



INDIAN SCHOOL SOHAR

Final Exam - 2017 Physical Education (Theory)

CLASS: XI

Date: 7-3-17

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 Physical Education.	1
Q.2.	What do you mean by speed?	1
Q.3.	What are the types of somato-types?	1
Q.4.	Define physiology.	1
Q.5.	What is frictional force?	1
Q.6.	Give two examples of standing asanas.	1
Q.7.	Define stroke volume.	1
Q.8.	Give two specific warming up exercises for the basketball players?	1
Q.9.	What do you mean by cooling down?	1
Q.10.	Define learning.	1
Q.11.	Give two examples of stimulants.	1
Q.12.	Why do we need positive sports environment?	3
Q.13.	Write short note on bone and draw its internal structure.	3
Q.14.	Write short note on Special Olympic Bharat.	3
Q.15.	Explain general working of respiratory system.	3
Q.16.	Explain the various classes of lever. Give examples from body.	3
Q.17.	Differentiate between competition period and transitional period.	3
Q.18.	State secondary laws of learning.	3

- Q.19. State the principle of 'rest and recovery' and 'specificity'. 3
- Q.20. Write note on Ancient and Modern Olympic Games. 5
- Q.21. Explain the side effects of prohibited substances over individual's health? 5
- Q.22. What do you mean by wellness? Explain the components of wellness. 5
- Q.23. Describe the doping test procedure and highlight the responsibilities of athlete for doping. 5
- Q.24. Explain adolescence problems. 5
- Q.25. Explain Emotions. How can we control Emotions? 5
- Q.26. What do you mean by Warming-up? Explain its types. 5

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