



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

CLASS: XI
Date: 01-02-2018

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 Define Physical Education. | 1 |
| Q.2 Who is eligible for receiving Dronacharya Award? | 1 |
| Q.3 What do you understand by Wellness. | 1 |
| Q.4 What do you mean by integrated Physical Education? | 1 |
| Q.5 Define Yoga. | 1 |
| Q.6 Define Leadership. | 1 |
| Q.7 What is Centripetal force? | 1 |
| Q.8 Define (a) Test (b) Measurement. | 1 |
| Q.9 Define joints. | 1 |
| Q.10 What do you mean by Sports Psychology? | 1 |
| Q.11 Define term "Skill"? | 1 |
| Q.12 Discuss concept of Warming-up and its types. | 3 |
| Q.13 Give six reasons why sports psychology is important. | 3 |
| Q.14 Explain the concept of buoyancy with example. | 3 |
| Q.15 What are the different types of levers. Explain it? | 3 |
| Q.16 Briefly describe the 'Heart'. | 3 |
| Q.17 What are functions of the skeletal system? | 3 |
| Q. 18 Why is adolescence considered as a difficult period? | 3 |

Q.19 Raju visited his cousin during winter vacation. They both used to play football. Initially, Raju used to feel discomfort due to shortness of breath and calf muscles cramps. His cousin told him about the second wind and suggested him to play continuously to overcome this discomfort. He told him that this situation occurs when the body regain oxygen to balance out the build-up of lactic acid in muscles. Raju followed his cousin's suggestions and continued playing football. After sometime he realised that he was feeling relaxed and comfortable.

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

1. What do you mean by second wind?
2. What are the common discomforts felt by the athletes before second wind?
3. What about the values shown by Raju's cousin during this situation.

Q.20 Briefly discuss the importance of anatomy and physiology in sports & physical education 5

Q.21 Discuss the concept and application of kinesiology. 5

Q.22 Describe briefly characteristics of growth and development (a) at infancy, (b) during childhood
(2.5+2.5=5)

Q.23 What are the principles of sports training and describe at list six of them. (2+3=5)

Q.24 Discuss the two types of respiration. (2.5+2.5=5)

Q.25 What are the difference between Endomorphy & Mesomorphy? (2.5+2.5=5)

Q.26 Explain doping control procedure? 5

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