



INDIAN SCHOOL SOHAR
FINAL EXAMINATION (2018-2019)
PHYSICAL EDUCATION

CLASS: XI
DATE: 03/03/2019

MAX. MARKS: 70
DURATION: 3 HRS.

General Instructions:

- (i) The Question paper consists of 26 questions.
- (ii) All questions are compulsory.
- (iii) Answer to question 1-11 carrying 1 mark should be in approximately 20-30 words.
- (iv) Answer to question 12-19 carrying 3 marks should be in approximately 80-90 words.
- (v) Answer to question 20-26 carrying 5 marks should be in approximately 150-200 words.

Q.1 What is the primary aim of physical education?	1
Q.2 Define (a) inhalation (b) exhalation.	1
Q.3 What are the various categories of speed?	1
Q.4 What do you mean by cervical vertebrae?	1
Q.5 What is Shashankasana?	1
Q.6 What is the role of the neuromusculoskeletal system in physical activities?	1
Q.7 Name any two prohibited substances.	1
Q.8 What do you understand by the term "plateau"?	1
Q.9 Define the term centre of gravity.	1
Q.10 what do you understand by articulating substances?	1
Q.11 Define free play.	1
Q.12 Write brief notes on: a) All India Council of Sports. b) Sports Authority of India.	3
Q.13 Explain the concept of buoyancy with examples.	3
Q.14 Why is sleep deprivation dangerous?	3
Q.15 What are the obstacles faced in the implementation of adapted physical education in India?	3
Q.16 Discuss about the major muscles around the hip joint.	3
Q.17 Explain how physical education helps in creating leaders.	3

Q. 18 Describe briefly how the following body aspects and parts are measured: a) height, b) weight. 3

Q.19 Ramesh is a student of class XI. He is good in sports. One day while reading a newspaper, he read an article about Chacha Nehru Sports Award. He got curious and asked his sports coach about this award. His coach told him that, this award is a sports scholarship for sports talents. Students are selected for the scholarship on the basis of their overall performance and score at the national level CBSE sports competition. Only 50 selected students are awarded with Rs. 500/- per month for four years, that is from classes IX to XII. Ramesh got inspired and motivated with all this information and decided to do well in sports.

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

- i) What is the aim of Chacha Nehru Sports Award?
 - ii) What are the criteria for selection for this award?
 - iii) Write about the values shown by Ramesh after getting information from his sports coach.
- Q.20 Write an essay on the values, ideals, symbols and objectives of modern Olympics. 5
- Q.21 What are the different types of exercises that can be done to prevent various health threats? 5
- Q.22 Discuss the history of Inclusive Education. 5
- Q.23 Briefly explain the major muscles around the neck joint and the elbow joint. 5
- Q.24 Explain the levers, its types and concept can be applied in sports. 5
- Q.25 Write an essay on the classification of skills. 5
- Q.26 What are the different role of the World Anti-Doping Agency? 5

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



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ANSWER KEY (CLASS XI)

- Q.1. The primary goal of physical education is to increase the students' productivity by keeping her/him physically fit by including physical activity programmes as part of the curriculum.
- Q.2. Inhalation, the intercostal muscles contract and expand the chest cavity. Exhalation, intercostal muscles relax, the ribs and sternum moves downwards and inwards.
- Q.3. Reaction ability, acceleration ability, locomotor ability, movement ability, speed ability.
- Q.4. The neck consists of the seven vertebrae of the spinal column known as cervical vertebrae.
- Q.5. A bending position in which the body resembles a hare. It tones the pelvic muscles, stimulates abdominal organs and stretches and relaxes the spine.
- Q.6. Physical activity is referred to as any movement of the body which is produced by the coordination of the neuromusculoskeletal system of the body with the expenditure of body's energy.
- Q.7. Beta-2 Agonists, HGH, Peptide hormones, Anabolic Androgenic steroids
- Q.8. It's a common phenomenon in the process of learning, and educational psychology.
- Q.9 Centre of gravity is the point at which its weight is evenly distributed and all sides of the body are in balance.
- Q.10. Articulation substances are fibres, cartilage and synovial fluid.
- Q.11. Free play allows children to use their own imagination and engage in physical activities without the guidance of adults.
- Q.12 **All India Council of sports:** was first constituted in 1954 by the Union Ministry of Education on the advice of Maulana Abdul Kalam Azad to bridge the gap between the various sports bodies of the country and the government. To act as an advisory body to the government concerning all matters related to sports including the preparation of financial assistance for sports bodies. **Sports Authority of India:** The Ministry of Youth Affairs and Sports established Sports Authority of India (SAI) as an autonomous registered society to work for the welfare of sportspersons and to foster the culture of sports in the country. It has nine regional centres and two academic wings: NSNIS and Lakshmibai National College of Physical Education.
- Q.13. Buoyant force makes the object submerged in the liquid rise and float. The density of a body versus the density of the liquid influences the effectiveness of the buoyancy. Buoyant force is also produced by air. The principles of buoyancy are also applicable case of sports like parachuting, downhill skiing, cycling etc.
- Q.14.
- Q.15. It was observed that 1.4 million Indian children of ages 6 to 11 are not receiving formal education. Almost half of the students in primary school drop out before completing five years while only 42% complete high school. Some of the contribution factors are shortage of teachers and schools relation to the population, poor quality of learning, social and cultural factors, poverty etc.
- Q.16. Major Muscles around hip joint are gluteus group, abductor group, adductor group, biceps femoris, semitendinosus, and Sartorius rectur femoris. The gluteus Maximus is the largest muscle of the body and the Sartorius is the longest muscles of the body.
- Q.17. Physical Education and sporting activities teach team and social cohesiveness, competitive spirit and cooperation which are some important characteristics to become a leader.

- Q.18. Measurement of Height: Remove shoes, socks, hats or heavy clothing, surface should be hard, if its available should used hard wooden board, should stand with his back to measurement rule, feet should be placed close to each other and flat on the floor. Measurement of weight: weight scale should be placed on a hard, flat surface. Must remove the heavy clothes and accessories including shoes, should stand in the centre of the footrest of the weight scale.
- Q.19. i) To encourage the environment and motivate the students towards sports.
- ii) Regular student of CBSE schools and from class IX to XII , overall performance and score at the national level in CBSE sports competition
- iii) Ramesh got inspired and motivated with all information and decided to do well in sports.
- Q.20. **Values:** Friendship and solidarity, Peace, fair play, equality, **Ideals:** “The important thing in the Olympics is not to win, but to take part. The important thing in life is not the triumph, but struggle. The essential thing is not to have conquered, but to have fought well” . **Symbols:** Symbol is painted on the Olympic flag against the white background of silk i.e. Citius, Altius and Fortius. **Objectives:** The development of team spirit, sense of loyalty and honour not only among sportspersons, but also among humanity beyond the realm of sports.
- Q.21. Preventing health threats: Walking and jogging, Cycling, Aerobic dancing, Calisthenics, Running, Anaerobic activities, maintaining a healthy weight, avoiding substance abuse, getting adequate rest and sleep, preventing physical injury.
- Q.22. In 1975, the federal Education for All Handicapped Children Act (EHA) required public schools to guarantee a free, appropriate public education to students with disabilities. But the question of what constituted appropriate education was left to the courts (Esteves & Rao, 2008). And despite the legislation, the inclusion of individuals with special needs was considered by many educators to be of questionable worth, a drag on teachers' time and an intrusion—a threat to the status quo (West, 2000).
- In the 1980s, activists began to lobby for a broader civil rights statute. As a result, the Americans with Disabilities Act (ADA) was passed in 1990, ensuring equal access and equal treatment for people with disabilities. Since then, the EHA has been reauthorized and renamed numerous times. The current version, the Individuals with Disabilities Education Improvement Act, together with the ADA, the Every Student Succeeds Act, and other legislation, aim to ensure that the concepts of access and appropriateness are interpreted and applied consistently. All students are now guaranteed an education that is not only accessible, but also free, appropriate, timely, nondiscriminatory, meaningful, measureable, and provided in the least-restrictive setting. Today more than 90 percent of all students with disabilities receive education in mainstream schools, and more than half are included in the general classroom for at least 80 percent of the day
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- Q.23. Importance of Anatomy and Physiology: a) Knowledge of our body, b) selection of sports, c) prevention of sports injuries, d) preparation of training programme, e) understanding the difference between male and female anatomy, f) correct sports massage therapy, g) proper physical development, h) cultivating a culture of knowledge.
- Q.24. Importance of Test, Measurement and evaluation in the field of sports: a) Classification of athletes, b) Identification of skill sets, c) Improvement of performance, d) motivation, e) Goal setting, f) to predict performance potential, g) for finding out athletes’ need, h) for research purposes.
- Q.25. Behavioural changes stages for physical activity: a) Precontemplation stage, b) contemplation stage, c) planning stage, d) active stage, e) maintenance stage.

Q.26. Objectives & principles of adaptive physical education: a) develop fundamental motor skills and patterns of students with disabilities, such as running, throwing, catching etc. b) help students to improve their balance, coordination and posture, c) bring out their participation in activities such as dance, aquatics and other sports, d) make them realise healthy self-esteem through increased physical independence, reduce health complications. i) it is imperative to have a thorough knowledge of motor behaviours and development patterns of the different kinds of disabilities, ii) the activities and programme should be planned according to the interests of the students and after taking their specific needs into consideration, iii) routine medical check-up should be conducted not only for pure health benefits, iv) apart from having sufficient knowledge and experience, the trainers should also have abundant patience, empathy and strong communication skills.
