



**INDIAN SCHOOL SOHAR**  
**TERM - I EXAMINATION (2023-2024)**  
**PHYSICAL EDUCATION (048)**

No. of printed pages: 5

**CLASS: XI**  
**DATE: 28/09/2023**

**MAX. MARKS: 70**  
**TIME: 3 HOURS**

**GENERAL INSTRUCTIONS:**

1. The question paper consists of 5 sections and 37 Questions.
2. Section A consists of questions 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
3. Section B consists of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
4. Section C consists of questions 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
5. Section D consists of questions 31-33 carrying 4 marks each and are case studies. There is an internal choice available.
6. Section E consists of question 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.

**Section - A**

- Q 1. What is the aim of physical education? 1
- a) Physical development                                  c) Mental development  
b) Wholesome development                                  d) Social development
- Q 2. The first Khelo-India School Games were held at..... 1
- a) Delhi    c) Kolkata  
b) Bhopal    d) Mumbai
- Q 3. Which one of the following is not the objective of physical education? 1
- a) Physical development                                  c) Recreational development  
b) Social development    d) Emotional development
- Q 4. The Lakshmi Bai National Institute of Physical Education is situated in.....city. 1
- a) Patiala    b) Kolkata  
c) Gwalior    d) Chennai
- Q 5. Identify the Image: 1



- a) Sports Authority of India                                  b) Indian Olympic Association  
c) Khelo India    d) Netaji Subhash National Institute of Sports
- Q 6. In which Olympics, the Olympic flame was lit for the first time? 1
- a) 1928 Olympics    c) 1924 Olympics  
b) 1936 Olympics    d) 1920 Olympics
- Q 7. The Father of the Modern Olympics..... 1
- a) Sir Dorabji Tata    c) Antonio Samaranch  
b) Robert Bach    d) Sir Baron de Coubertin

Q 8. In which year, the Olympic anthem was adopted by IOC? 1  
 a) 1928 c) 1996  
 b) 1958 d) 1904

Q 9. Which one of the Olympic educational values is originally a concept developed in sports? 1  
 a) Joy of effort b) Fair Play  
 c) Pursuit of Excellence d) Respect of Others

Q10. Identify the personality:  
 a) Thomas Bach  
 b) Rajayvardhan Singh Rathore  
 c) Kiran Riju  
 d) Sir Dorabji Tata



Q 11. The meaning of Purka is ..... 1  
 a) Inhalation c) Retaining the breath  
 b) Exhalation d) None of these

Q 12. There are two statements which are stated below and labeled Assertion (A) and Reason (R) 1  
 Assertion (A): Niyamas the elements of Ashtanga yoga are related to the individual's body and senses.  
 Reason (R): Niyamas are also ethical practices, which are helpful in enhancing ethical values in an individual.  
 In the context of the above statements, which one of the following is correct?  
 a) Both (A) and (R) are true and (R) is the correct explanation of (A).  
 b) Both (A) and (R) are true and (R) is not the correct explanation of (A).  
 c) (A) is true, but (R) is false.  
 d) (A) is false, but (R) is false.

Q 13. Match List -I with List - II and select the correct answer from the code given below: 1

List -I		List -II	
1	Pranayama	(i)	to sit in an easy pose
2	Samadhi	(ii)	Concentration of mind
2	Asana	(iii)	Union of the individual's soul with the supreme soul
4	Dharana	(iv)	Control the process of breathing

- Codes:  
 a) 1 (ii), 2 (i), 3(iii), 4 (iv)  
 b) 1 (i), 2 (ii), 3(iv), 4 (iii)  
 c) 1(iv), 2 (iii), 3(ii), 4 (i)  
 d) 1(iv), 2(iii), 3(i), 4 (ii)

Q14. Which of the following pranayamas is used for stress management? 1  
 a) Sheetali  
 b) Kapalbhati  
 c) Bhramari  
 d) All of these.

Q 15. Alternate nostril breathing is also called.....

1

- a) Sheetal pranayama
- b) Nadi Shodhana pranayama
- c) Bhramari pranayama
- d) Sheekari pranayama

Q 16. Match List -I with List -II and select the correct answer from the code given below:

1

LIST - I		LIST - II	
(p)	Occupational therapist	(i)	Help students with special needs to improve their physical fitness.
(q)	Physical education teachers	(ii)	Help students with special needs to gain the ability to communicate.
(r)	Physiotherapists	(iii)	Concentrate on problems that affect muscles, bones, and circulation of blood
(s)	Speech therapists	(iv)	Trained to provide assessment, treatment, and rehabilitation for children and young people who have physical, coordination, and processing problems.

Codes :

- a) p- iii, q-ii, r-i, s-iv
- b) p -i, q -ii, r - iii, s- iv
- c) p - iv, q -i, r -ii, s -iii
- d) p -iii, q- iv, r-i, s- ii

Q 17. Which one of the following is NOT a disability etiquette?

1

- a) To listen attentively
- b) To pretend to understand
- c) To avoid leaning on the wheelchair
- d) To avoid asking personal questions.

Q 18. The ability to overcome resistance is called:

1

- a) Speed
- b) Strength
- c) flexibility
- d) Endurance

### Section - B

Q 19. Identify the following types of strengths and give their names.

(1/2 x4=2)

a)



b)



c)



d)



- Q 20. Write a short note on health-related fitness. 2
- Q 21. Discuss the role of a school counselor. 2
- Q 22. Explain the terms: Non-violence and Truthfulness. (1 + 1=2)
- Q 23. What is Olympism? 2
- Q 24. 'National Sports Day of India' is celebrated in the memory of the Indian player, who was considered to be one of the greatest hockey player of that time. (1+1 = 2)
- Answer the following questions related to this day:
- a) National Sports Day celebrated in the memory of .....
- b) On which day the 'National Sports Day of India' is celebrated each year?

### Section – C

- Q 25. Discuss any three components of Physical fitness. (1x3 =3)
- Q 26. Write any six objectives of Adaptive Physical Education. 3
- Q 27. What are the different types of disabilities? Explain briefly. 3
- Q 28. "Yoga can be beneficial in the modern age of stress, tension, and anxiety". Give your views in brief about this statement. 3
- Q 29. Write a short note on the National Olympic Committees and International Sports Federation. 3
- Q 30. Discuss the objectives of the Fit India Movement. 3

### Section – D

- Q 31. Michael Phelps used to take 8000 - 10,000 calories daily. He used to practice five hours a day for six days a week. He was a man on a mission, with no other activities than eating, sleeping, and swimming. If you want to achieve something great, this type of intense focus and dedication to your goals is what is required to get there. He did not disappoint and came back with 8 gold medals, the most won by any athlete in the 2008 Olympics. (1x4=4)
- a) How many gold medals did he win in the Olympics?  
i) 21      ii) 26      iii) 23      iv) 28
- b) How many gold medals did he win in the 2008 Olympics?  
i) 5      ii) 6      iii) 8      iv) 9
- c) Michael Phelps is a native of which country?  
i) UK      ii) USA      iii) India      iv) Canada
- d) His nickname is .....  
i) Baltimore Bullet      ii) Flying Baltimore      iii) Flying Fish      iv) Both a and b
- Q 32. Mainly there are two types of career options in the field of physical education. The first type of career option is related to teaching and coaching in physical education. These are called traditional careers in physical education. The second type of career is related to emerging careers in physical education i.e., health-related careers, administration-related careers, sports performance-related careers, and media-related careers. (1x4=4)
1. Which one of the following is not related to Administration-related careers?  
a) Sports department  
b) Sports facilities management  
c) Department of Physical Education  
d) As a player
2. Which one of the following is not related to careers in communication media?  
a) Sports Journalism  
b) Book Writing  
c) Sports Photography  
d) Teaching in a school

3. Which one of the following is not related to traditional careers?

- (a) Teachers (b) Coaches  
(c) Director's sports (d) Professor

4. Which one of the following is not related to health Careers?

- (a) Sports Physiotherapist (b) Sports Bio mechanist  
(c) Gym Instructor (d) Sports Commentator

Q33. Raman is a student in class 11. One day, a medical check-up camp arrived in his locality. Raman participated there as a volunteer. Most of the people were advised to practice yogic kriyas on a regular basis. The local body of that locality hired a yoga instructor and people started the practice of yogic kriyas under his / her guidance. Some of the kriyas are shown below:

A)



B)



C)



On the basis of above situation, answer the following questions:

1. The Yogic Kriya (A) can be identified as:

- a) Samadhi (b) Kapalbhata  
a) Dharana (d) Nauli

2. The Yogic Kriya (B) can be identified as:

- a) Sukhasana (c) Tratak  
b) Neti (d) Padmasana

3. The Yogic Kriya(C) can be identified as

- a) Nauli (c) Dhouti  
b) Kapalbhata (d) Basti

4. The Yogic Kriya(C)

- a) Improves the functioning of the lungs  
b) Improves weak memory  
c) Both (a) and (b)  
d) Neither (a) nor (b)

### Section - E

Q 34. What do you mean by traditional sports and regional games? How do these games and sports help in promoting wellness? Discuss in detail. 5

Q 35. Discuss the role of speech therapist, occupational therapist, and special educator for students with special needs in detail. 5

Q 36. What do you mean by Ashtanga Yoga? Discuss any four constituents of Ashtanga Yoga. 5

Q37. Write short notes in brief on the following: (1X5=5)

- i) Olympic Motto
- ii) Olympic Flag
- iii) Olympic Flame
- iv) Olympic Awards
- v) Olympic Oath