



INDIAN SCHOOL SOHAR
TERM II EXAMINATION (2022-23)
PHYSICAL EDUCATION (048)

CLASS: XI
DATE: 23/02/2023

MAX. MARKS: 70
TIME: 3 HOURS

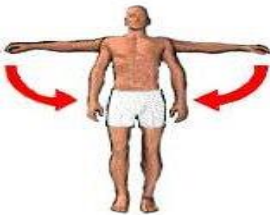
GENERAL INSTRUCTIONS:

- 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.
- 6) Section E consists of Questions 34-37 carrying 5 marks each and are short answer types and should not exceed 200-300 words. Attempt any 3.

SECTION - A

Q1. Identify the body movement:

(1)



- (a) abduction
- (b) adduction
- (c) flexion
- (d) extension

Q2. World Anti-Doping Agency was established in_____.

(1)

- (a) 1896
- (b) 1984
- (c) 1999
- (d) 2004

Q3. _____ is the study that deals with the structure of the human body.

(1)

- (a) Anatomy
- (b) Physiology
- (c) Kinesiology
- (d) Biology

Q4. If the height of the child is in feet, it is classified under:

(1)

- (a) test
- (b) evaluation
- (c) fitness
- (d) measurement

- Q5. Which one of the following is not an example of Yama? (1)
(a) Truthfulness
(b) Non-stealing
(c) Santosh
(d) Aparigraha
- Q6. Which one of the following is not helpful in improving team cohesion? (1)
(a) temperament collision
(b) set team goals
(c) encourage communication
(d) celebrate success as a team
- Q7. International Day of Disabled Persons is celebrated on (1)
(a) 2nd April
(b) 21st June
(c) 29th August
(d) 3rd December
- Q8. A partial Curl-up test is used to measure _____. (1)
(a) speed
(b) flexibility
(c) abdominal strength
(d) coordination
- Q9. Given below are the two statements labeled Assertion(A) and Reason (R). (1)
Assertion (A): Adaptive physical education develops the personality of children with disabilities.
Reason (R): The goal of adaptive physical education is to involve children with disability in the learning process by providing opportunities based on their specialty.
In the context of the above two 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 true.
- Q10. What are the colors of the Olympic rings situated at the bottom of the Olympic symbol? (1)
(a) Yellow and green
(b) Black and green
(c) Red and black
(d) Yellow and black
- Q 11. Trachea is also known as (1)
(a) Windpipe
(b) Larynx
(c) Pharynx
(d) Air pipe
- Q12. In which of the sports is LED lights technology used? (1)
(a) Tennis
(b) Cricket
(c) Badminton
(d) Football

Q13. Which day is celebrated as "International Yoga Day"? (1)
(a) May 20
(b) July 20
(c) June 21
(d) June 5

Q14. Uber cup is related to (1)
(a) Table tennis
(b) Badminton
(c) Lawn Tennis
(d) Football

Q15. The study of human movements is called _____ (1)
(a) Biomechanics
(b) Anatomy
(c) Physiology
(d) Kinesiology

Q16. What is the meaning of Puraka? (1)
(a) Inhalation
(b) Exhalation
(c) Retaining the breath
(d) Santosh

Q17. Match list -I with the list -II and select the correct answer from the code given below. (1)

List -I		List -II	
i	Long bone	1	Stapes
ii.	Short bone	2	Patella
iii.	Flat bone	3	Scapula
iv.	Sesamoid bone	4	Humerus

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

Q18. The appendicular skeleton is formed by _____ bones. (1)
(a) 120
(b) 126
(c) 80
(d) 102

SECTION-B

Q19. Identify the yogic kriyas

(0.5X4=2)



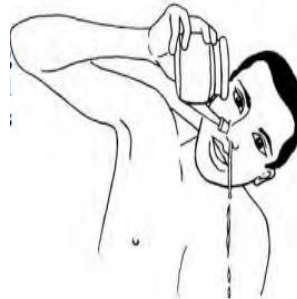
(i) _____



(ii) _____



(iii) _____



(iv) _____

Q20. Give four importance of Kinesiology in sports

(0.5 X 4=2)

Q21. What is the Olympic Motto?

(2)

Q22. Enlist any four elements of Ashtanga Yoga.

(0.5 X 4=2)

Q23. Define the term Psychology and Sports Psychology.

(1X2=2)

Q24. Differentiate between active and passive flexibility.

(2)

SECTION – C

Q25. Write short notes on the following:

(1+1+1=3)

(i) Speech Therapist

(ii) Physiotherapist

(iii) Occupational Therapist

Q26. What do you mean by disability? Explain physical and intellectual disability.

(1+2=3)

Q27. Draw a labeled diagram of the human heart.

(3)

Q28. Give any six benefits of practicing yoga regularly.

(3)

Q29. What do you mean by test, measurement, and evaluation?

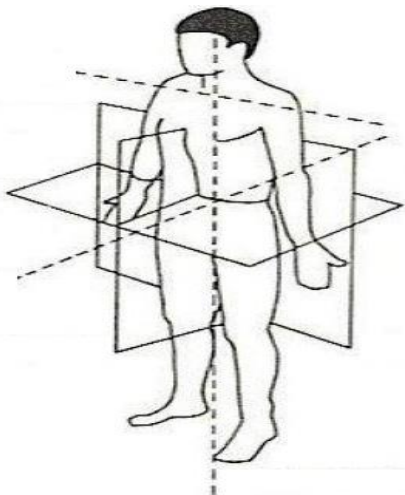
(3)

Q30. Discuss the guidelines for advance preparation in test administration.

(3)

SECTION – D

Q31.



On the basis of the given picture answer the following questions:

(1X4=4)

- (i) A vertical plane that divides the body into the left and right side is known as _____.
- (ii) _____ axis runs from left to right through the centre of the body.
- (iii) Sagittal axis is also known as _____ axis.
- (iv) _____ plane passes through the middle of the body and divides the body horizontally in the upper and lower half.

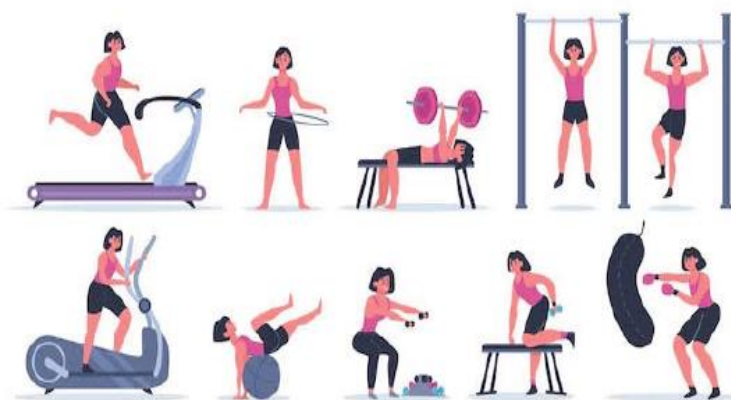
Q32. While introducing the chapter Olympism in Physical Education class Mr. Davis found that children were not familiar with the term and were clueless about the various committees working in this field. So he explained in detail about IOC and various information related to it was discussed.

Answer the following questions.

(1X4=4)

- (i) What is the full form of IOC?
- (ii) When was the IOC established?
- (iii) Where is the headquarter of IOC?
- (iv) List down any two functions of IOC?

Q33.



Suchi was identified by her basketball coach as a talented player. she was thus asked to come daily in the morning for coaching with the school team members. she was explained about training principles and the use of techniques and skill development. she was given weight training to develop her upper and lower body strength. On the basis of the situation, answer the following questions:

(1X4=4)

- (i) List down any four principles of sports Training.
- (ii) Write any two causes of overload?
- (iii) What are the factors affecting recovery?
- (iv) A training plan is constructed by incorporating various training cycles. A microcycle may last from _____ to _____ days.

SECTION – E

- Q34. What is doping? Explain the harmful effects of doping in detail. (1+4=5)
- Q35. Define wellness and explain the components of wellness in detail. (1+4=5)
- Q36. Discuss the various career options an individual has after completion of a professional course in Physical Education. (5)
- Q37. Describe various adolescent problems. How can they be managed? (2+3=5)