 3
- Q.18. Explain the prevention and management of Obesity. 3
- Q.19. Last year, our school organized a programme 'Run For Unity'. All the students and teachers of our school were involved in this race. Such runs promote unity, peace and harmony among the people. After covering a distance of two kilometers, one student felt chest pain spontaneously. He complained to a teacher regarding pain. Immediately some of the teachers, who were running beside him, took him to the doctor for necessary checkup. His blood pressure was measured and ECG was also performed. Doctor said that it was not the case of heart problem. It was surely the problem of second wind which is a usual phenomenon for individual who does not practice to run a race.
Based on the above passage, answer the following questions (1*3=3)
- (a) What is the purpose of 'Run for Unity'?
- (b) What values did the teachers show by taking the student to the doctor immediately?
- (c) Was the student enough physically fit?
- Q.20. Write short note on 5
- (a) Ancient Olympic Games
- (b) Modern Olympic Games.
- Q.21. What is force? Explain the centripetal and centrifugal forces and their application in sports. 5
- Q.22. Write note on behavior change technique for physical activity. 5
- Q.23. Define Yoga? Explain the elements of yoga. 5
- Q.24. What do you mean by bones and joints? Draw the internal structure of bone. 5
- Q.25. What do you mean by plateau? Elaborate the causes of plateaus in the field of physical education and sports. 5
- Q.26. Define Psychology and Sports Psychology. Highlight the importance of sports psychology. 5

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