



INDIAN SCHOOL SOHAR
SECOND TERM EXAM - 2016
PHYSICAL EDUCATION (Theory)

CLASS: XI
Date: 30-11-16

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 sports training.	1
Q.2.	Define biomechanics.	1
Q.3.	State Olympic Oath.	1
Q.4.	Define Test and Measurement.	1
Q.5.	What do you understand by Equilibrium?	1
Q.6.	Explain NADA.	1
Q.7.	What do you mean by Wellness?	1
Q.8.	Write the anthropometric tools for measuring height and bone length.	1
Q.9.	What do you mean by Skill?	1
Q.10.	Write full form of IPC and NDS.	1
Q.11.	Give two examples of stimulants.	1
Q.12.	Explain centrifugal and centripetal forces.	3
Q.13.	What do you mean by lever? Explain the various types of lever.	3
Q.14.	Explain frictional force and its importance.	3
Q.15.	What are the causes of hypertension? How it can be prevented through yoga?	3
Q.16.	Give the importance of test and measurement in sports.	3
Q.17.	How is BMI test conducted? Give index for its various categories.	3
Q.18.	Explain harmful effect of growth hormones.	3

- Q.19. What is limbering down? Explain its benefits. 3
- Q.20. Describe integrated physical education with its principles. 5
- Q.21. Explain Chacha Nehru Sports Award and Rajiv Gandhi Khel Ratna Award. 5
- Q.22. Explain the ill effects of doping over individual's health. 5
- Q.23. What are the activities recommended for Later Childhood stage and Adulthood stage? 5
- Q.24. Explain the Sheldons's Somato-typing. 5
- Q.25. Discuss the laws of motion. Give examples from sports. 5
- Q.26. What is warming-up? How it is performed? Give its importance. 5

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