



**INDIAN SCHOOL SOHAR**  
**FINAL EXAM - 2018**  
**PHYSICAL EDUCATION (Theory)**

**CLASS: XI**  
**Date: 06-03-2018**

**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 Give four examples of soft skills needed for different careers.  | 1 |
| Q.2 What does Olympic symbol represent?  | 1 |
| Q.3 Write down any four, types of coordinative abilities.  | 1 |
| Q.4 Define Deaflympics.  | 1 |
| Q.5 What is 'Neti'?  | 1 |
| Q.6 Write an objective of adventure sports.  | 1 |
| Q.7 What is a somatograph?   | 1 |
| Q.8 Which is the smallest vessel in the circulatory system?  | 1 |
| Q.9 Define centrifugal force.  | 1 |
| Q.10 How do you explain 'emotion'?   | 1 |
| Q.11 Define free play.   | 1 |
| Q.12 Why is physical education important for youth? Give any three reasons.  | 3 |
| Q.13 What are the objectives of the Olympic Games?   | 3 |
| Q.14 Explain what is meant by substance abuse.   | 3 |
| Q.15 How is physical education beneficial for students with disability?  | 3 |
| Q. 16 Write short notes on any three yogic Kriyas.   | 3 |
| Q.17 Explain any three functions of muscles.   | 3 |
| Q. 18 What is the meaning & types of Equilibrium?  | 3 |
| Q.19 During annual sports day practice session, Ravneet did not take part in warming up session. His other friends were following the instructions of the physical education teacher even in his absence. Nadeem, one of his friends, told him about the importance of warming-up session. |   |

After his friends' advice, Ravneet started warming-up before the game and his performance enhanced very well.

**Answer the following questions based on the above passage:**

**(1\*3= 3)**

1. What is warming-up?
2. What is active warming-up?
3. What values are shown by Ravneet by doing proper warming-up before the game?

Q. 20 Describe the importance of test, measurement and evaluation in the field of sports. 5

Q.21 Discuss the circulatory system and its components. 5

Q.22 Explain in detail the importance of biomechanics in sports. 5

Q. 23 Write short notes on :(a) Positive transfer (b) Vocational guidance (c) Peer guidance (d) Proactive transfer 5

Q. 24 Write an essay on the classification of skills. 5

Q.25 Explain the need of safety equipment for adventure sports. 5

Q. 26 Discuss the history, mission, oath and vision of special Olympics Bharat in detail. 5

\*\*\*\*\*TheEnd\*\*\*\*\*



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**ANSWER KEY**

1. **Soft Skills**, Communication Skill, Team work & Collaboration, Adaptability, Problem Solving, critical Observation:  
Required for each & every Games & almost every profession.
2. **Olympic Symbols are represents** The five continents of the world.
3. **Coordinative Abilities:** Rhythm, balance, adaptability, orientation.
4. **The Deaflympics** (previously called World Games for the Deaf and International Games for the Deaf) are an International Olympic Committee (IOC)-sanctioned event at which deaf athletes compete at an elite level.
5. **Neti** (Sanskrit: नेती netī) is an important part of Hindu Shatkarma (sometimes known as Shatkriya), the yogic system of body cleansing techniques. It is intended mainly to the cleaning of the air passageways in the head.
6. **Objective of Adventure Sports:** To develop self confidence. To build the concentration ,To develop mental and physical fitness ,To improve social relations ,To have bonding with Nature ,To face the challenges against the Nature Proper use of abundant energy ,To provide amusement and excitement ,To encourage creativity. Inculcate adventure.
7. Its classification of human body according to its shape & physique. Endomorphic, Mesomorphy, Ectomorphic.
8. **The smallest blood vessels** are capillaries.
9. **Centrifugal** is a force, arising from the body's inertia, which appears to act on a body moving in a circular path and is directed away from the centre around which the body is moving.
10. **Emotion** is often intertwined with mood, temperament, personality, disposition, and motivation.
11. **Free Play** allows children to use their own imagination and engage in physical activities without the guidance of adults.
12. **Physical Education is important for youth** because it gives physical & mental fitness, leadership ability, & develops coordinative abilities.
13. **Olympic Game** to promote the development of those fine physical & moral qualities which are the basis of Amateur sports and to bring together the athletes of the world in this great coordinational festival of sports.
14. **Substance abuse**, also known as drug abuse, is a patterned use of a drug in which the user consumes the substance in amounts or with methods which are harmful to themselves or others, and is a form of substance-related disorder.
15. **Physical education beneficial for students with disabilities:** Scientific research has demonstrated repeatedly that physical education can enhance academic performance and cognitive function. However, for children with special needs, it's valuable for so many reasons, from providing an opportunity to build collaborative and social skills, to teaching individuals how to focus on specific goals and overcome obstacles. Parents and teachers are encouraged to find creative ways to implement reasonable accommodations to ensure that all students with special needs can be successful in physical education and the school environment.
16. **Yogic Kriyas:** Neti, Kapalbhathi, Trataka, Vasti, Dhauti, Nauli.
17. **Functions of Muscle:** Provide structure, provide effort, bring external movement, help in fluid movement, Provide protection

**18. Equilibrium** is a condition in which forces cancel one another, resulting a stable, balance or unchanging system. Equilibrium provides us balance & stability.

**19. 1. Warming up** is the process of heating the body muscles through certain exercise prior to the competition.

2. The player warms up his body through actual participation in physical activity.

3. His performance enhanced well.

**20. Importance of Test, Measurement & Evaluation in Sport :** 1. Classification of Athletes, 2. Identification of skill test, 3. Improvement of Performance, 4. Motivation, 5. Goal Setting, 6. To predict Performance Potential, 7. For finding out Athletes' Needs, 8. For Research Purposes

**21. Circulatory System:** Internal movement requires transportation. This transportation of material between various parts of body is termed as circulation and it's known as circulatory system.

**22. Importance of Biomechanics in sports:** 1. Understanding Human Movement 2. Knowledge about force on body 3. Efficient movement 4. Correct Movement 5. Prevent Injuries 6 Improves Performance 7. Knowledge about Physics Principles 8. Guides Safety Principles 9. Helps in Research Works 10 Helps in Developing New Tools.

**23. Positive Transfer:** it occurs when there is an improvement in learning and performance due to previously acquired knowledge and skills. **Proactive Transfer:** In this type of transfer learning, a learned skill affects the learning of a new skill not yet required. **Peer Guidance:** In peer guidance the counseling of a person will depend upon how you have treated the "blocks" because blocks can cause irrational behavior. Counseling process enables the person to sort out unpleasant experiences and erase "blocks". **Vocational Guidance:** Every young man requires advice as to what kind of work will be most suitable for him keeping in view his abilities and aptitudes. When such an advice is given, it is known as vocational guidance. Vocational guidance programmed may be a part of the selection process. A big concern may have vocational counselors to advise the candidates to try somewhere else. Vocational guidance follows vocational selection. Vocational selection of employees means recruitment of new employees who have not been in industry previously. The following are the few definitions of vocational guidance: "Vocational guidance is a facilitative process, a service rendered to the individual to aid him in choosing and adjusting to an occupation." — John D. Crites "Vocational guidance is a process of assisting the individual to choose an occupation, prepare for it, enter up on and progress on it".

24.

**11.5 Skill, Technique & Style**

**Skill:**

- Ability to perform a whole movement
- Automatisation of motor action
- Level of effectiveness with which a movement or a motor action can be performed
- Any action learnt for a purpose and is needed to take part in activities
- Shooting in basketball, service in tennis, overhead kick in football

**11.5 Classification of Skills**

1. Open Skills
2. Closed Skills
3. Simple Skills
4. Complex Skills
5. Gross Skills
6. Fine Skills

**11.5 Classification of Skills**

7. Discrete Skills
8. Serial Skills
9. Continuous Skills
10. Individual Skills
11. Coactive Skills
12. Interactive Skills

## 25 Safety Measures during Adventure Sports

Safety Measure: Camping sight, must be plain and clean, never approach wild, animals always be alert and aware of your surroundings, look out for snakes, spiders and other creatures, protect your eye, maintain discipline, careful around water,, pay attention to weather condition etc.

### ROCK CLIMBING

#### Safety Measures

1. Choose appropriate venue.
2. Find an experienced mentor.
3. Always check harness and all equipment.
4. Check your knot.
5. Do not cross your legs etc.

### TREKKING Safety Measures

Safety Measures: An experience group leader required to ensure your trekking route, use anklet boots, always trek in group, keep sufficient food, know about flora and fauna of your route etc.

### MOUNTAINEERING

#### Safety Measures'

Safety Measure: Mountaineering must be followed by an experienced guide, all safety measures of camping, climbing, and trekking must be followed, be cautious of avalanche etc.

### River Rafting

Safety Measure: Don't go for river rafting alone. Swimming ability is required. Wear life vest and helmet. Check equipment for defects. Raft only in day time.

### Surfing

Safety Measures: Read and obey the signs. Don't swim directly after meal. Don't swim under the influence of drugs or alcohol. Always swim under supervision or with a friend. Always swim or surf at places patrolled by surf lifesavers or life guard.

### Paragliding

**Safety Measures:** Paragliding safety includes four items:

1. Preparation—Gather information about the weather force cast, the actual wind conditions, the site etc.
- (b) Maintain your equipment with regular inspection and monitoring.

2. A Good Launch

A good launch requires keeping the legs down until well clear of the hill.

3. Reaching the landing zone with sufficient altitude for an approach. During the flight, the number one goal should be to make sure and reach the Landing Zone (LZ) with enough altitude to assess wind conditions and plan a safe approach.

4. A good Landing — landing in the LZ into or mostly wind is the priority.

**26. Special Olympic Bharat:** Founded in 1987 as a S.O.B., It's a programme of Special Olympics International authorised Olympics to conduct Special Olympics for sportsperson with intellectual disabilities in India.

**Vision:** Promote holistic development and training that goes beyond the classrooms and brings the participants to the sports arenas and further to the larger cultural and community spaces.

**Mission:** SOB aims to provide year round sports training and athletic competition. Types of sports included in the curriculum are all Olympic approved sports.

**Oath:** "Let me win. But if I cannot win, let me brave in the attempt".

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