



INDIAN SCHOOL SOHAR
FIRST TERM EXAM - 2018
PHYSICAL EDUCATION (Theory)

CLASS: XI
Date: 20-09-2018

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.

Q.1	Define Physical Education.	1
Q.2.	What is the aim of Physical Education?	1
Q.3.	What is the aim of CBSE Sports?	1
Q.4.	What is Motto of Modern Olympic Games?	1
Q.5.	Write the aim of Adaptive Physical Education.	1
Q.6.	What do you mean by IPC?	1
Q.7.	Define Yoga.	1
Q.8.	What is Pranayama?	1
Q.9.	What are BMI and WHR?	1
Q.10.	Define Physiology.	1
Q.11.	What do you mean by Anatomy?	1
Q.12.	Enlist the objectives of Physical Education and explain any one of them.	3
Q.13.	Elucidate any three soft skills required in the field of Physical Education.	3
Q.14.	Briefly explain about the International Olympic Committee.	3
Q.15.	Write a short note on Special Olympic Bharat.	3
Q.16.	What do you mean by Asanas? Discuss the types of Asanas.	3
Q.17.	Briefly explain the somatotypes.	3
Q.18.	What are the functions of the skeletal system?	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 asana like Meditative asanas, Relative 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 every day. 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)

- a) What do you mean by Meditative Asanas?
- b) What is the importance of yoga in our life?
- c) What are the values shown by Neha and Jenny during the camp?

Q.20. Describe the various Physical Education courses in India.

5

Q.21. Enlist the sports awards and explain briefly.

5

Q.22. Write notes on how the following can help students with special needs:

(1*5=5)

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

Q.23. What do you mean by Yog-nidra? Explain the stages of Yog-nidra in brief.

5

Q.24. What do you mean by test, measurement and evaluation? Elucidate the importance of test, measurement and evaluation in the field of sports.

5

Q.25. What is circulatory system? Explain the structure, location and function of heart.

5

Q.26. Discuss the objectives of adaptive physical education in detail.

5

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



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PHYSICAL EDUCATION
ANSWER KEY (CLASS XI)

- Q.1. According to J.B.Nash “Physical Education is that field of education which deals big muscles activities and their related responses.”
- Q.2. “Make every child physically, mentally & constitutionally fit.”
- Q.3. To raise the general standard of sports & games prevailing in the schools and to work for the development of values through sports among the students.
- Q.4. “Citius, Altius, Fortius”.
- Q.5. To provide equal opportunity to the differently abled students to participate in physical education programmes, safely and successfully, in a least restrictive environment.
- Q.6. IPC: International Paralympic Committee.
- Q.7. According to Maharishi Patanjli “Checking the impulses of mind is yoga”.
According to Maharishi Ved Vyas “Yoga is attaining the pose”
- Q.8. Pranayama is control of the process of breathing. It means the appropriate control over inhalation & exhalation.
- Q.9. BMI: Body Mass Index & WHR: Waist Hip Ratio
- Q.10. Physiology: provides the knowledge about the functions of various organs.
- Q.11. Anatomy: provides the structure of various organs.
- Q.12. Objectives of Physical Education: a) Physical Development b) Psychological Development
c) Social Development d) Emotional Development
- Q.13. Soft Skills required in Physical Education: 1.Communication Skill 2. Adaptability 3. Team work and collaboration.
- Q.14. **IOC** : It’s a supreme authority of Olympic Movement, formed on 23rd June 1894 in Paris by Coubertin, Head quarter in Switzerland, IOC organises Summer and winter Olympic games in every 4 years. IOC started Youth Olympic Games Singapore 2010. Main functions of IOC is decide the date and place of next Olympic games. Formulates and updates the rules and regulations of the games and events. Promotes ethics in sports and education in youth through sports. Ensures the celebration of Olympic Games.
- Q.15. It was founded 1987 .**Oath**: “Let me win. But if I cannot win, let me brave in the attempt”.
Development of persons with intellectual disabilities. Movement that user sports to reform the lives of intellectual disabled persons. Gives training and coaching to build the interest in sports, skill perfection, social interaction, communication skills talent .held at local district, state national and international levels. Overall fitness of athletes.

- Q.16. Asana : “That position which is comfortable and steady” To sit in a comfortable position or posture everlasting period is called asana. Types of Asanas: 1. Meditative 2. Relaxative 3. Cultural or Corrective Asanas.
- Q.17. Somato types are the word used by the famous psychologist William Sheldon to describe a body type using a method of classifying the human physique. Types of Somato 1. Endomorphic 2. Mesomorphic 3. Ectomorphic.
- Q.18. Functions of Skeletal System: 1. Locomotion 2. Support 3. Protection 4. Calcium Storage 5. Acting as a lever. 6. Bony system serves for the attachment of muscles.
- Q.19. a) Padmasana, siddhasana and gaumukhasana are the main asanas of meditative asanas; meditative power of an individual is enhanced.
b) The importance of yoga in one’s life. “Yoga is nothing but discipline”.
c) Creative, focused and develops positive qualities in life.
- Q.20. Physical Education Courses available in India: 1. Bachelor’s Degree: B.P.E, B.A.(Yoga), B.A.(Physical Education), B.SC. Physical Education & Sports. 2. Diploma Courses: Diploma in yoga, Diploma in Physical Education, post graduate diploma in yoga and naturopathy. 3. Master’s Degree: M.A. (Yoga), M.P.ED, M.A.(Physical Education), M.Phil (Physical Education), PhD (Physical Education)
- Q.21. Sports Awards: 1. Arjuna Award 2. Dornacharya Award 3. Rajeev Ghandi Khel Ratna

The **Arjuna Awards** were instituted in 1961 by the government of India to recognize outstanding achievement in National sports. The award carries a cash prize of ₹500,000, a bronze statuette of Arjuna and a scroll. Over the years the scope of the award has been expanded and a large number of sports persons who belonged to the pre-Arjun Award era were also included in the list. Further, the number of disciplines for which the award is given was increased to include indigenous games and the physically handicapped category. The Government has recently revised the scheme for the Arjun Award.^[1] As per the revised guidelines, to be eligible for the Award, a sportsperson should not only have had good performance consistently for the previous three years at the international level with excellence for the year for which the Award is recommended, but should also have shown qualities of leadership, sportsmanship and a sense of discipline. From the year 2001, the award is given only in disciplines falling under the following categories: * Olympic Games / Asian Games / Commonwealth Games / World Cup / World Championship Disciplines and Cricket * Indigenous Games * Sports for the Physically Challenge

The **Rajiv Gandhi Khel Ratna (RGKR)** is India’s highest honour given for achievement in sports. The words "Khel Ratna" literally mean "sports gem" in Hindi. The award is named after the late Rajiv Gandhi, former Prime Minister of India. It carries a medal, a scroll of honour and a substantial cash component. Up to 2004–05, the cash component was Rs. 500,000/- (c.11,500 USD). The money has been increased from Rs. 500,000 to Rs. 750,000. The award was instituted in the year 1991–92 to supply the lack of a supreme national accolade in the field of sports. Predating the RGKR are the Arjuna awards that have always been given to outstanding sportspersons in *each* of many sporting disciplines every year. The Khel Ratna was devised to be an overarching honour, conferred for outstanding sporting performance, whether by an individual or a team, *across all sporting disciplines* in a given year. **Dronacharya Award** is an award presented by the government of India for excellence in sports coaching. The award comprises a bronze statuette of Dronacharya, a scroll of honour and a cash component of Rs.500, 000. The award was instituted in 1985. As the best sportsperson award is named Arjuna Award, it is appropriate that the coaching award is named after Dronacharya, as he was the teacher of Arjuna. B.I. Fernandez is the first foreign coach to be awarded Dronacharya Award.

- Q.22. 1. **Special Education Counsellor:** The role of a school counsellor is to look after the students and their wellbeing, taking into consideration their academic, vocational, social and psychological factor.
2. **Occupational Therapist:** has a very significant role for children and young adults with special needs, especially those who face difficulties with coordination and sensory processing.
3. **Physical Education Teacher:** should have the responsibility of ensuring that students with special needs also get their own share of activities such as playing time and exercise for improvement of their physical health as well as social and emotional skill.
4. **Speech Therapist:** Speech therapist are also called SLP (Speech language pathologist) or simply speech pathologist work with communicative and speech disorders.
5. **Physiotherapist:** are usually well versed in related disciplines of anatomy, Physiology, biomechanics, kinesiology & neuroscience.
- Q.23. **Yoganidra**, we consciously take our attention to different parts of our body and relax them. Simply described as effortless relaxation, Yoganidra is an essential end to any pose sequence. Yoga postures “warm up the body” Yoganidra “cools it down”. Yoganidra helps conserve and consolidate this energy and relax our entire system.
- Q.24. **Test:** An instrument or activity is used to accumulate data on a person’s ability to perform a specific task. **Measurement:** An act or process that involves the assignment of numerical values to whatever is being tested. **Evaluation:** tells the worth or process of the individual or group. It is basically a subjective judgement based on analysis of data.
- Importance:** 1. Individual game and classification of athletes. 2. To study the development of athlete. 3. Individually focussed training problems. 4. Motivation of an Athlete. 5. To prepare norms & standard. 6. To measure current fitness status.
- Q.25. **The Circulatory System** is a network that carries blood throughout the body. The human circulatory system supplies the cells of the body with the food and the oxygen needed to survive. It also helps regulate body temperature and carries substances that protect the body from diseases.
- Heart**, Hollow, muscular organ that pumps blood. Consist of two pumps that lie side by side, these pumps relax when taking in blood and contract as they send out blood. The left side of the heart is stronger pump than right side. Located in the thorax between the lungs and above the central depression of diaphragm. Its weight 240gm to 320 gm. Situated closer to the front of the chest than to the back and slightly to the left side. Blood flow is controlled by valves, it has 4 chambers.
- Q.26. **Objectives of Adaptive Physical Education:** 1. to help students’ correct condition that can be improved. 2. To help students protect themselves at any condition that would be aggravated through certain physical activities. 3. To provide students with the opportunity to learn and to participate in a number of appropriate recreational and leisure time sports and activities. 4. To help each student develop a knowledge and appreciation of his/her physical and mental limitations. 5. To help students make social adjustments and develop a feeling of self-worth and value. 6. To help students understand and appreciate a variety of sports that can be enjoyed as non-participants or spectators.
