

Final Paper (24 Feb 2016)
Class XI
Paper- Physical Education

Time: 3hrs.

M.M. 70

1. Give the definitions of physical education and write the aims and objectives of physical education. (5)
2. How does Health threats can be prevented through life style change? (5)
3. Explain the history of Ancient Olympic Games. (5)
4. List the various sports award and explain any two. (5)
5. How you can prevent and do management of diabetes and Hypertension & Back pain? (5)
6. Explain about the prohibited substances. (5)
7. Explain essential elements of positive sports environment. (5)
8. What do you mean by Test and Measurement in sports and what is BMI? (5)
9. There are lots of careers in physical education, explain. (5)
10. Discuss the effect of media in sports development. Explain. (5)
11. What is meditation? What are the advantages of practicing meditation? (5)
12. Explain the elements of yoga. (5)
13. Write a note on circulatory system. (5)
14. What do you understand by physical activity? Give guidelines of exercise to different stages of growth. (5)