

Roll No. _____

Please check that this question paper contains **27** questions and **3** printed pages.

CLASS-XI
PHYSICAL EDUCATION

Time Allowed : 3 Hrs.

Maximum Marks : 70

General Instructions :

- (i) Answer to question carrying 01 mark should be in approximately 30 words.
- (ii) Answer to question carrying 02 marks should be in approximately 60 words.
- (iii) Answer to question carrying 03 marks should be in approximately 100 words.
- (iv) Answer to question carrying 05 marks should be in approximately 150-200 words.

PART-A

1. Explain the need of physical education. (1)
2. Name any two institutes of SAI for obtaining Diploma in Coaching. (1)
3. Explain 1 side effect each of the 2 classified drugs commonly used in sports. (1)
4. Explain the reasons why few Olympics were not held. (1)
5. What is sports sociology? (1)
6. What do you mean by Waist Hip Ratio (WHR)? (1)
7. What do you know about short bones? (1)
8. Write any 2 principles of adapted physical education. (1)
9. Describe Newton's Third law of motion. How can it be applied in the field of games and sports. Give any one example. (2)
10. Discuss any 2 characteristics of a profession. (2)

11. Explain any 2 values which can be achieved through Olympic movement. (2)
12. Explain any 4 qualities of a good leader. (2)
13. What do you mean by Integrated physical education? (2)
14. Briefly explain the teaching and coaching career in physical education. (3)
15. Elaborate the following: (3)
 - (a) Olympic flame
 - (b) Olympic emblem
 - (c) Any 2 objectives of modern Olympic games
16. Playfield provides a platform to promote various moral values. Explain any three. (3)
17. Explain any 3 components of occupational health hazards. (3)
18. Discuss the aim and objectives of physical education in detail. (1+4=5)
19. What do you know about obesity? Explain its causes in detail. (1+4=5)
20. What do you mean by "Test"? Elaborate the importance of measurement in physical education and sports. (1+4=5)
21. Explain the factors affecting physical fitness components. (5)

PART-B

Answer the questions 22-26 from any one game/sport only.

22. Explain any 2 latest rules of the game/sport of your choice. (2)
23. Mention the proper sports gear and their importance in the game/sport of your choice. (3)
24. Draw a neat diagram of field/court/table of the game/sport of your choice with all its measurement & its specifications. (5)

25. Explain any 3 fundamental skills of the game/sport of your choice. (2)
26. Write any 6 terminologies of the game/sport of your choice. (3)
27. Write a short note on Rajiv Gandhi Khel Ratna award. Explain any 2 objectives of CBSE sports. (3+2 =5)