

INDIAN SCHOOL SOHAR
SECOND TERM EXAM - 2017
PHYSICAL EDUCATION (Theory)

CLASS: XI
Date: 28-11-2017

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 Write any four diploma courses in Physical Education that you can take up in India? 1
- Q.2 Where the torch of the Modern Olympic Games is originally lit before it is brought to the host city? 1
- Q.3 Differentiate between muscle strength and muscle endurance. 1
- Q.4 Define Inclusive Education. 1
- Q.5 Differentiate between yama and niyama. 1
- Q.6 Define Leadership. 1
- Q.7 Who is an obese person as determined on the BMI index? 1
- Q.8 What do you mean by cannabinoids? 1
- Q.9 What is the aim of WADA? 1
- Q.10 What do you understand by active stage? 1
- Q.11 What are the eight limbs of Yoga? 1
- Q.12 Discuss any three soft skills needed for a successful career. 3
- Q.13 What are the similarities between the ceremonies of the ancient Olympics and the Modern Olympics? 3
- Q.14 Briefly explain the coordinative abilities. 3
- Q.15 What are the objectives of adapted physical education? 3
- Q. 16 Write a short note on (a) Precontemplation stage (b) Contemplation stage. 3
- Q.17 Write briefly on the importance of test, measurement and evaluation in the field of sports. 3
- Q. 18 Explain in brief about Blood doping and Gene doping. (1.5+1.5=3)

Q.19 During summer vacations, Neha decided to join a yoga camp with one of her friend, Jenny. Their yoga trainer taught them different asanas like Meditative asanas, Relaxative asanas and Pranayama. He told them about the importance of yoga in one's life. "Yoga is nothing but discipline". Yoga helps to become creative, focused and develops positive qualities in life. He suggested them to practice asanas and breathing exercises everyday. He suggested them to live healthy and maintain positive lifestyle by adopting healthy eating habits. After rejoining school, they continue to practice yoga. They felt some physiological changes as well as psychological changes in them.

Answer the following questions based on the above passage: (1*3=3)

1. What do you mean by Meditative Asanas?
2. What is the importance of yoga in our life?
3. What are the values shown by Neha and Jenny during the camp?

Q. 20 What are some of the career options in physical education? Write on any four of them (3+2=5)

Q.21 What are the differences between IOC and IOA? 5

Q.22 Explain how health threats can be prevented through lifestyle changes. 5

Q. 23 Write notes on how the following can help students with special needs: (1*5=5)

- (a) Special Education Counsellor
- (b) Special Educator
- (c) Physiotherapist
- (d) Speech Therapist
- (e) Physical Education Teacher

Q. 24 Enumerate the steps and benefits of Sukhasana and Padmasana. (2.5*2=5)

Q.25 Write short notes on: (1*5=5)

- (a) Paragliding
- (b) River rafting
- (c) Surfing
- (d) Rock climbing
- (e) Trekking

Q.26 Discuss the side effects of five prohibited substances in detail. 5

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