



# INDIAN SCHOOL SOHAR

FIRST TERM EXAM - 2017

PHYSICAL EDUCATION (Theory)

CLASS: XI

Date: 26 -09 -2017

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 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 are the soft skills are required in Physical Education?	1
Q.3.	Who was the first president of IOC?	1
Q.4.	What is Motto of Modern Olympic Games?	1
Q.5.	What do you mean by Wellness?	1
Q.6.	What is the meaning of Test in the field of Physical Education?	1
Q.7.	What do you mean by Meditative Asana?	1
Q.8.	What is Endomorphy?	1
Q.9.	Define Somato Types?	1
Q.10.	What are Olympic Symbol?	1
Q.11.	What are these words stand for BMI and WHR?	1
Q.12.	Define the career options in Physical Education.	3
Q.13.	Briefly explain Indian Olympic Association.	3
Q.14.	Write a short note on Physical Fitness & Lifestyle.	3
Q.15.	Define elements of Yoga.	3
Q.16.	What is the importance of Test, Measurement & Evaluation in the field of Sports?	3

Q.17. Explain Organizational setup of CBSE.

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Q.18. Define Pranayama & Yogic Kriyas.

Q.19. Mr. Derek Redmond a British athlete was a medal contender in 400mt. event, 1992 Barcelona Olympics. In semifinal as event started & having lead up to 200mt, he suddenly stopped his run with severe right hamstring injury and fell down in his lane with pain. Immediately as medical team approaches, he refused to leave the track. Meanwhile from the ground floor of stadium Mr. Jim Redmond happens to be father of Derek approaches towards his son and helps him to stand & told him You can do it. Then Derek Hobbling down the track in one leg crossed the finish line without the help of his father. With huge cheer from the crowd, he told to media with grief —I wanted to finish the race.

Based on the passage, answer the following questions-

(1\*3=3)

a. Why Derek refused medical assistance?

b. What value the father teaches the sporting fraternity?

c. What was so special about the race?

Q.20. Briefly explain the Awards in Sports.

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Q.21. Write a note on Ancient Olympic & Modern Olympic Games.

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Q.22. What is Yog- Nidra? Describe it briefly.

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Q.23. Explain the components of Health related fitness & Wellness.

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Q.24. What is Physical Education & Sports? Explain its aim & objectives.

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Q.25. What is concentration Asana? Explain all four

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(Sukhasana, Padmasana, Tadasana, Shasankasana).

Q.26. What do you mean by Anthropometric Measurement? Describe it with Height, Weight & Arm-leg length.

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