SAMPLE QUESTION PAPER - 2

Physical Education (048)

Class XI (2024-25)

Time Allowed: 3 hours **Maximum Marks: 70**

General Instructions:

1. The question paper consists of 5 sections and 37 Questions.
2. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
3. 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.
4. 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.
5. Sections D consist of Question 31-33 carrying 4 marks each and are case studies. There is 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

1. What is the main aim of Physical Education? **[1]**

   a) Physical development b) Motor development

   c) Mental Development d) All Round development

2. Headquarters of Indian Olympics Association are situated at: **[1]**

   a) Mumbai b) New Delhi

   c) Agra d) Kolkata

3. The heart is enclosed in a _____ sac. **[1]**

   a) bony b) pericardial

   c) cardial d) organol

4. The **run and touch** game that is very simple to play is _____. **[1]**

   a) Kushti b) Bull Fight

c) Kho-Kho
d) Kabaddi

5. **Assertion (A):** Due to the process, the organs under the skull mainly the brain and the small brain are influenced in a good manner. **[1]**
Reason (R): The word kapalbhati is made up of two words, **kapal** meaning skull (here skull includes all the organs under the skull too) and 'bhati' meaning shining or illuminating.

a) Both A and R are true and R is the correct explanation of A.
b) Both A and R are true but R is not the correct explanation of A.
c) A is true but R is false.
d) A is false but R is true.

6. Which of the following is not an example of measurement? **[1]**

a) Miller volleyball test
b) None of these
c) AAHPERD
d) FITNESS GRAM

7. Endurance is also known as _____. **[1]**

a) Stamina
b) Resistance
c) Agility
d) Suppleness

8. Identify the name of a non-traditional Indian game: **[1]**

a) Bullfight
b) Khushti
c) Kho-Kho
d) Kabaddi

9. Match List-I with List-II from the following: **[1]**

List-I	List-II
(a) Joy of Efforts	(i) Knowledge and skills

(b) Pursuit of Excellence	(ii) Sense/feeling of satisfaction
(c) Will and Mind	(iii) Healthy body and mind
(d) Balance between body	(iv) Mental Toughness

a) (a) - (ii), (b) - (i), (c) - (iv), (d) - (iii)

b) (a) - (i), (b) - (iv), (c) - (iii), (d) - (ii)

c) (a) - (iv), (b) - (iii), (c) - (i), (d) - (ii)

d) (a) - (i), (b) - (iii), (c) - (ii), (d) - (iv)

10. **Assertion (A):** In sports training, the load is a major concern. **[1]**
Reason (R): Load is defined as the amount of work done by an individual's body.

a) Both A and R are true and R is the correct explanation of A.

b) Both A and R are true but R is not the correct explanation of A.

c) A is true but R is false.

d) A is false but R is true.

11. Career options through physical education are **[1]**

a) Sports Facilities Management

b) Sports Departments

c) Sports Journalism

d) All of these

12. Effective planning can help in: **[1]**

a) Improve Efficiency

b) Reduces chances of mistake

c) All of these

d) Proper coordination

13. Which of the following is a traditional career in physical education? **[1]**

a) Health

b) Management

c) Training

d) Media

14. Which of the following term is defined as **a blip in the usual functioning of a person**? **[1]**

a) Domain

b) Disability

c) Disorder

d) Impulsive

15. How many limbs Yoga has? **[1]**

a) Seven b) Two

c) Five d) Eight

16. Opening of hand sideways when our hand is moving away from the body is an example of: **[1]**

a) Flexion b) Abduction

c) Extension d) Adduction

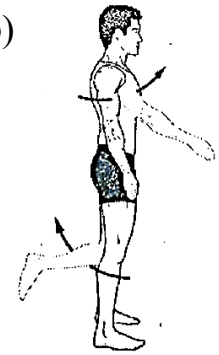
17. The Olympic symbol was created and designed by _____. **[1]**

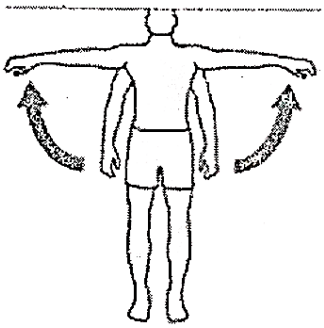
a) Pernell Whitaker b) Stoke Mandeville

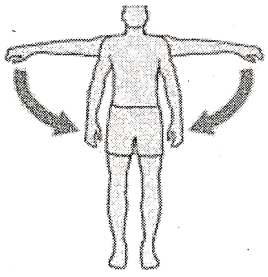
c) Pierre-de-coubertin d) Dorabji Tata

18. Among the given figure, which one represents the flexion movement. **[1]**

a) 

b) 

c) 

d) 

Section B

Attempt any 5 questions

19. What do you understand by waist hip ratio? **[2]**

20. What is psychological development? **[2]**

21. What do you mean by appendicular skeleton system? **[2]**

22. What do you mean by sagittal axis? **[2]**

23. What are the two benefits of inclusive education? **[2]**

24. What are the disadvantages of doping? (any two) **[2]**

Section C

Attempt any 5 questions

25. Explain in brief the procedure of Anthropometric measurement of height? **[3]**

26. Why is biomechanics important in sports? **[3]**

27. Explain isotonic method of strength development, or dynamic strength. **[3]**

28. Discuss the applicability of test and measurement in sports. **[3]**

29. What do you mean by Bio-mechanics? Explain any two points of importance of Bio-mechanics in sports. **[3]**

30. Write a short note on the need to manage the problems faced by adolescents. **[3]**

Section D

31. Honorable Prime Minister launched Fit India Movement to make fitness an integral part of our daily life. The aim of this committee is to make sports a part of the life of all Indians by bringing a behavioral change in their way of living. **[4]**

Look at the image carefully.

1. Fit India Movement was launched on _____.

   A. 15th August 2020

   B. 29th August 2019

   C. 1st January 2019

   D. 5th September 2020

2. _____ is the chairman of the Fit India Movement.

   A. Kiren Rijiju

   B. Amit Shah

C. Narendra Modi

D. Rajnath Singh

3. The movement is the _____ ministerial effort.

A. solo

B. regional

C. limited

D. multi

4. This program is also used to promote _____ in a big way.

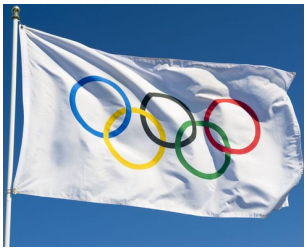
A. fitness

B. sports

C. yoga

D. nutrition

32. Aastha saw a flag, in which five circles of a different color have made on white cloth, she asked his father about the flag. **[4]**



Identify the flag:

1. Rings of five different colors represent the five _____.

A. oceans

B. continents

C. countries

D. sports

2. This flag is known as _____.

A. Olympic flag

B. World Flag

C. International Flag

D. Peace Flag

3. This flag was created by _____.

A. Pierre de Coubertin

B. Juan Antonio Samaranch

C. Thomas Bach

D. Baron Coubertin

4. This flag was created in _____ and released in _____.

A. 1900, 1904

B. 1910, 1912

C. 1913, 1914

D. 1920, 1924

33. Satbir, wants to develop his physical fitness, he asked his trainer about it, and his trainer tells him the components of physical fitness. **[4]**

Identify the components of physical fitness.

1. _____ is the component shown in the above picture.

A. Muscular Strength

B. Flexibility

C. Muscular Endurance

D. Aerobic Capacity

2. It is the amount of force muscles can exert against _____ for a short duration, anaerobic activities.

A. Weight

B. Distance

C. Speed

D. Resistance

3. Muscular strength is the ability of the cells to supply muscle energy in the form of _____ to muscle fibers.

A. Glucose

B. Creatine

C. Adenosine Triphosphate

D. Oxygen

4. Resistance includes external objects, or even own _____ during bodyweight exercises.

A. Strength

B. Weight

C. Power

D. Flexibility

Section E

Attempt any 3 questions

34. Write some guidelines to practice pranayama. **[5]**

35. Explain Newton's laws of motion and their application in sports. **[5]**

36. Mention the types of disability and explain them in detail. **[5]**

37. Define sports psychology and elucidate its importance in the field of sports. **[5]**

Solution

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Section A

1. **(d)** All Round development

   Explanation:

   Physical Education lays emphasis on All Round development of a person.

2. **(b)** New Delhi

   Explanation:

   The **headquarters** of the Indian Olympic Association (**IOA**) is in New Delhi, India.

3. **(b)** pericardial

   Explanation:

   The heart is enclosed in a pericardial sac.

4. **(c)** Kho-Kho

   Explanation:

   Kho-Kho is one of the most popular traditional sports in India. It is 'run and touch' game that can be enjoyed by people of all ages.

5. **(b)** Both A and R are true but R is not the correct explanation of A.

   Explanation:

   Both A and R are true but R is not the correct explanation of A.

6. **(b)** None of these

   Explanation:

   None of these

7. **(a)** Stamina

   Explanation:

   Endurance is also known as Stamina.

8. **(a)** Bullfight

   Explanation:

   Bullfight

9. **(a)** (a) - (ii), (b) - (i), (c) - (iv), (d) - (iii)

   Explanation:

(a) - (ii), (b) - (i), (c) - (iv), (d) - (iii)

10.

(b) Both A and R are true but R is not the correct explanation of A.

Explanation:

Both the statements are true but does not have cause and effect.

11.

(d) All of these

Explanation:

All of these

12.

(c) All of these

Explanation:

Effective planning increases efficiency, reduces mistakes and also improves coordination.

13.

(c) Training

Explanation:

Training in sports and games is a traditional career in physical education.

14.

(c) Disorder

Explanation:

Disorder

15.

(d) Eight

Explanation:

Yoga has 8 limbs according to "Yog Sutra".

16.

(b) Abduction

Explanation:

Abduction is basically the movement of a limb away from the midline of the body.

17.

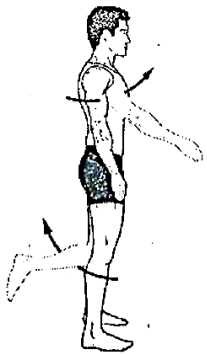
(c) Pierre-de-coubertin

Explanation:

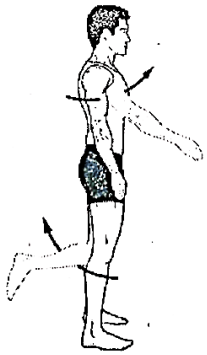
Pierre-de-coubertin created and designed the Olympic symbol.

18.

(b)



Explanation:



Section B

19. It is the ratio of waist circumference to hip circumference.

$$\text{WHR} = \frac{\text{Waist Circumference}}{\text{Hip Circumference}}$$

20. Psychological development is an objective of physical education that is related to the mental development of an individual by developing positive thoughts, behaviour, attitude, alertness of mind, concentration, confidence and calculated movements.
21. The appendicular skeleton system makes locomotion possible. It also protects organs of digestion, reproduction and excretion.
22. Sagittal axis: The sagittal axis passes horizontally from posterior to anterior. It is formed by the intersection of the sagittal and transverse plane. Sagittal axis passes from front to back.
23. i. Increase social skills.
    ii. Increase motor skills.
24. The disadvantages of doping are
    i. Acne
    ii. Liver Damage

Section C

25. The child or adult should remove socks, shoes, jackets or any other heavy clothing. The floor surface should be plane and hard. The height should be measured using a stadiometer.

    Procedure for height measurement -

i. The subject should stand with his feet flat and together on the floor. Arms should be by the sides and knees and back should be straight. The back of head, buttocks, calves, heels and shoulder blades should touch the measuring surface.
ii. After that the horizontal sliding part of the stadiometers lowered gently so that hairs get pressed flat and subject should be asked to stand still. Height of the subject should be read to the nearest half in centimetre and recorded.
iii. Height of the subject should be read to the nearest half in centimetre and recorded.

26. Importance of biomechanics in sports:
    i. Improve performance in sports.
    ii. Improvements in technique.
    iii. Development of sports equipment.
    iv. Helps in understanding human body.
    v. Knowledge of safety principles.
    vi. Helps in research work.
    vii. Creates confidence in player.
    viii. Helps in maintaining healthy body.
    ix. Increase the popularity of sports.
27. **Isotonic:** Iso means 'SAME' and tonic means TENSION. In isotonic contraction muscle contracts and shortens under a constant load throughout the entire range of joint. The shortening of a muscle's principle action (length of muscle decreases) is called concentric. The lengthening of the muscle (length increases) after contraction is called eccentric. Such types of contractions are commonly used in games and sports. This is also called dynamic contraction. In the initial phase of movement, concerned muscles are stretched and then they contract explosively. Because of shortening and lengthening of muscles there is always a resultant movement at concerned joint. In majority of the cases the dynamic muscle contraction is a specific combination of concentric and eccentric contractions. This happens in all explosive movements like jumps, throws, etc.
28. Tests are processes to collect information about a specific skill, knowledge, behaviour, attitude etc. It refers to any specific instrument or technique used by administrators to obtain information from sportspersons or others.
    Measurements are associated with physical measurements such as height, weight, capacity, achievement etc. It refers to the process of administrating a test to obtain quantitative data in the field of sports.
29. Biomechanics is the study of the movement of living things using the science of mechanics. Biomechanics is the branch of Kinesiology which deals with the precise information of human Movements with scientific method. It is the application of

mechanical principles in the study of living organism so as to prevent from injuries and train physical movements.

Importance of Biomechanics in sports:

i. **Improves performance in sports:** Principles of biomechanics tell us about right techniques effective and result oriented posture to get more efficient results by applying minimum muscular force which in turn improves performance in sports.

ii. **Improvement in technique:** With the help of biomechanical principles the physical education teacher corrects the mistakes. This helps in improving the game and performance of the player.

iii. **Development of improved sports equipment:** The principles of biomechanics are used to modify the sports equipment. For example, tee shirts, studs' spikes, swimming costumes, hockey sticks, different size footballs, and low weight helmets for protection.

iv. **Improve in training techniques:** A teacher can analyze the player's movement or action with the help of the biomechanical principles. It helps in improving the training techniques.

v. **Prevents sports injuries:** It helps to find out the factors or the forces that can lead to the injuries during the game situation. It also helps in prevention of the sports injury

30. Adolescence is a very important stage of development as it faces rapid and important physical developments.

In fact, it is a period of growth and development that acts as a bridge of transition from childhood to adulthood.

This stage has been identified as a period of storm and stress. The adolescent undergoes extreme variations in emotions.

In a state of instability as they are not sure of their capacities, interests and the treatment, they face intense emotions, confusion, etc.

Therefore, the lack of balance and understanding in the changes happening in their lives results in lot of problems that the adolescents face in their day-to-day lives. The only source of comfort during these times, for them, are their peer with whom they might develop bad habits.

Thus, the knowledge of these problems and how to manage them becomes crucial not only for educators but for parents as well.

With this knowledge, they can help the children in laying a strong foundation for them and teach them to solve such problems for the future. Hence, it is essential to know these problems as well as the bad habits that an adolescent may develop.

Section D

31. 1. B) 29th August 2019

2. A) Kiren Rijiju

3. D) multi
4. C) yoga

32. 1. B) continents
2. A) Olympic flag
3. D) Baron Coubertin
4. C) 1913, 1914

33. 1. A) Muscular Strength
2. D) Resistance
3. C) Adenosine Triphosphate
4. B) Weight

Section E

34. i. Pranayama should be done preferably after the practice of asanas.
ii. Breathing in pranayama should be done through the nose only except sheetali and sheetkari.
iii. During pranayama, there should not be strain on facial muscles, eyes, ears, neck, shoulders or any other part of the body.
iv. During pranayama, eyes should remain closed.
v. In the beginning, one should be aware about the natural flow of the breathing. Make inhalation and exhalation prolonged in a gradual manner.
vi. While observing breathing, attend to abdominal movement which bulges a bit during inhalation and goes in a bit during exhalation.
vii. In the beginning stage, one should gradually learn to maintain the 1:2 ratio of breathing which means exhalation time should be double the inhalation. However, while practising pranayama, do not make haste in resorting to the above mentioned ideal ratio of 1:2. (Any five)

35. Newton's laws of motion have multiple application in sports. Each law and its application in sports in discussed below
i. **Newton's First Law:** It states that a body at rest will remain at rest and a body in motion will remain in motion at the same speed and in the same direction till any external force is applied on it to change that state.
This law is also known as 'Law of inertia'. This law has an application in many games such as soccer, in which when a soccer ball is kicked into the air, gravity will pull it back to the ground. Then, it will continue to roll until the frictional force of the ground on the ball ultimately slows it down.
ii. **Newton's Second Law:** It states that the acceleration produced in an object due to extent force is directly proportional to the force producing it and inversely proportional to its mass. It means the acceleration depends upon the force applied and the mass of an

object.

This law has an application in many games such as baseball in which, if a batter hits the ball with double the normal force, the acceleration rate of the ball will be doubled.

iii. **Newton's Third Law:** It states that for every action, there is always an equal and opposite reaction. It describes what happens to a body when it exerts a force on another body.

This law has an application in sports such as swimming, in which a swimmer propels himself through the water because the water offers an equal counter force to oppose the action of the swimmer's hands and legs, push, thus, allowing him to move.

36. There are two types of disability:

i. **Cognitive disability:** Mental processes of all kinds such as thinking, organising, assessing, memory, implying logic, etc., are all known as cognitive processes. The nature of cognitive disability is purely mental.

Intellectual functioning refers to all the above mentioned functions of the brain while adaptive behaviour refers to applying social and practical skills in everyday life. Children can be seen having cognitive impairments such as having a compromised intelligence quotient beyond the borderline level which is an I.Q of 70 or below or having difficulty in understanding mathematics, sustaining focus on one activity for a long period of time, difficulty in producing meaningful and coherent speech.

ii. **Physical Disability:** The nature of this disability is physical since it relates to physical functioning of the body parts including sense organs. As physical disability relates to the functioning of different body parts, the nature of this disability is completely physical. When suffering with physical disability, a person's entire bodily functioning, mobility, dexterity or stamina are limited. This includes upper or lower limb loss, poor manual dexterity, visual impairment, hearing loss or disability in coordination with different organs of the body.

37. Sports psychology is the branch of applied psychology which deals with sports performance and the Behavior of a player during training or competitions.

Importance of Sports psychology is due to

(i) Learning of Motor Skills Sports psychology plays a major role in the learning of motor skills. Motor skills learning depends on the individual's level of readiness.

Analyzing the Behavior of Sportsmen Performance of a player depends upon the behaviors which are influenced by various factors such as sex differences, family conditions, personal background, heredity, growth, physical and mental maturity levels etc.

(iii) Identifying Talent for Specific Sports Every sports has specific psychological demands. e. g boxing requires more aggressiveness, whereas archery and shooting require

more concentration.

(iv) Stabilizing the Performance for Longer Period It helps in stabilizing the performance of a player for a longer period. Then the performance of the player largely depends upon his psychological make up and anxiety level.

(V) Important from Research Point of View Sports psychologists works in very close proximity to coaches to uplift the performance of players. Research findings help in promotion of sports and games.

(vi) Encouraging the Players to Make a Comeback in Professional Sports Sports psychology encourages the players, who, due to injury or some accident, are forced to take a long break from their professional career, to return to their sport.