



**INDIAN SCHOOL SOHAR
FINAL EXAM-2016
PHYSICAL EDUCATION**

CLASS: XI

Date:

Max Marks: 70

Time: 03 Hrs

General instructions:

1. Question paper consists of 26 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. | Enlist any four principles of integrated physical education. | 1 |
| Q.2. | Highlight the spectrum of health. | 1 |
| Q.3. | Mention the year and place where first ancient Olympic games were held. | 1 |
| Q.4. | Write a note on 'Sitkari Pranayam'. | 1 |
| Q.5. | Give the approximate detection period for narcotics in all four samples. | 1 |
| Q.6. | Explain the term "Physical Activity Environment". | 1 |
| Q.7. | What do you understand by individualization of training programme? | 1 |
| Q.8. | Briefly explain dynamic balance. | 1 |
| Q.9. | List down the four types of synovial joints. | 1 |
| Q.10. | If a football player joins hockey coaching for a month, this transfer of training comes under which category. | 1 |
| Q.11. | What do you mean by transitional period? | 1 |
| Q.12. | "Physical Education is an integral part of general education". Justify this statement. | 3 |
| Q.13. | It is universal truth that modern age is the age of stress, tension & anxiety. How can yoga helps in the prevention and management of these problems? | 3 |
| Q.14. | What do you mean by measurement ? Illustrate the importance of test and measurement in the field of sports. | 3 |

- Q.15. Explain the term warming up with its classification. 3
- Q.16. State the principles of balance. 3
- Q.17. Discuss about SAI. 3
- Q.18. What do you understand by smooth muscles? 3
- Q.19. Two balls of the same size but of different materials, rubber and iron are kept on the smooth floor of a moving train. The brakes are applied suddenly. 1+1+1=3
- A.) Will the balls start rolling? Give reason.
- B.) If so, in which direction? Give reason.
- C.) Will they move with the same speed? Give reason.
- Q.20. Nowadays biomechanics is playing a vital role in improving the performance of sports person. Justify this statement. 5
- Q.21. Draw a labeled diagram of heart and explain its functioning. 5
- Q.22. Motion plays an important role in games and sports. Explain. 5
- Q.23. How BMI test is conducted? Give index for its various categories. 3+2=5
- Q.24. Define doping. Discuss the performance enhancing substances. 2+3=5
- Q.25. Briefly discuss the various development characteristics of childhood and adolescence period. 5
- Q.26. Highlight the development of physical education in post independence era. 5