SAMPLE QUESTION PAPER - 1

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. _____ aims at developing a positive mindset. **[1]**

   a) Spiritual Development b) Mental Development

   c) Emotional development d) Social Development

2. The International Olympic Committee was established by whom? **[1]**

   a) Jesse Owens b) Carl Lewis

   c) Jim Thorpe d) Baron Pierre de Coubertin

3. Understanding of proper sports and exercise movements will allow the participant to be more _____ for long-term development. **[1]**

   a) efficient b) technically sound

   c) All of these d) prone to good habits

4. _____ Wellness is the ability to understand self and cope with the challenges life can bring. **[1]**

a) Spiritual
b) Social
c) Emotional
d) Environmental

5. **Assertion (A):** Yoga paves the path for the spiritual development of an individual. **[1]**
Reason (R): Yoga for a common person contains the practices of yama, niyama, asana, pranayama, pratyahara, kriya and meditation, which are helpful to keep oneself physically fit, mentally alert and emotionally balanced.

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. Zero-degree temperature is an example of scale of measurement. **[1]**

a) Interval
b) Ordinal
c) Ratio
d) Nominal

7. Which of the following is not a traditional Indian game? **[1]**

a) Bull fight
b) Kho-Kho
c) Kabaddi
d) Kushti

8. Identify the component of wellness: **[1]**

a) Emotional wellness
b) Environmental wellness
c) Physical wellness
d) Spiritual wellness

9. Match List - I with List - II and select the correct answer from the code given below: **[1]**

List-I Symbolism	List-II Olympic Symbols
(a) Sun's rays used	(i) Olympic Motto
(b) Blue, Yellow, Black, Green, Red	(ii) Olympic Flame
(c) Citius, Altius, Fortius	(iii) Olympic Rings
(d) Excellence, Friendship, Respect	(iv) Olympic Values

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

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

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

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

10. **Assertion (A):** Technique is an imaginary model of performing any task in cyclic manner. **[1]**

Reason (R): Acquiring style is a long and continuous process in which a player sets an imaginary mechanical model in his/her mind for performing any skill.

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. When did the revival of Olympic games took place? **[1]**

a) 1892

b) 1899

c) 1895

d) 1896

12. _____ in sport is being able to execute the techniques required at the right time and place, successfully, regularly, and with minimal effort. **[1]**

a) Technique

b) Strategy

c) Skill

d) Tactics

13. Physical Education is the sum of changes in an individual caused by experience centring motor activity. Who said this? **[1]**

a) Prince martin

b) Charls A.Butchar

c) Millions
d) Cassidy

14. Regular physical exercise results in _____. **[1]**

a) improved functional status
b) All of these
c) improved cognitive abilities
d) quality of life

15. _____ is the first teacher of yoga. **[1]**

a) Ramdev
b) Krishan Kumar
c) Yogeshwar
d) Patanjali

16. Which is not an importance of Biomechanics? **[1]**

a) Improvement of Technique
b) Improvement of sports Equipments
c) To understand the structure of Movement & effect of forces on the Movement
d) To understand Physiology of human body

17. What does the term **citius** mean? **[1]**

a) Slower
b) Faster
c) Higher
d) Stronger

18. The body structure of mesomorphic people is like **[1]**

a) Large muscles and bones
b) Solid
c) Obese
d) Fatty

Section B

Attempt any 5 questions

19. State the uses of Anthropometric measurement. **[2]**

20. What is a sports facility? **[2]**

21. What is cardiac output? **[2]**

22. Define Circumduction. **[2]**

23. What is the role of a speech therapist for children with special needs? **[2]**

24. How many types of doping are there? **[2]**

Section C

Attempt any 5 questions

25. How do test, measurement and evaluation help in future research? Mention three reasons. **[3]**

26. How does angle of projection help as a factor athletes in games and sports? **[3]**

27. Give any responsibility of an athlete to control doping? **[3]**

28. Why are test and measurement important in sports? **[3]**

29. What are the major muscles involved in jumping & throwing? **[3]**

30. Write a short note on blood as a part of circulatory system. **[3]**

Section D

31. Sun Rise Public School organized a program, in which many people from different career backgrounds related to physical education were present there. **[4]**

Identify the career.

1. _____ is shown in the above picture.

   A. Physical Therapist

   B. Occupational Therapist

   C. Speech Therapist

   D. Clinical Psychologist

2. They help people to improve their _____ to perform daily.

   A. skills

   B. hobbies

   C. ability

   D. motivation

3. The person shown in the above picture is also known as _____.

A. Counsellor

B. Psychologist

C. Social Worker

D. Nurse

4. They treat people who have mental, physical, emotional, and _____ disabilities.

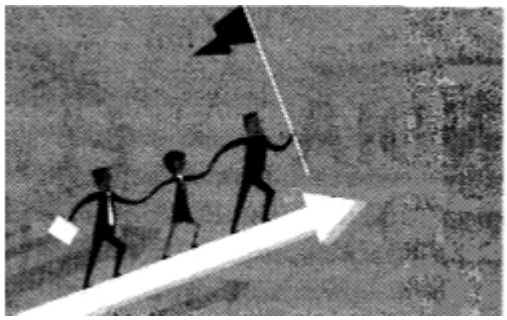
A. social

B. cognitive

C. sensory

D. developmental

32. Anand, explains the value of the Olympics in his class. **[4]**



Identify the olympic value.

1. _____ is shown in the above picture.

A. Excellence

B. Competition

C. Teamwork

D. Victory

2. The important thing is not winning, but taking _____ is important.

A. risks

B. part

C. time

D. credit

3. This value makes the process and _____ the healthy combination of body, will, and mind.

A. complicates

B. enjoys

C. enhances

D. enjoying

4. The Olympics wants every player to strive for their best and excellence and _____ people to be the best they can be.

A. discourage

B. challenge

C. motivate

D. pressure

33. Mohit was fit and fine, but his friend was not, so he tells his friend the importance of physical fitness. **[4]**

Identify the importance of physical fitness.

1. _____ is the importance of physical fitness.

A. Mental strength

B. Physical strength

C. Flexibility

D. Endurance

2. A combined routine, including proper exercise and diet, has _____ effect on brain function.

A. Negative

B. Neutral

C. Positive

D. Detrimental

3. It also keeps an individual _____ strong.

A. Emotionally

B. Physically

C. Socially

D. Mentally

4. It elevates the flow of _____ to the brain and enhances the memory.

A. Nutrients

B. Blood

C. Oxygen

D. Hormones

Section E

Attempt any 3 questions

34. List down any four asanas used for prevention of Hypertension. Explain the procedure and contraindication of any one of them with help of a stick diagram. **[5]**

35. Write the importance of Anatomy and Physiology in physical education and sports. **[5]**

36. Which principles are required to be followed to make the adapted physical education effective? Explain. **[5]**

37. Elucidate five reasons for the importance of physiology. **[5]**

Solution

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Section A

1. **(a)** Spiritual Development

   Explanation:

   Spiritual Development aims at creating a positive mindset.

2. **(d)** Baron Pierre de Coubertin

   Explanation:

   Baron Pierre de Coubertin

3. **(c)** All of these

   Explanation:

   All of these

4. **(c)** Emotional

   Explanation:

   The ability to acknowledge and share feelings of anger, fear, sadness, stress, hope, love, joy and happiness in a productive manner contributes to Emotional wellness.

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

   Explanation:

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

6. **(c)** Ratio

   Explanation:

   The ratio measurement scale is distinguished from the interval measurement scale by the fact that it has an absolute, true zero that has meaning, e.g., if somebody's pulse is zero mean there is no life in the individual.

7. **(a)** Bull fight

   Explanation:

   The traditional Indian game include Kabaddi, Kho-Kho, Kushti but not Bull fight.

8. **(d)** Spiritual wellness

   Explanation:

   It is the ability to establish peace and harmony in life.

9.

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

Explanation:

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

10.

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

Explanation:

"Technique is an imaginary model of performing any task in cyclic manner which is ideally based on scientific principles to attain effective movement in sports with least energy expenditure."

11.

(d) 1896

Explanation:

1896

12.

(c) Skill

Explanation:

Skill

13.

(d) Cassidy

Explanation:

Cassidy said the given statement.

14.

(b) All of these

Explanation:

All of these

15.

(d) Patanjali

Explanation:

Patanjali

16.

(d) To understand Physiology of human body

Explanation:

To understand the Physiology of the human body is not the importance of biomechanics.

17.

(b) Faster

Explanation:

Faster

18. **(a)** Large muscles and bones

Explanation:

The body structure of mesomorphic people is like

Section B

19. Anthropometric measurements of height, weight, arm and leg length, waist circumference and skin fold etc. are significant indicators of health which enable us to know the physical growth and development and health problems of a individual.
20. Sports facilities are the facilities required in various sports, games and other activities such as the facility of gymnasium, equipment in health clubs and fitness centres, swimming pools, stadium, sports complexes etc.
21. Cardiac Output = stroke volume $\times$ heart rate.

    It is 5 to 6 litres at basal level. In untrained person, it can go unto 20 liters and in trained athletes it can go unto 40 litres.
22. Circumduction is the movement of the limb in a circle and is a combination of shoulder abduction, shoulder adduction, Flexion and Extension. You can perform Circumduction with the arm, leg, finger or foot.
23. The role of a speech therapist is to build the communication of children with special needs by teaching them the use of words, sounds, gestures etc to express themselves.
24. There are three types of doping:
    i. use of drugs
    ii. Blood doping
    iii. Gene doping

Section C

25. Test, measurement and evaluation are tools which are very significant for research in the field of sports and physical education because they help to
    i. **Find Shortcomings:** These tools help in finding various shortcomings in training programmes, as the results of measurement can be compared with the expected outcomes to research particular areas.
    ii. **Bridge Gaps:** Evaluation of the measurements made in the tests help s to bridge the gap between existing knowledge and any viewpoint to be researched in the future.
    iii. **Develop New Techniques:** Evaluation of the effectiveness of the tests helps develop new styles, convenient tools and techniques for development in the future.

    Thus, good research depends on proper testing, measurement and evaluation.
26. The optimum projectile angle for achieving maximum horizontal range in throwing events is considerably less than 45^o. This because an athlete can generate a greater projection

velocity at low projectile angle than at high angles. The range of projectile is strongly dependent on projectile speed. In sports, the fact is that the projection speed of implement decreases when you throw within the higher projection angle. Shotput has a projectile angle from 26˚ to 42˚. Every athlete has a unique speed, angle curve that depends on his/her stature, strength and throwing technique. The flight of discus is greatly affected by aerodynamic forces acting upon it. The aerodynamic forces come from the movement of the discus through the air. When in flight, the discus is affected by force of gravity, aerodynamic lift and aerodynamic drag. The stability of discus flight comes from the spine of the discus. Discus has a projectile angle from 27˚ - 43˚ for maximum range. To achieve maximum distance in javelin the athlete will have to balance three components-speed, strength and technique. After approach – run of 13 – 17 strides the releasing angle for javelin has to take into consideration aerodynamic lift and drag. Distance achieved in Javelin depends upon height of release, angle of release and speed of release of Javelin. The optimum angle of release 26˚ to 40˚.

27. i. To be knowledgeable of and comply with all applicable anti-doping policies and rules.
    ii. To be available for sample collection at all times.
    iii. To remain in direct observation of doping control officer until the sample is sealed.
    iv. To co-operate with athlete during doping test programme.
    v. Athlete must show proof of identification when ever needed.
28. Test and Measurement are important in sports:
    i. For the selection of athlete.
    ii. For getting knowledge about the progress.
    iii. For preparation and effective planning.
    iv. For classification of sportsperson.
    v. For knowing the abilities and capacities.
29. The leg, feet and gluteus muscle groups are used in jumping. Specific muscles which are involved in jumping are gluteus maximus, hamstrings, quadriceps and soleus. In fact, jumping occurs in three stages. The first stage is the preparatory stage where ankle muscles calf muscles and soleus tense to prepare launching. The second phase is the launch phase, where hip extensors, the hamstrings and gluteus maximus combine and the knee extensors extend the knees to allow the body to launch into the air. In the last stage is the landing phase where all the muscles embrace impact and allow the body to return to a resting position. The major muscles are pectorials, major, latissimus dorsi, anterior deltoid and teres major are involved in throwing. These muscles are comparatively responsible for velocity during the throw. The pectorials major is the large muscle in the chest and latissimus dorsi are the large muscles on each side of the back. Deltoid, biceps, triceps are also involved in throwing a javelin in athletics.

30. Blood is one of the three parts of the circulatory system. It is a specialised fluid that actually performs the function of the circulatory system. It delivers the necessary, nutrients and oxygen to the tissues and organs of the body. It is also responsible for carrying the waste products for excretion.

    Blood is composed of four components that are:

    - Red Blood Cells or RBC's which carries oxygen to the tissues.
    - White Blood Cells or WBC's which fights all infections and diseases.
    - Platelets which helps the blood to clot in cases of wounds and injuries.
    - Plasma which carries the blood cells, nutrients and waste products.

Section D

31. 1. B) Occupational Therapist
    2. C) ability
    3. A Counsellor
    4. D) developmental
32. - A) Excellence
    - B) part
    - D) enjoying
    - C) motivate
33. 1. A) Mental strength
    2. C) Positive
    3. D) Mentally
    4. B) Blood

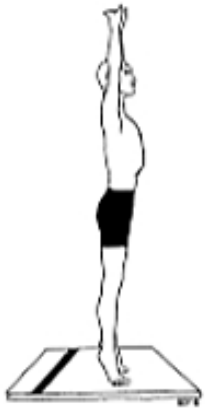
Section E

34. High artery tension or pressure is referred to as hypertension or high blood pressure (HBP). Even though emotional tension and stress can temporarily raise blood pressure, excessive emotional tension is not always linked to high blood pressure.

    Four asanas used for prevention of Hypertension are as follows:

    i. Tadasana
    ii. Gomukhasana
    iii. Shavasana
    iv. Vakrasana

Procedure and Contraindication for Tadasana:



Tadasana: The word "tadasana" is derived from two Sanskrit words: "tada" which means "mountain" and "palm tree" and "asana" which means "posture". Mountain position or palm tree posture are other names for this asana. Tadasana helps the practitioner physically and mentally while stretching their arms, chest, abdominal muscles, spine, knees, ankles, and feet, among other body parts. Tadasana regularly practises enhances strength and balance.

Procedure of Tadasana:

i. Stand erect, and place the legs slightly apart, with hands side by the body.
ii. One should raise the hands straight in front up to arms and the palms should face each other.
iii. Then raise the hands straight up into the air, fingers pointing up towards the sky.
iv. Raise your heels as high as you can while standing slowly on your toes. The body should expand as much as it can incline your head upward.
v. Feel the stretch in the body right from the feet to the head. Hold the position for a few seconds.
vi. While returning to the starting position, bring the heels on the ground first, and then bring down the hands.

Contraindications of Tadasana:

i. People prone to low blood pressure, headache, insomnia, lightheaded and dizziness should avoid this asana.
ii. Avoid this asana during pregnancy.

35. **Importance of Anatomy and Physiology in Physical Education:**

In various sports, physical activities, exercises, etc., only the human body performs. It means that without the help of human body no physical activities, performances, exercises, etc., can be performed. In order to study physical education and sports from scientific point of view, one should be familiar with anatomy and physiology. Only with the help and knowledge of anatomy and physiology, the study of human body's movements and effects of exercises on human body can be known properly. The

knowledge of anatomy and physiology is therefore, essential for any physical educator, coach or sport scientist.

i. It helps in evaluation of a player's capacity.
ii. It helps in positioning of the body during training session.
iii. It helps in speedy rehabilitation from sports injuries.
iv. It provides information of positive or negative aspects of a player's/ athlete's bodily structure.
v. It helps in the study of ill-effect of alcohol to the human body.
vi. It helps a player/athlete to choose any sport event as per his bodily capacity.
vii. It helps in recovery of fatigue occurred during training session.
viii. It helps in the study of the effects of exercises on human body.
ix. It helps in preventing sports injuries.
x. It helps in providing adequate information of sports nutrition.
xi. It helps in improving the sports performance of a player/athlete.
xii. It is helpful to know about chemical changes during exercise.

Thus, it is quite evident from the above given points that the knowledge of anatomy and physiology is essential in Physical Education and Sports.

36. i. **Medical Examination:-** It is very important for the success of programme related to a dated physical education. Otherwise, it will be difficult to find out what kind of disability, the student is suffering from. Therefore it is imperative to conduct a medical examination of the students.
ii. **Programmes according to the interest of the students:-** programmes should be made keeping in mind the interest, capacity and previous experience of the students. The teachers should also have deep knowledge about it, then only they can make any successful programme.
iii. **Equipment should be appropriate:-** Students should be provided with equipment asper disability concerned for example, students suffering from visual impairment should be given a ball with a bell so that they may catch the ball as it rolls because of the sound. Thus such students can make out the direction and distance of the ball.
iv. **Proper Environment:-** The play area also should be limited because of the limited speed capacity of the children for example, speech impaired children are given rest in between the games. The play area should be limited to top smaller area.
v. **Modification of rules:-** Rules and regulation of the game and sports should be modified depending on the specific needs of students. In order to learn a new skill, they may be given extra time, extra effort, extra rest and 2 marks in place of 1 mark. Thus, they might be given the opportunity for all-round development.

37. Five reasons for the importance of physiology are:

i. **Helps in Designing Better Training Sessions:** A physical trainer can design better training sessions for sportspersons by knowing their physiological capacities and limitations. If training sessions are not designed keeping this knowledge in mind, it can even harm the sportsperson.

ii. **Knowledge about Chemical Changes can Improve Performance:** A number of chemical changes take place in our body during exercise or participating in sports. Human physiology provides detailed knowledge of these changes.
On the basis of this knowledge, a proper diet can be designed for the sportsperson concerned, so that his performance can be improved.

iii. **Preventing Sports Injuries and Speedy Rehabilitation:** Proper knowledge of the functioning of the bones, muscles, tendons and ligaments helps in designing better protective equipment for the soft and delicate organs of the body. Knowledge of anatomy also helps in the speedy recovery of the sportspersons from injuries.

iv. **Understanding Differences between Males and Females** With the knowledge of anatomy and physiology, and difference between males and females can be understood properly.
This knowledge of anatomical and physiological differences between males and females helps in designing proper sport and training programmes for both genders.

v. **Understanding Environmental Effects on Sportspersons:** To understand effect of the environment on sportspersons, we must have good knowledge of their physiology. How and what type of problems a sportsperson is facing can be found by knowing the physiological changes that occur in their bodies.
For instance, when training or competing at a high altitude, where the air is rarefied, the red blood cell count goes up, unused air sacs in the lungs are activated and heart and respiratory rates go up.
The effects of these changes can be studied better with proper knowledge of human physiology.