



THE VILLAGE
INTERNATIONAL SCHOOL
"We Nurture Dreams"

Date :19/02/2024 Grade: XI	ANNUAL EXAMINATION PHYSICAL EDUCATION	Max Marks :70 Time :3Hours
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GENERAL INSTRUCTIONS:

The question paper consists of 5 sections and 37 Questions.

Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.

Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.

Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.

Sections D consist of Question 31-33 carrying 4 marks each and are case studies..

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.

Question NO	SECTION A	Marks
1	When did the first Khelo India Games were held a) 2016 b) 2018 c) 2017 d) 2019	1
2	In which year Central Advisory Board of Physical Education and Recreation started? a) 1949 b) 1950 c) 1954 d) 1956	1

3	The Olympic Anthem was composed by a) Pierre de Coubertin b) Narinder Dhruv c) Demetrios Vikelas d) Spyridon Samaras	1
4	When and where the last Summer Olympics held ? a) 2016 , Rio b) 2020 , Japan c) 2018 , South Korea d) 2019 , Norway	1
5	In yogic kriya Jal Neti , saline is introduced into a) Mouth b) Both nasal cavities c) One nasal cavity d) Eyes	1
6	Shaucha means ? a) Self purification b) Contentment c) Self discipline d) Self study	1
7	Which of the following statement is correct regarding disability ? a) It affects activities ,capabilities and growth of an individual b) It disturbs the normal functioning of an individual c) It is curable d) Both (a) and (b)	1
8	A disorder related to brain in which it faces trouble in receiving and responding to information can be termed as ----- a) ODD b) OCD c) ADHD d) SPD	1
9	Which is not a type of dynamic strength (a) Maximum strength (b) Explosive strength (c) Static strength (d) Strength endurance	1

10	The type of strength required to exert maximum amount of force in the shortest possible time interval is a) Maximum strength b) Strength endurance c) Explosive strength d) Static strength	1
11	Which of the following health and fitness related test is conducted to measure endurance ? a) 600 M run/walk test b) Sit and reach test c) Illinois agility test d) Plate tapping test	1
12	Which of the following is the property of muscles? a) Excitability b) Elasticity c) Contractility d) All of the above	1
13	The angle at a joint increases during ; a) Adduction b) Abduction c) Flexion d) Extension	1
14	Movement of a leg towards the imaginary central line is an example of ----- movemwnt a) Abduction b) Adduction c) Circumduction d) Rotation	1
15	This is a type of dynamic friction a) Sliding friction b) Rolling friction c) Static friction d) Both (a) and (b)	1
16	In which year NIS established? a) 1962 b) 1960 c) 1961 d) 1963	1

17	Which of the following is not a principle of sports training a) Principle of specificity b) Principle of overload c) Principle of continuity d) Principle of rest	1
18	In which field sports psychology plays a vital role ? a) Confirming victory in sports b) Enhancing motor skills c) Removing psychological barriers d) Both (a) and (c)	a) 1

	SECTION B	
19	Define aim and objectives of Physical Education.	2
20	Explain types of bones in human body.	2
21	Explain Sheldon classification of body types .	2
22	Explain career options in physical education.	2
23	List the functions of skeletal system.	2
24	Explain test , measurement , and evaluation .	2

	SECTION C	
25	Describe types of disorders and their causes.	3
26	Differentiate between a) Flexion and Extension b) Abduction and Adduction c) Circumduction and Rotation	3
27	Define ashtanga yoga. Describe in brief any two elements of yoga.	3
28	What is axis and planes ? Explain its types	3
29	Explain Khelo India Program	3
30	Write a note on ancient and modern Olympic games.	3

SECTION D

31

4

Pranayama is the practice of controlling the breath . This is an essential part of any yogic practice. While it is one of the eight limbs of modern yoga , it is considered among the most important aspects of yoga . recommended to be done early morning , it has three distinct phases . While most people know about and do two or three types of pranayama, there are , in fact , fourteen types of pranayama . It offers multiple benefits and has to be learned to get the most out of yoga practice .

- (a) What is the meaning of the term “pranayama” ?

- (b) What are the three steps in performing pranayama ?

- (c) What are the common type of pranayama practiced by most people ?

- (d) List the benefits the regular practice of pranayama offers.

32	<p>Competitions in sports have many advantages for seeking out outstanding players and getting together school, university ,state or even national teams to represent the various institutions . These not only permits to excel at sports but also boost leadership qualities as well as offer opportunities to represent the country and bring laurels .taking this into account , the government has launched many schemes to boost interest in sports and encourage students to take sports as a full time career option . Most prominent among these is the Khelo India Program .</p> <p>(a) When was Khelo India Program launched ?</p> <p>(b) Why has it been launched and what is it focus ?</p> <p>(c) What are the benefits of this program ?</p> <p>(d) <i>Where was first Khelo India Program held ?</i></p>	4
33	<p>Doing well at sports and in life is a direct measure of fitness. Health related fitness has been the subject of much research and over the last few decades, science has come to focus on determinants of health related fitness. While this is multi parameter assessment , most people focus on five specific parameters as being contributors to fitness.</p>	4

	<p>a) What are the five most important components of health related fitness ?</p> <p>b) How is cardiorespiratory endurance measured ?</p> <p>c) How is flexibility measured ?</p> <p>d) How do we measure body composition and what is it importance ?</p>	
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	SECTION E	
34	Explain components of physical fitness	5
35	Write a note on yogic kriyas	5
36	Classify the types of joints present in our body . Explain freely movable joints.	5
37	Write a note on principles of Sports Training.	5