



INDIAN SCHOOL SOHAR
TERM II EXAMINATION 2019-2020
SUB: PHYSICAL EDUCATION

CLASS: XI
Date: 12/01/2020

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 | The medium type of individuals, known as the athletic types are | 1 |
| | (a) Endomorph (b) Mesomorph (c) Endo-mesomorph (d) Ectomorph | |
| Q.2. | The first modern winter Olympic games held in which year in Chamonix France | 1 |
| | (a) 1924 (b) 1934 (c) 1824 (d) 1928 | |
| Q.3. | Red blood corpuscles are found in- | 1 |
| | (a) Bone (b) Compact layer (c) Bone marrow (d) Cardiac muscle | |
| Q.4. | Race which are run with maximum power and speed. | 1 |
| | (a) Long distance (b) Hurdle race (c) Sprints (d) Drill | |
| Q.5. | The ability to overcome a resistance with high speed is known as | 1 |
| | (a) Maximum strength (b) Explosive strength (c) Strength endurance (d) Flexibility | |

OR

Which exercise is not a part of general warming-up?

- | | | |
|------|---|---|
| | (a) Jogging (b) jumping (c) stretching (d) dribbling | |
| Q.6. | Who was the first president of Indian Olympic Association? | 1 |
| | (a) Maharaja Bhupinder Singh (b) Sir Dorabji Jamshedji Tata | |
| | (c) Dr. Noehren (d) None of the above | |

OR

The venue of the modern Olympics is fixed by

- | | | |
|------|---|---|
| | (a) IOC (b) NOC (c) ISF (d) participants of various countries | |
| Q.7. | Which asana is good for improving height? | 1 |
| | (a) Padmasana (b) Yog nidra (c) Shirshasana (d) Tadasana | |
| Q.8. | One of the active drugs in coffee is- | 1 |
| | (a) Cocaine (b) Caffeine (c) Aspartic Acid (d) Nicotine | |

OR

Which muscles are called striated?

- | | | |
|------|--|---|
| | (a) Skeletal (b) Smooth muscles (c) Cardiac (d) Smooth and Cardiac | |
| Q.9. | Muscles are connected to bones by means of | 1 |
| | (a) Cords (b) ligaments (c) tendons (d) fascia | |

- Q.10. Yama means 1
 (a) God of Death (b) Restraint (c) Gift (d) Practice
- Q.11. What is the full name of N.S.N.I.S? 1
 (a) Netaji National Indian Sports (b) Netaji Subhas National Institute of Sports
 (c) National Institute of National Indian Sports (d) None of the above
- Q.12. Which one of the following is the headquarters of IOA? 1
 (a) London (b) New Delhi (c) Paris (d) Bombay
- Q.13. In which year, the first Modern Olympic games were held? 1
 (a) 1958 (b) 1894 (c) 1962 (d) 1896
- Q.14. 'Long bones' in human work as- 1
 (a) to give strength (b) to give shelter (c) work as lever (d) to provide base for muscular joints
- Q.15. Special Olympics India was founded in the year? 1
 (a) 1987 (b) 2001 (c) 1990 (d) 2015
- Q.16. Total number of bones found in human body is- 1
 (a) 206 (b) 200 (c) 306 (d) 210
- Q.17. Principles of sports training are- 1
 (a) The principle of transfer (b) The principle of overload
 (c) The principle of progression (d) All of the above

OR

Total pair of ribs found in our body is-

- (a) 12 (b) 13 (c) 24 (d) 15

- Q.18. Which part of the cell is also known as 'Power house of cell'? 1
 (a) Nucleus (b) Mitochondria (c) Golgibodies (d) Centrosome
- Q.19. Which one of the following is not the example of Narcotics? 1
 (a) Heroin (b) Morphine (c) Methadone (d) Hashish
- Q.20. What is the meaning of 'CITIUS'? 1
 (a) Run fast (b) Very strong (c) Jump high (d) Very intelligent

SECTION-B

- Q.21. What is flexibility? Discuss the various types of flexibility in brief. 3
- Q.22. Elucidate the coaching career in detail. 3
- Q.23. Define the term technique, skill and style? 3
- Q.24. Discuss Summer Olympic Games. 3

OR

Clarify the meaning and types of equilibrium.

- Q.25. How we can conduct the Waist –Hip-Ratio Test? Explain. 3
- Q.26. What do you mean by Psychology? Explain the importance of psychology in sports. 3

OR

What is doping? Explain the side effects of prohibited substances.

- Q.27. Write a detailed note on Ancient Olympic Games. 3
- Q.28. Elucidate the clarification of bones. 3

OR

What do you mean by Kinesiology? Discuss its importance in the field of physical education and sports.

- Q.29. Explain any two asanas for improving concentration of mind. 3
- Q.30. Differentiate between growth and development. 3

SECTION-C

- Q.31 Define warming up. Discuss the importance of warming up in details. 5
- Q.32 What is yoga? Discuss the elements of yoga. 5
- Q.33 What do you mean by muscular system? Explain the structural clarification of muscles in details. 5

OR

Write notes on: (a) river rafting (b) trekking

- Q.34 Elucidate the doping control procedure in detail. 5

OR

Explain the problems of adolescence in details.

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