

c) Physical Wellness

d) Spiritual Wellness

5. **Assertion (A):** Yoga is not effective for depression. [1]

Reason (R): Yoga helps in maintaining correct posture.

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. Partial curl-up test is used to measure _____. [1]

a) Reaction time

b) Speed

c) Strength

d) Flexibility

7. _____ is the capacity of an individual by which he leads a balanced life. [1]

a) Lifestyle

b) Intelligence

c) Wellness

d) Physical Fitness

8. Identify the step of PRICE. [1]



a) Ice

b) Protection

c) Rest

d) Evaluation

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

List-I	List-II
(a) Excellence	(i) Bond with others
(b) Friendship	(ii) Integrity for oneself
(c) Respect	(iii) Making progress
(d) Fair Play	(iv) Compete in a fair manner

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

10. **Assertion (A):** If the substance or method is being used by the athlete for therapeutic use, the athlete has to take the permission from concerned authority. [1]
Reason (R): The physician has to verify that the athlete would face vital health problem without drugs and the drugs have no suitable alternative.

- 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. Sports Photography is an example of a career in: [1]

- a) Health sector b) Training sector
- c) Media sector d) Performance sector

12. _____ may cause mineral imbalance. [1]

- a) Narcotics b) Diuretics
- c) Stimulants d) Caffeine

13. Asian Games were first held in: [1]

- a) 1960 b) 1965
- c) 1945 d) 1951

14. _____ impairments can be genetic or result from complications of pregnancy. [1]

- a) Both Physical and Cognitive b) Physical
- c) Cognitive d) Mentally

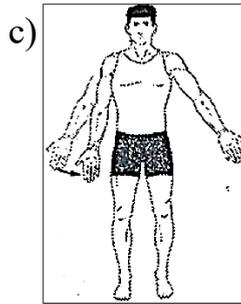
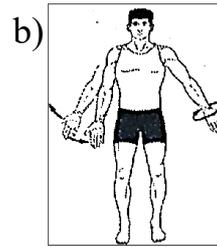
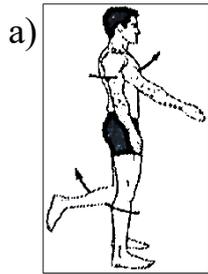
15. Which of the following asana is not helpful in backpain? [1]

- a) Vakrasana b) Bhujangasana

c) Pawanmuktasana

d) Tadasana

16. Which of the following depicts the adduction movement? [1]



d) All of these

17. In which BC, the Ancient Olympic Games were started? [1]

a) 776 BC

b) 775 BC

c) 772 BC

d) 778 BC

18. Bio-mechanics helps in which of the following? [1]

a) In improving designs of sports equipment

b) In improving technique

c) All of these

d) In improving performance

Section B

Attempt any 5 questions

19. What do you mean by Measurement? [2]

20. Why was Khelo India Programme introduced in India? [2]

21. Enlist types of muscles. [2]

22. What is the role of force of gravity on projectile motion? [2]

23. What do you mean by inclusion in physical education? [2]

24. What do you mean by Adaptation. [2]

Section C

Attempt any 5 questions

25. What is the importance of tests in sports? Give three points. [3]
26. Difference between sagittal plane and horizontal plane. [3]
27. What is the importance of warming up? [3]
28. Discuss the importance of tests, measurements, and evaluation in sports. [3]
29. What do you mean by plane? Explain its types. [3]
30. Write a short note on the respiratory system. [3]

Section D

31. MR. Kumar works in the sports field in which he describes what's happening at sporting events and offer their opinions to listeners and viewers. [4]



Identify the career in sports.

- _____ provides a real-time commentary of a game or event.
 - Sports Analyst
 - Sports Commentator
 - Sports Journalist
 - Sports Producer
- He is also known as _____.
 - Sports Writer
 - Sports Editor
 - Sports Director
 - Sportscaster/Sports Announcer
- He discusses news, _____, weather, or the like, as on television or radio.
 - sports events
 - politics
 - entertainment

D. finance

4. They give _____ commentary on a sporting event.

A. recorded

B. delayed

C. live

D. pre-recorded

32. Sun Valley Public School has organized Basketball tournaments. Many schools [4]
have participated in tournaments, and at the end day of the tournament winner is
announced, and XYZ Public School is the winner of the tournament they are very it
gives a sense of satisfaction to them.



Look at the picture carefully.

1. _____ value shows in the above passage.

A. The Spirit of Competition

B. The Joy of Efforts

C. Teamwork

D. Fair Play

2. The above gives the sense of _____ and _____.

A. satisfaction and fulfillment

B. frustration and disappointment

C. competition and rivalry

D. stress and anxiety

3. This value of the Olympics encourages the athlete to _____ better.

A. compete

B. train

C. perform

D. rest

4. This value comes from _____ for some goals and putting _____ to achieve them after achieving the planned goals gives satisfaction.

- A. competing; pressure
- B. dreaming; no effort
- C. wishing; minimal effort
- D. planning/striving; efforts

33. Ajeet, read about the sports of India he noticed that there are some traditional games in India.

[4]



Identify the game.

1. _____ is the Indian traditional game shown in the above picture.

- 1. Kabaddi
- 2. Kho Kho
- 3. Kushti
- 4. Gully Cricket

2. _____ is a famous wrestler in India.

- 1. Virat Kohli
- 2. Sushil Kumar
- 3. Dhyan Chand
- 4. P.V. Sindhu

3. This game is mostly played in the North Indian States of _____ and _____ along with Maharashtra.

- 1. Punjab and Haryana
- 2. Bihar and Uttar Pradesh
- 3. Rajasthan and Gujarat
- 4. Himachal Pradesh and Jammu

4. This game is best to play and maintain the _____.

1. Endurance
2. Agility
3. Flexibility
4. Physique

Section E

Attempt any 3 questions

34. Explain any four Yogic Kriyas. **[5]**
35. Elucidate the importance of anatomy and physiology in the field of sports. **[5]**
36. What is the role of a Physical Education teacher for children with special needs? **[5]**
37. Explain the cognitive aspect of stress. Suggest any three techniques briefly, to overcome stress. **[5]**

Solution
SAMPLE QUESTION PAPER - 4
Physical Education (048)
Class XI (2024-25)
Section A

1.

(c) August, 2019

Explanation:

August, 2019

2. (a) Narinder Dhruv Batra

Explanation:

Narinder Dhruv Batra is the current president of the Indian Olympics Association.

3.

(c) appendicular

Explanation:

appendicular

4. (a) Social Wellness

Explanation:

Social Wellness is the ability to interact with people.

5.

(c) A is true but R is false.

Explanation:

A is true but R is false.

6.

(c) Strength

Explanation:

Strength

7.

(c) Wellness

Explanation:

Wellness is the capacity of an individual by which he leads a balanced life.

8. (a) Ice

Explanation:

Ice

9.

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

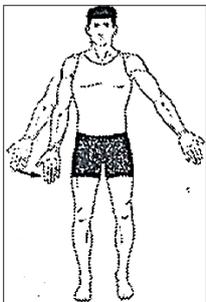
Explanation:

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

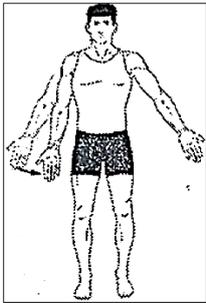
10.
(b) Both A and R are true but R is not the correct explanation of A.
Explanation:
Both the statements are true but does not have cause and effect.
11.
(c) Media sector
Explanation:
Sports photography and journalism are part of a career in the media sector.
12.
(b) Diuretics
Explanation:
Diuretics can cause mineral imbalance as a side effect.
13.
(d) 1951
Explanation:
In 1951, the Asian Games happened for the first time ever.
14.
(c) Cognitive
Explanation:
Cognitive impairments can be genetic or result from complications of pregnancy. Severe conditions like meningitis, measles, etc., can also be the causes of cognitive impairment.
15.
(c) Pawanmuktasana
Explanation:
Pawanmuktasan is not specifically effective for backpain.

16.

(c)



Explanation:



17. (a) 776 BC

Explanation:

776 BC

18.

(c) All of these

Explanation:

All of these

Section B

19. Measurement is about collection of data and information about certain skills or levels of fitness of an individual by using tests and relevant techniques.
20. Khelo India Programme was introduced in India to revive the sports culture at the grassroots level by building a strong framework for all sports played in our country.
21. i. Voluntary/skeletal/striated muscle
ii. Involuntary or smooth or spindle muscle
iii. Cardiac muscle
22. As soon as contact is broken with a projected object, the force of gravity begins to diminish the upward velocity of the object. Finally, gravity overcomes the effects of the upward component of the projectile's motion and the object begins to descend.
23. Inclusion in physical education means that students with disabilities participate in all activities equally with other students. Students with disabilities learn the same curriculum content, with the same lesson objective, in the same space, with the same assessment as all other students. Modifications are applied where needed.
24. It is the way, the body programs muscle to remember particular activities, movements or skills. By repeating that skill or activity, the body adapts to the stress and the skill becomes easier to perform.

Section C

25. Tests are important in sports because
- i. **They Inform about Progress:** Tests help to check the level of progress of a sportsperson. This checking of the progress level is significant for the educator/ coach as well as the student/ sportsperson concerned.

ii. **Allow Effective Planning:** Tests help in identifying errors and help develop tools for better planning of programmes in future.

iii. **Help in Determining Ability and Capacity:** Tests are capable of checking the ability and capacity of sportspersons, so that they help in conceiving a remedial programme.

26. **Sagittal or Medial plane:** The sagittal plane is a vertical plane passing from the rear to the front, dividing the body into left and right halves. It is also known as anteroposterior plane. Most of the sports and exercise movements that are two dimensional, such as running, long jumping and somersault take place in this plane.

Transverse or Horizontal plane: The transverse plane divides the body into top and bottom halves. In fact, it divides the body into upper and lower sections. This plane lies horizontally that why it is also called horizontal plane. Movements along this plane can include an ice-skating spin or rotation to play a tennis shot.

27. **Warm-up:** The physical preparation for a training session is achieved through optimum warm-up which consists of doing physical exercise in a definite manner for the purpose of warming of the complete physical and physiological systems of the organism. Warm-up helps in-

i. Increase in muscle and body temperature.

ii. raising the functional level of heart and lungs.

iii. loosening of muscles, ligaments and joints.

iv. facilitation of motor coordination.

v. increase in mental readiness for training activity.

vi. tones up muscles and helps to reduce injury.

28. **Importance of test, measurement, and evaluation:**

a. To understand the strength, weaknesses, and various qualities and capacities of a sportsman.

b. It helps the player to select the most appropriate or suitable game or skill according to their capability.

c. To predict potential and future performance.

d. To conduct research and, prepare new norms and standards.

e. To evaluate the teacher, coach, and trainer and their teaching program and training method.

f. To evaluate the learner from time to time and find his or her progress, weakness, and current fitness status so that a learner can be placed into the appropriate training group.

29. **Plane** is an imaginary, flat surface passing through the body organ or plane is the surface on which the movement occurs.

There are following types of planes:

1. Sagittal or Medial plane: The sagittal plane is a vertical plane passing from the rear to the front, dividing the body into left and right halves. It is also known as anterior posterior plane. Most of the sports and exercise movements that are two dimensional, such as running, long jumping and somersault take place in this plane.
 2. Frontal or Coronal plane: the frontal plane is also vertical and passes from left to right dividing the body into posterior to anterior halves. It is also known as coronal plane. Frontal plane cuts the body into front and back. Movements along the frontal plane can include cartwheel and star jumps.
 3. Transverse or Horizontal plane: The transverse plane divides the body into top and bottom halves. In fact, it divides the body into upper and lower sections. This plane lies horizontally that why it is also called horizontal plane. Movements along this plane can include an ice- skating spin or rotation to play a tennis shot.
30. The respiratory system is a body of organs that are involved in the process of breathing commonly known as respiration. Respiratory system includes various organs starting from the nose, mouth, trachea, bronchi, lungs etc. that work together for the proper and effective functioning of the body.

In the process of respiration, we take oxygen (O_2) from the environment and give out carbon dioxide (CO_2), a waste product.

Infact, the respiration is a part of a two-fold process as follows:

- i. **Internal Respiration:** It is the process of gas exchange between the blood and the interstitial fluids surrounding the cells. Inside the cell, cellular respiration generates energy (ATP) using O_2 and glucose and produces CO_2 .
- ii. **External Respiration:** It is the process of gas exchange between the atmosphere and the body tissues. In order to accomplish this task, the following events occur
 - a. **Pulmonary Ventilation:** It is the process of breathing, i.e. inhalation and expiration.
 - b. **Gas Transport:** It is carried out by the cardiovascular system. It is the process of distributing oxygen throughout the body and collecting carbon dioxide to return it to the lungs.

Section D

31. 1. B) Sports Commentator
 2. D) Sportscaster/Sports Announcer
 3. A) Sports Events
 4. C) Live
32. 1. B) The Joy of Efforts
 2. A) satisfaction and fulfillment
 3. C) perform
 4. D) planning/striving; efforts

33. 1. C) Kushti
2. B) Sushil Kumar
3. A) Punjab and Haryana
4. D) Physique

Section E

34.
 - i. **Jala Neti:** The process of cleaning the nasal passage by salt water is called as jala neti. The specially designed pot is used for this purpose called neti pot.
 - ii. **Kapalbhati:** Kapal means cranium; 'bhati' means shining or splendour. This is a kriya or cleansing process which cleanses the impurities of the Kapal region and makes it shine with purity, so it is called as Kapalbhati.
 - iii. **Trataka:** 'Trataka' means to 'gaze steadily'. Trataka is a process of concentrating the mind and curbing its oscillating tendencies. In general, trataka practice consists gazing on the flame of candle.
 - iv. **Nauli Kriya:** 'Nauli' is the yogic cleaning process; which rejuvenates the whole digestive system.
35. Study of anatomy and physiology plays very important role in the field of sports because of following reasons.
 - i. Helps in physical fitness: Strong and fit body is an inevitable asset in the field of sports. Study of anatomy and physiology helps a sport person to understand the structure and function of different parts of human body and to acquire a fit and healthy body.
 - ii. Provides knowledge about body structure; on the basis of knowledge of body structure, a sports person knows about the strength and weakness of his body and accordingly they can develop forte in the field of game which is suitable for the sports person as per their body structure.
 - iii. Helps in selection of games: on the basis of knowledge of body structure, the coach and player can choose an appropriate sport/ game which is suitable for a particular sport. Like tall students can be selected for basketball and volleyball. And short and stout students can be selected for weight lifting.
 - iv. Protects from sports injuries: on the basis of anatomy, sports equipments are designed that help in safe play.
 - v. Helps in the process of rehabilitation: knowledge of ligaments, tendons and muscles helps in rehabilitation from the injuries sustained during the game or sport.
 - vi. Helps in maintaining healthy body: study of anatomy and physiology provides detailed knowledge about all body parts, their nature and functions. This helps the player to adopt good, safe and healthy use of body.
 - vii. Helps to know about individual differences: there is a lot of difference between the body of male and female. The knowledge of anatomy and physiology helps in

understanding these individual differences. On the basis of these differences, the size of the court, time of game and equipment are designed differently for male and female players.

36. Physical Educations teacher: Physical Education forms an important part of the K -12 curriculum. It helps to develop physical abilities and healthy habits in students. Regular physical exercises prove effective for the overall development of children. Such Programmes positively impact the life of children with special needs by enhancing their motor skills, improving self esteem, controlling obesity and encouraging an active lifestyle. Physical education teacher must find out the abilities of the children with special needs and adopt necessary measures to support their participation in Physical activities and improve their overall fitness levels.

- i. Conducting physical activity programs help children to cope with anxiety, depression, and stress. These help in their interaction with other students which increases their self esteem and confidence levels. Such interactivions also enhance their communication skills and decision-making skills.
- ii. Session are conducted with parents and teachers to implement ways to encourage children with special needs to participate in sports activities.
- iii. Physical education teacher need to determine the abilities of students with speical needs so that to design special sports activities acording to their need.

iv. Speech Fluency/Stuttering

Sluttering is a communication disorder that affects speech fluency. A therapist can teach the child startegies on how to control behaviour like tension in the neck, showdness, face, jaw, chest, eye blink, etc. and thus increasing lies speech fluency and intelligibility.

v. Voice and Resonance

Voice disorders refer to disorders that effect the vocal folds that allow us to have a voice. These can include vocal cord paralysis, nodales or polypes on vocal folds.

Therapists can work with children to decrease these behaviours (vocal classess) and repair the strain/damage of the folds.

37. Cognitive aspect of stress: Stress is usually a mental pressure exerted due to fatigue or excessive work. Constant stress will effect the mind and body. It can lead to physical and mental problems. Whenever you are stressed beyond a certain point, it can start damaging your well-being. We call it as cognitive aspect of stress.

1. Inability to concentrate
2. Poor judgement
3. Seeing only negative

4. Anxiety or racing thoughts or constant worrying.

i. **Inability to concentrate:** When the mind is having some stress it leads to mental distraction which reduces the ability to concentrate.

ii. **Seeing only negative:** It is rightly said that the way we think we become the same. When our brain focusses on negative things the cognitive development will be full of criticism.

Three techniques to overcome stress are:

i. **Avoid people who stress you:** Limit the amount of time you spend with that person or slowly end the relationship entirely.

ii. **Manage your time better:** Plan the things well in advance and do not overload yourself. Do not occupy yourself with work as per schedule.

iii. **Focus on positive:** Negative thinking always creates stress and tension. 'Letting go' attitude is much better and focus on things that can bring positivity. Positive thinking brings the stress level down.

iv. **Get enough sleep:** Adequate amount of rest and sleep fuels your mind as well as your body. Feeling tired will increase your risk of stress.

v. **Keep your goal within your reach:** Sometimes we set so high an aim which is very difficult to achieve. We must know about our capabilities and then set realistic goals otherwise it may lead to chronic stress.

vi. **Learn to forgive:** We all human beings make mistakes so one must learn to forgive to free yourself from negative energy and move on ahead in life.

vii. **Go for recreation:** It is the best way to engage yourself in sports and remove any kind of tension and stress in your life. It recharges your batteries. **(any three)**