

- Q19. Explain in detail about various physical education courses available in India. (3)
- Q20. What is the concept of integrated physical education? (5)
- Q21. Explain briefly about paraolympic movement? (5)
- Q22. What do you mean by physical fitness? Explain the importance of physical activity on enhancing the life? (5)
- Q23. Explain the detail about the Arjun and Mulana Abdul Kalam Trophy. (5)
- Q24. Write a short note on:
- i) Chcha Nehru Award
  - ii) Olympic Flame (5)
- Q25. Explain in detail the career option in physical education. (5)
- Q26. What are the principles of integrated and adaptive physical education? (5)

- Q19. Write the needs of integrated physical education? (3)
- Q20. Explain in detail the career options in physical education. (3)
- Q21. Define physical education. Explain the aims and objectives of physical education. (5)
- Q22. Write down the note on development of values through Olympic movement on
- a) Fair play
  - b) Solidarity
  - c) Free of discrimination (5)
- Q23. What are the components of positive life style? (5)
- Q24. Explain the component of health related fitness. (5)
- Q25. What is adaptive physical education? Write the aim of objectives of physical education. (5)
- Q26. Write down the modern Olympic in detail. (5)

## First Term Examination (21 Sept. 17)

UNIT-I

Class-XI

Sub: Physical Education

Set - B

**Time: 3hrs.**

**Marks: 70**

- Q1. What do you mean by physical education? (1)
- Q2. Which are the degree courses in physical education? (1)
- Q3. What is the aim of physical education? (1)
- Q4. When and where the ancient Olympic games started? (1)
- Q5. Who started the modern Olympic games? (1)
- Q6. What is the Olympic motto? (1)
- Q7. What do you mean by IOA and IOC? (1)
- Q8. What is life style? (1)
- Q9. Define physical fitness and wellness? (1)
- Q10. Define endurance and flexibility. (1)
- Q11. What do you mean by para Olympics? (3)
- Q1. Write down the definition of physical education by two authors. (3)
- Q2. What are the objective of physical education? (3)
- Q3. What is Olympic flag? What is the role of rings in Olympic flag? (3)
- Q15. What are the Olympic symbols? Describes any two. (3)
- Q16. Explain Arjuna Award and Dronachariya Award. (3)
- Q17. What is the importance of wellness? (3)
- Q18. How will you prevent health threats through life style change? (3)

## First Term Examination (21 Sept. 17)

UNIT-I

Class-XI

Sub: Physical Education

Set - A

**Time: 3hrs.**

**Marks: 70**

- Q1. What is the aim of physical education? (1)
- Q2. Which are the degree courses in physical education? (1)
- Q3. What do you understand by physical education? (1)
- Q4. Who started the modern Olympic games? (1)
- Q5. Write down the Olympic oath? (1)
- Q6. What is the Olympic motto? (1)
- Q7. Define lifestyle. (1)
- Q8. Define physical fitness. (1)
- Q9. Define endurance. (1)
- Q10. What does the word 'paralympic' means? (1)
- Q11. Explain any three components of physical education? (3)
- Q12. What is Olympic flag? What is the role of rings in Olympic flag? (3)
- Q13. Discuss 'healthy diet' as a component of positive lifestyle. (3)
- Q14. Write down the importance of wellness. (3)
- Q15. Write down the Khel Rattan Rajiv Gandhi Award. (3)
- Q16. What are ancient and modern Olympics? Explain in detail. (3)
- Q17. Explain Adoptive physical education. (3)
- Q18. How will you prevent health threats through life style change? (3)