



**INDIAN SCHOOL SOHAR**  
**FINAL EXAMINATION 2019-2020**  
**SUB: PHYSICAL EDUCATION**

**CLASS: XI**  
**Date: 18/02/2020**

**Max. Marks: 70**  
**Time: 3 Hrs**

**General Instructions:**

1. The question paper consists of 34 questions
2. Question 1-20 carry 1 mark and are multiple choice questions.
3. Question 21-30 carry 3 marks each and should not exceed 80 -100 words each.
4. Question 31-34 carry 5 marks and should not exceed 150-200 words.

**SECTION-A**

- |      |  |                                   |   |
|------|--|-----------------------------------|---|
| Q.1  | Doping is  |                                   | 1 |
|      | (a) Allowed in sports at Nationals                                 | (b) banned in sports              |   |
|      | (c) Allowed if doctor approves                                     | (d) Only small dose is permitted  |   |
| Q.2. | Technique is   |                                   | 1 |
|      | (a) Scientific way of doing action                                 | (b) Forceful action               |   |
|      | (c) Correct action to deceive opponent                             | (d) all of the above              |   |
| Q.3. | Olympic torch symbolises   |                                   | 1 |
|      | (a) Link between Ancient and Modern Olympic Games                  | (b) Lighten the stadium           |   |
|      | (c) To welcome athletes  | (d) none of above                 |   |
| Q.4. | Adolescence have   |                                   | 1 |
|      | (a) Aggressive behavior  | (b) Importance to friends         |   |
|      | (c) Attraction towards opposite sex                                | (d) All of above                  |   |
| Q.5. | Body Mass Index measures the                                       |                                   | 1 |
|      | (a) Health of Individual   | (b) Fitness of individual         |   |
|      | (c) Fat component of individual                                    | (d) Weight of Individual          |   |
|      | <b>OR</b>  |                                   |   |
|      | Ectomorphic person is  |                                   |   |
|      | (a) Heavy weight shaped  | (b) Lean and thin shaped          |   |
|      | (c) Musculature shaped   | (d) short in height               |   |
| Q.6. | Which of the following is not the objective of Physical Education? |                                   | 1 |
|      | (a) Physical Development   | (b) Emotional Development         |   |
|      | (c) Social Development   | (d) Fun and Recreation            |   |
| Q.7. | The career option through Physical Education are                   |                                   | 1 |
|      | (a) Physical Education Teachers                                    | (b) Sports Journalist             |   |
|      | (c) Administrator  | (d) All of the above              |   |
| Q.8. | Which of the following tournament is not recognized by IOA?        |                                   | 1 |
|      | (a) Olympic Games  | (b) Asian Games                   |   |
|      | (c) National Games   | (d) Inter-School Friendly matches |   |

- Q.9. Sports injuries can be prevented through 1  
 (a) Proper warming up (b) Proper technique of skill  
 (c) using safety equipment (d) All of the above
- Q.10 Ardh Matasyendra Asana improves 1  
 (a) Spinal Flexibility (b) Weight control  
 (c) Abdominal muscle strength (d) Diabetes
- Q.11 Yoga is 1  
 (a) Performing Asanas (b) Union of Atma and Parmatama  
 (c) To be honest (d) Performing Pranayam
- Q.12 The prime role of physio-therapist is to 1  
 (a) Council and guide player for good behaviour (b) Develop fitness of disabled  
 (c) Minimise the injury or deformity through exercises (d) Correct the speech of player
- Q.13 Endurance is the ability of person to do 1  
 (a) Activity with high speed (b) Power activity  
 (c) Variations actions and movements (d) Work for long duration
- Q.14 Physical Fitness is the ability of the individual to do 1  
 (a) Daily routine work with joy (b) Heavy weight training  
 (c) Recreational and fun activity (d) All of the above
- Q.15 For healthy person the BMI falls between 1  
 (a) 30 above (b) 25 to 30 (c) 15 to 20 (d) 20 to 25
- Q.16 Which of the following are not an adventure sports? 1  
 (a) Bossie (b) Trekking (c) Mountaineering (d) Scuba Diving  
**OR**  
 Skinfold Caliper measures  
 (a) Body fat (b) height of body (c) muscle width (d) length of the body
- Q.17 Low Center of Gravity helps in 1  
 (a) Jumping ability (b) Balance (c) Stability (d) All of the above  
**OR**  
 The largest bone of body is?  
 (a) Humerus (b) Femur (c) Radial (d) Phalanges
- Q.18 Psychology is the study of 1  
 (a) Mind (b) Behavior (c) Body System (d) Brain
- Q.19 Strength and Endurance are the components of 1  
 (a) Wellness (b) Health (c) Recreation activity (d) Physical Fitness  
**OR**  
 Ancient Olympic Games started in the year  
 (a) 394 (b) 1896 (c) 1500 (d) 776 BC

- Q.20 Who was the First Indian to win Olympic medal in badminton? 1  
(a) Pullela Gopichand (b) Saina Nehwal (c) P V Sindhu (d) Prakash Padukone

**SECTION-B**

- Q.21 What are the functions of IOC? 3  
Q.22 Define the term wellness, strength and speed. 3  
Q.23 Write note on narcotics. 3  
Q.24 Explain the functions of skeletal system. 3

**OR**

Write a note on Khelo India Program.

- Q.25 Discuss the characteristic Developments in childhood stage. 3  
Q.26 What do you mean by sports training? Explain any two principles of sports training. 3

**OR**

Give the importance of Test and Measurement.

- Q.27 Describe about Special Olympic Bharat. 3  
Q.28 Explain the procedure, benefits and contraindications of Tadasana. 3

**OR**

Discuss the role of Physical Education Teacher in a school for assisting CWSN.

- Q.29 Discuss the two type of respiration. 3  
Q.30 Write note on sports journalism. 3

**SECTION-C**

- Q.31 What do you mean by Limbering down? Explain its benefits. 5  
Q.32 Explain the ill effects of Alcohol over individual's health. 5  
Q.33 Explain the Sheldon's Somato –typing. 5

**OR**

In an Inter-School football match your team is leading, whereas opponent is a weak team and they are playing very violent to cause injury to your teammates. What will be your decision and advice to your teammates as captain of the team?

- Q.34 What is a joint? Explain the classification of joints in detail. 5

**OR**

Define Adventure sports. Explain any four objectives of adventure sports in detail.

\*\*\*\*\*All the Best\*\*\*\*\*