

Practice Paper
SUBJECT : Physical Education
CLASS : XI

Max Marks : 70

Duration : 3 Hrs

All Question are compulsory.

Q.1. What is the aim of physical Education?

- (a) Physical development (b) Mental development
(c) Social development (d) All round development

Ans. (d) All round development

Q.2. When did “khelo India” program was started first?

- (a) 21 January, 2017 (b) 31 January, 2018
(c) 1st January 2019 (d) 31 January, 2019

Ans. (b) 31 January 2018

Q.3. What is the full form of IOC?

- (a) Indian olympic committeee (b) International olympic committee
(c) Indian olympic company. (d) None of the above

Ans. (b) International olympic committee

Q.4. When did the first modren olympic games was held?

- (a) 1896 (b) 1986
(c) 1996 (d) 1857

Ans. (a) 1896

Or

Olympic flag consists of how many cireles?

- (a) 3 (b) 4
(c) 5 (d) 6

Ans. (c) 5

Q.5. Isotonic strength also called the?

- (a) Strength (b) Static strength
(c) Dynamic strength (d) None of the above

Ans. (c) Dynamic strength

Q.6. How many types of active flexibility.

- (a) 2 (b) 3
(c) 4 (d) None of the above

Ans. (a) 2

Q.7. When did the first para olympic game was help?

- (a) 1950
- (b) 1960
- (c) 1961
- (d) 1962

Ans. (b) 1960

Q.8. When did the first- 'special olympic Bharat organisation was established?

- (a) 2000
- (b) 2001
- (c) 2002
- (d) 2003

Ans. (b) 2001

Q.9. Which one of these is not a elements of yoga?

- (a) Pranayam
- (b) Sharma
- (c) Karma
- (d) Dhayana

Ans. (c) Karma.

Q.10. Which Asana's is known as 'tree pose'

- (a) Tadasana
- (b) Padmasana
- (c) Vrikshasana
- (d) Garudasana

Ans. (c) Vrikshasana

Or

How many components of pranayama?

- (a) 3
- (b) 2
- (c) 4
- (d) 5

Ans. (a) 3

Q.11. Which one of them is not a Adventure sport?

- (a) Rock climbing
- (b) Tracking
- (c) River Rafting
- (d) Swimming

Ans. (d) Swimming

Q.12. What is the normal range of body mass index?

- (a) 20 – 25
- (b) 25 – 30
- (c) 18.5 – 24.9
- (d) 30.0 – 34.9

Ans. (c) 18.5 – 24.9

Or

Which of the following body type person good for Adventure activity?

- (a) Ectomorph
- (b) Mesomorph
- (c) Endomorph
- (d) None of the above

Ans. Mesomorph

Q.13. What is the formula of calculation waist hip ratio?

- (a) $\frac{\text{Circumference of waist}}{\text{Circumference of hip}}$ (b) $\frac{\text{Circumference of hip}}{\text{Circumference of waist}}$
(c) $\frac{\text{Circumference of waist}}{(\text{Circumference of hip})^2}$ (d) None of the above

Ans. (b) $\frac{\text{Circumference of hip}}{\text{Circumference of waist}}$

Q.14. Which one is not considered as a components of health related physical fitness?

- (a) Muscular strength (b) Body composition
(c) Flexibility (d) Speed

Ans. (d) Speed

Q.15. How many bones are there in a child and an adult.

- (a) 214, 206 (b) 206, 213
(c) 215, 206 (d) 208, 206

Ans. (a) 213, 206

Q.16. Which is the longest bone in human body?

- (a) Stapes (b) Femur
(c) Carpal (d) Humerus

Ans. (b) Femur

Or

Which is the smallest bone in human body?

- (a) Femur (b) Stapes
(c) Humerus (d) Carpal

Ans. (b) Stapes

Q.17. Which process is continue from birth to till death of human?

- (a) Growth (b) Development
(c) Both a and b (d) None of the above

Ans. (b) Development

Q.18. Who says, "Adolescence is the period of great stress and strain, storm and strife"?

- (a) Jersield (b) Sadler
(c) Stanley Hall (d) Ross

Ans. (c) Stanley Hall

Q.19. Taking of prohibited or banned substances is called?

- (a) Steroids
- (b) Alcohol
- (c) Doping
- (d) Autologous doping

Ans. (c) Doping

Or

Which of the one the performance enhancing substance?

- (a) Blood doping
- (b) Gene doping
- (c) Narcotics
- (d) Auto logous doping

Ans. (c) Narcotics

Q.20. How many types of warming-up?

- (a) 3
- (b) 4
- (c) 10
- (d) 2

Ans. (d) 2

Q.21 Write a note on career in sport Industry?

Ans. Careers are also available in sports industry. A person who wants a careers in sports industry, must have the knowledge of physical education and sports. One may establish a sports industry at a small scale. It may be related to only T-shirts and Track suits. It may be related to only sports footwear. The knowledge of research and designing is also vital for such jobs, because new types of sports equipments and new types of tracksuits or swimsuits which are beneficial for increasing the performance of sportpersons are always in demand.

Q.22 Briefly explain the development of values through olympic movement?

Ans. The aim of olympic games is to create peace and Co-operation amongst the nation with the sprit of sports competition. Olympic games plays a segnificant role to develop the folloiwng values:

- (a) Friendship
- (b) Solidarity
- (c) Fair play
- (d) Freedom from discrimination

Friendship : The value of friendship is steeped in the tradition of the ancient Olympic. The athletes express this value by forming life long bonds with their lean-mates as well as their opponents.

Solidarity : The Olympic movement is committed to developing programmes that, together create a meaningful and comprehensive social reponse.

Fair Play : Olympic movement ensures fair play. The Athletes particepate in the games in loyal competition with respecting the regulation. Fair play menas

without using any doping to enhance the performance for winning medal and not using any wrong method for winning medal.

Q.23 Enlist the any six points important of wellness?

- Ans.** (i) It help the improvement and tonning up the muscle.
(ii) It reduce the recovery time after injury or illness.
(iii) It helps in fulfilling power of nutritional requirements.
(iv) It helps in better management of stress and tension.
(v) It helps to regulates and improves overall body function.
(vi) It also motivate positive lifestyle habits or changes.

Or

Enlist the different components of health related fitness and explain any one of them in detail?

- Ans.** (i) There are the following components of health related fitness.

- (i) Body Composition
- (ii) Cardio-respiratory endurance
- (iii) Flexibility
- (iv) Muscular endurance
- (v) Muscular strength

(i) Body Composition : The body composition means the amount of the fat-free body weight. It is well known that a high percentage of body fat in relation to the total body weight is harmful and may lead to obesity from the health point of view, the normal percentage of body fat for young men and women should not exceed 15 and 25 percent. It means that for health related fitness and individual should have ideal body weight and fat percentage.

Q.24 What is the role of 'special education teacher developing the plans for CWSN.

- Ans.** These are the following of 'special education teacher in developing education plans for the CWSN:

- (i) Assess the student's skill to determine their needs and to develop teaching plans.
- (ii) Adapt lessons to meet the needs of students.
- (iii) Develop individualised education programs (IEP's) for students.

Q.25 What are the preparation in the part of performer before doing ‘Yoga-Nidra’?

- Ans.** (i) The stomach has to be empty before the practice. It is not recommended to practice yoga asanas or yoga Nidra after a full meal.
(ii) A comfortable clutter free space. It means a yoga’s home is calm and comfortable.
(iii) Some people may feel a little cold after yoga-Nidra, so it is a good idea to keep a light blanket handy.

Q.26 Explain any three qualities of a good leadership?

Ans. A good leader has many qualities but some of them are as follows.

- (i) Firm determination: A determined person can do what ever it takes to complete the next step towards accomplishing the task.
- (ii) When you are responsible for a team of people, its important to raise the bar even heigher your buisness and its employees are reflection of yourself, and if you make honest and ethical behaviour a key value, you team will follow suit.
- (iii) Disceplained and responsibility: A leader showed have willingness to take responsibility of self discipline and to descipline the team or group.

Or

What is Adventure sports? Entist any four adventure sports?

Ans. Adventure sports are usually outdoor sports which invlove intense, and some times life threatening actions, which create an adventurus atmosphere.

These are the four adventure sports are given below:

- (i) Rock climbing
- (ii) River refting
- (iii) Surfing
- (v) Mountaineering

Q.27 If a height of man is 1.70 m and his body weight is 80 kg, than calculate his BMI. Also calculate his category which he falls?

Ans. Height of aperson = 1.70 m

Body weight of person = 80 kg

$$\begin{aligned} \text{BMI} &= \frac{\text{Body weight}}{\text{Height} \times \text{Heeght}} \\ &= \frac{80}{1.7 \times 1.7} = \frac{80 \times 100}{17 \times 17} = \frac{8000}{289} = 27.68 \end{aligned}$$

He falls in overweight category.

Q.28 Write down the main functions fo muscles?

Ans. Muscles are work like a machine for converting chemical enery into mechanical work. The contractions and relaxations of muscles due to certain chemical changes in our body are:

- (i) To produce and contral movements of the body.
- (ii) To maintain natural posture of the body acting on the bony structure.
- (iii) Helping in the economy of effort by working in association with long levers and pulleys.

Or

What are the functions of respiratory system?

Ans. The main functions of respiratory system ar given as under:

- (i) To exchange oxygen and carbon dioxide between the air and blood.
- (ii) To produce sound, it helps vocal chords to produce sound.
- (iii) To regulate blood PH level.
- (iv) To protect against some micro organism. Respiratory system blocks the entry of micro organism in the body at various levels, Thus it provides protection against harmful micro organism leke virus, Bacteria etc.

Q.29 Distinguish between growth and development?

Ans.

Growth	Development
(i) Growth is used in purely physical terms. It generally referes to change in size, length and weight of an individual	(i) Development implies changes in shape. form or structure resulling in improved functioning or working.
(ii) Growth is one of the aspect of comprehansive development process. individual.	(ii) Development is a wider and term; it refers to all changes in the
(iii) Growth does not continue.	(iii) Development is a continous process.

Q.30 Write a short not on style?

Ans. A style is an individuals expression of technique in motor action. No to sports persons ar alike in different factors which determine the motor action. There fore, each sports person due to his specific or perticular physic, physical and biological capacities realizes the teahnique in different way. It is called his style.

Long Question [150 words] 5 Marks

Q.31 Enlist the different career options in the field of physical Education and explain any three of them?

Ans. There are different career options in the field of physical education:

1. Teaching related career
 - (a) Elementary school level
 - (b) Middle school level
 - (c) High school and senior secondary school level.
 - (d) University and college level
 2. Coaching related career
 - (a) Administration related career.
 - (b) Physical education department
 - (c) Sports department
 - (iv) Industrial recreation
 - (v) Sports facilities.
 3. Health related career
 - (a) Health club
 - (b) Athletic training
 4. Performance related career
 - (a) As a player
 - (b) As an official
 5. Career in communication and media
 - (a) Sports journalism
 - (b) Book Publication
 - (c) Sports photography
 - (d) Sports Broad Casting
- **Sports Journalism:** Through sports journalism we mean that we can gather information regarding all sports activities and to collect different types of material required for physical education such person have an ability of reading and writing can avail the career option as sport journalism.

(Explain any other two points)

Q.32 Write a short note on International Olympic Association?

Ans. The international Olympic association was established on-23 June, 1894 in Paris (France).

The international Olympic Association consists of members from various countries.

President: The President of IOC is selected by its members for a term of eight years. The current IOC president is Thomas Bach.

Vice President: In the IOC four vice presidents are elected. They are elected for four years. Executive Board: The IOC executive board consist of President, Vice President and other members. Main Function of International Olympic association committee:

1. It decides the venue and date of Olympic games.
2. It ensure the regular celebration of Olympic games.
3. For conducting the competition and general for the Olympics fundamental rules set by this committee.
4. It also acts against any form of discrimination affecting Olympic movements.
5. It leads the fight against doping in sports.

Or

Explain the component of physical fitness.

Ans. There are five physical fitness components they are:

1. **Speed :** It is ability fo perform movement at a faster rate or it is the ability to perform movement in a short period of time and sports e.g. practicing with faster rhythm, speed endurance, repetition method acceleration runs etc.
2. **Strength :** It is an ability of muscle to overcome or to act against resistance exercise, pushups etc.
3. **Endurance :** It is the ability to sustain or continue activity or it is the ability to rest fatigue. It is one of the important components for middle and long distance races and it is required for almost all major games like football, hockey and basket ball.
4. **Flexibility :** It is the capacity of a muscle to extend without any damage. Flexibility is measured by range of motion around a joint. It is affected by muscle length, joint structure and other factors, it is measured through flexometer.
5. **Co-ordinate ability :** It is the ability of the body to perform movement with perfection and efficiency. In other words it is ability to change movement or direction in the shortest time without getting disbalanced.

Q.33 What is the role of a Physical Education teacher for children with special needs.

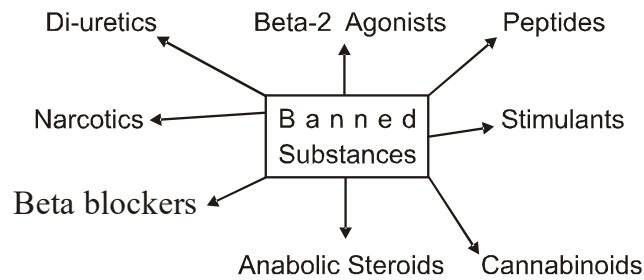
Ans. Physical Educations teacher : Physical Education forms an important part of the K-

12 curriculum. It helps to develop physical abilities and healthy habits in students. Regular physical exerteacher 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.

1. 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 steem and confidence levels. Such interactivions also enhance their communication skills and decision making skills.
 2. Session are conducted with parents and teachers to implement ways to encourage children with special needs to participate in sports activities.
- Physical education teacher need to determine the abilities of students with special needs so that to design sports activities acording to their need.

Q.34 Explain in detail the side effects of the use of banned or prohibited substance in sports. (any five)

Ans. The athletes uses different types of banned substances to



(A) Stimulants -

1. Cause insomnia, anxiety and aggressiveness
2. Poor Judgement
3. Increases hypertension and body temperature

(B) Anabolic steroid

1. Can cause Sudden heart attack
2. High blood pressure
3. Mood swings, aggresion/depression
4. Can cause impotency and bald ness in males
5. Can cause facial hair growth and deep voice in females

(C) Cannebinoids :

1. Reduce concentration and co-ordination
2. Reduce lung capacity
3. May cause heart decease and lung cancer
4. Loss of memory

(D) Beta Blockers :

1. Reduces endurance
2. Headache and weak digestion.
3. Risk of heart attack due to slow heart rate.

(E) Narcotics :

1. Loss of balance and coordination
2. May cause drowsiness, vomiting, constipation
3. May cause fainting and coma

Or

Discuss methods adopted for management of adolescent problems in details:

Ans. Management of Adolescent problems

1. **Sympathetic and liberal attitude of parents :** A sympathetic and liberal attitude of parents and their cooperative nature can help in solving many problems of adolescents, Parents should take note of the change take place during growth and development of children and adjust their own behaviour towards the adolescents. Liberal and sympathetic attitude of parents develops self confidence.
2. **Healthy atmosphere at home and school :** Unhealthy atmosphere at home or in school or carelessness towards children can force children to fall in bad company. In orders to save children from bad habits and company, it is important to provide sufficient means for the satisfaction of their interests at home or school. Activities like music, arts or sports can help in keeping the children busy and indulge in healthy recreation.
3. **Moral and Religious Education :** Religious and moral education can help adolescents to get some peace of mind and direction in their lives. Moral education should be a part of school education while home is the best institution for religious education.
4. **Friendly attitude :** At this stage, adolescent want to accept the friendly attitudes. So parents and teachers should act more as friends rather strict,

disciplined and rigid parents. More over this friendly attitude will bring them more close instead of making gaps between them.

5. **Reasonable Independence :** They should be given reasonable amount of independence. They should be given the freedom to express themselves and their point of views should be discussed in reasonable manner. They should also be given freedom to go out reasonably keeping their safety in mind.