



INDIAN SCHOOL SOHAR
TERM II EXAMINATION (2018-2019)
PHYSICAL EDUCATION

CLASS: XI

Date: 26/11/2018

MAX MARKS: 70

DURATION: 3 HRS.

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 Define Joints. | 1 |
| Q.3 Differentiate between muscle strength and muscle endurance. | 1 |
| Q.4 What is 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 Define Wellness. | 1 |
| Q.9 Name the award started by CBSE for the students. | 1 |
| Q.10 What do you understand by active stage? | 1 |
| Q.11 Name two short bones of the body. | 1 |
| Q.12 Briefly discuss the changing trends in physical education. | 3 |
| Q.13 Write down the functions of the circulatory system. | 3 |
| Q.14 Briefly explain the coordinative abilities. | 3 |
| Q.15 What are the objectives of Integrated physical education? | 3 |
| Q. 16 Write a short note on (a) Pre-contemplation 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 Write a short note on: | |
| (a) Dornacharya Award (b) Rajiv Gandhi Khel Ratna | (1.5+1.5=3) |

Q.19 Trekking association organized a strenuous trekking expedition. Physical Education teacher of the school accompanied the students. One day while trekking on high mountains, it started raining heavily. The trekking route became slippery and as a result of that, Raman, the senior most trekker slipped spontaneously. His lower vertebrae were displaced .it became impossible for him to make any movement .without losing any moment ,P.E. teacher lifted him upon his back and returned to the base camp for first aid.

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

1. Comment upon the values shown by the physical education teacher.
2. State in brief the safety measures during trekking.
3. Describe the various qualities required among individuals who go for trekking expedition.

Q. 20 What do you mean by anatomy and physiology? Elucidate the importance of anatomy and physiology in the field of physical education and sports. 5

Q.21 Describe the functions of IOA & IOC. 5

Q.22 What do you mean by the 'lifestyle'? Elucidate the importance of positive/healthy lifestyle in details. 5

Q. 23 Discuss the history, mission, oath and vision of Special Olympic Bharat in detail. 5

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 Explain in detail the classification given by W H Sheldon. 5

-----The End -----