



REVISION QUESTION PAPER

PHYSICAL EDUCATION

XI

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. There is internal choice available.

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	In which year Fit India Movement was started ? a) 2016 b) 2018 c) 2017 d) 2019	1
2	Which organ is benefited from Tratak kriya ? a) Liver b) Kidneys c) Digestive system d) Eyes	1

3	Where was first Khelo India Games held ? a) Mumbai b) Delhi c) Hyderabad d) Kolkatta	1
4	In which year LNIPE started ? a) 1950 b) 1995 c) 1982 d) 1992	1
5	Puraka , Rechaka and Kumbhaka are the components of a) Pranayama b) Yogic kriyas c) Yoga d) Yoga nidra	1
6	Adaptive physical education is for ? a) School students b) College students c) CWSN d) Girls only	1
7	I.O.C was formed in a) 1886 b) 1894 c) 1892 d) 1896	1
8	Which is not a type of dynamic strength? _____	1
9	The word 'Citius ' in the Olympic motto means ? a) Faster b) Higher c) Heavier d) Stronger	1

10	Who is the first president of IOA ? a) Sir Dorabji Tata b) Jawaharlal Nehru c) Sardhar vallabhai pattel d) M.K Gandhi	1
11	Which of the following health and fitness related tests is conducted to measure flexibility? a) 600 M run/walk test b) Sir 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 decreases during a) Adduction b) Abduction c) Flexion d) Extension	1
14	Movement of a leg away from the imaginary central line is an example of ----- --movemwnt a) Abduction b) Adduction c) Circumduction d) Rotation	1
15	To develop abilities of children with special needs , it is essential to have an educational set up that is a) Inclusive b) Integrated c) Regular mainstream d) Special school	1
16	In which year National Physical Efficiency Drive established? a) 1959-60 b) 1960-61 c) 1961-62 d) 1962-63	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 of Physical Education	2
20	What is principle of Individuality	2
21	Write a short note on Ancient Olympics	2
22	What is axis ? Give its types and explain any one	2
23	List the functions of skeletal system.	2
24	List the components of physical fitness . Explain any one.	2

	SECTION C	
25	Describe any three 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	Explain the functions and properties of muscles.	3
29	Enlist any five protective gears and the sports with which they are associated.	3
30	Write a note on ancient and modern Olympic games.	3

	SECTION D	
31	<p>The topic for school annual debate this year is ‘Aims and Objectives of Physical Education’. While quite a few Students feel the subject should be made compulsory, some students think having this as part of the curriculum Will be a waste of time. The Principal has selected you to speak in favour of it and explain why physical education Should be made a compulsory part of the syllabus.</p> <ol style="list-style-type: none"> a) Explain physical education in brief. b) How does physical education enhance social skills? c) What are the qualities that physical education helps improve in a person? d) What is the aim of Physical Education? <p style="text-align: center;">OR</p> <p>Most students in a school did not think that PE has career opportunities. One day an international cricket Star attended the school Annual Day function as chief guest. He spoke about his struggles and how he was transformed by an active career that resulted from taking physical education subject in school seriously. He also talked about starting his own coaching academy. He explained as to how there were a lot of good career options available in PE. This gave students a clear understanding of the various career options available in PE Which only aroused their interest in the subject and most of them started taking PE seriously.</p> <ol style="list-style-type: none"> a) What career opportunities must have the cricketer talked about? b) What are the possibilities for PE in media ? c) Besides teaching in a school, what options exist for becoming trainers in PE? d) What are the possibilities of PE in Teaching? 	4

32	<p>Rohan of class 11 wants to pursue sports as a career . To know his fitness level he undergoes many tests . Based on the case given above, answer the following questions:</p> <p>1) Tests are basically classified into</p> <ol style="list-style-type: none"> a) Health and fitness related tests b) Skill related tests c) Performance related tests d) All of the above <p>2) Which health and fitness test Rohan has to undergo to measure his endurance</p> <p>:</p> <ol style="list-style-type: none"> a) BMI Test b) 600M run / walk c) Push ups d) Pull ups <p>3)Rohan’s coach ask him to perform sit and reach test in order to assess his :</p> <ol style="list-style-type: none"> e) Speed f) Agility g) Flexibility h)Endurance <p>3) 50 mtr run is used to measure</p> <ol style="list-style-type: none"> a) Speed b) Agility c) Coordination d) Strength 	4
33	<p>After independence in 1947, the Government of India taken various measures for development of Physical Education. Various organizations were set up and steps were taken to improve the condition of Physical Education. Based on this answer the following questions</p>	4

	a) In which year Sports Authority of India established? b) In 1973 LCPE renamed as ----- c) In which year NPED established ? d) In which year NIS established ?	
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	SECTION E	
34	Explain career options in Physical Education	5
35	Write a note on Ashtanga Yoga	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