

BUDHA DAL PUBLIC SCHOOL PATIALA
FINAL EXAMINATION (20 February 2024)

Class XI (Humanities)

Subject – Physical Education (Set-A)

Time: 3hrs.

M.M. 70

GENERAL INSTRUCTIONS:

- 1) The question paper consists of 5 sections and 34 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 19-23 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. There is internal choice available.
- 4) Sections C consist of Question 24-28 carrying 3 marks each and are short answer types and should not exceed 100-150 words. There is internal choice available
- 5) Sections D consist of Question 29-31 carrying 4 marks each and are case studies.
- 6) Section E consists of Question 32-34 carrying 5 marks each and should not exceed 200-300 words. There is internal choice available.

Section – A

- Q1. Which sports even is not included in Khelo India Programme?
(a) Boxing (b) Volley Ball (c) Cricket (d) Shooting
- Q2. What is the minimum qualification to become a coach in India?
(a) NSNIS Diploma (b) B.P. Ed. (c) M.P. Ed. (d) M. Phil
- Q3. Modern Olympic games organized in every _____ years.
(a) 2 (b) 3 (c) 4 (d) 5
- Q4. The city Olympia is in :
(a) Greece (b) Germany (c) France (d) Rome
- Q5. What is the full form of NOC?
(a) National Official Committee
(b) Non Official Committee
(c) No Objection Certificate
(d) National Olympic Committee
- Q6. Which one of the following is not an element of Ashtanga Yoga?
(a) Yama (b) Niyama (c) Pratyahara (d) Parmatma
- Q7. Nauli is the method of massaging and strengthening the :
(a) Mind (b) Heart (c) Lungs (d) Abdominal organs
- Q8. Doing yoga by inhalation, controlling and exhalation is known as
(a) Asana (b) Yama (c) Pranayama (d) Padmasana

Q9. World Disability Day _____

- (a) 23 December (b) 31 December (c) 14 November (d) 2 October

Q10. _____ are the professionals who work with children, adolescents and adults with communication disorder

- (a) Counselors (b) Speech therapists (c) Special educators (d) Physiotherapists

Q11. Flexibility is the range of movement of :

- (a) Muscles (b) Bones (c) Joints (d) All of the above

Q12. Which of these is a role of a leader?

- (a) Setting goal (b) Organising (c) Initiating action (d) All of these

Q13. Skinfold technique is used to measure

- (a) Weight (b) Fat percentage (c) Height (d) Over fatness

Q14. Modified push ups test is used for :

- (a) Young boys (b) Girls (c) Senior citizens (d) Adults

Q15. Carpal joint is the example of

- (a) Pivot joint (b) Condyloid joint (c) Hinge joint (d) Ball and Socket joint

Q16. The left atrium receives blood from the :

- (a) Liver (b) Kidneys (c) Stomach (d) Veins

Q17. Blood doping increase :

- (a) Speed (b) Flexibility (c) Endurance (d) None of these

Q18. Recovery is a process of :

- (a) Regaining (b) Repairing of damage substance (c) Restoring energy (d) All of the above

SECTION - B

Q19. What do you understand by the term Physical Education?

Q20. Mention about two importance of yoga.

Q21. Define strength.

Q22. Define skin fold measurement.

Q23. Write any two importance of Anatomy and Physiology.

OR

What is the major difference between disability and disorder?

SECTION - C

Q24. Write a short note on closing ceremony of Modern Olympic Games.

Q25. What are the aim and objectives of adapted physical education for CWSN?

Q26. What do you mean by Traditional sports? Write a short note on Malakhamb and Gilli Dandsa.

Q27. What are the qualities of a Mesomorph person?

Q28. Write about the Veins and Capillaries.

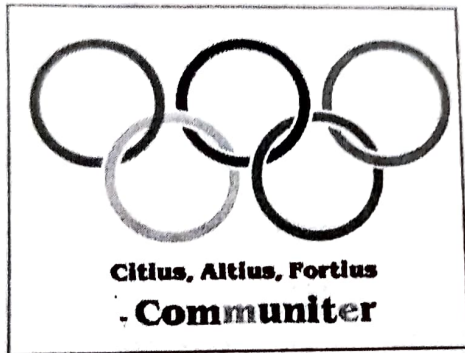
OR

Write short notes on technique, skill and style.

SECTION - D

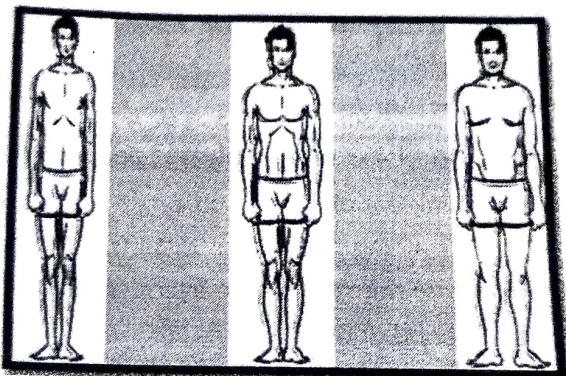
Q29. The Olympic symbol designed by Baron de Coubertin himself in 1914 is made of five interlinked rings to celebrate the sporting friendship and cooperation between the people of all five continents. The symbol is painted on the Olympic flag against a white background of silk.

On the basis of above given case study answer the following questions:



1. The five rings in the Olympic Flag represent.
2. The Olympic Anthem is also called the _____.
3. The Olympic Motto "Citius, Altius, Fortius and Communitus" means.
4. Olympic Oath is taken by any athlete of any participating country. (True/ False)

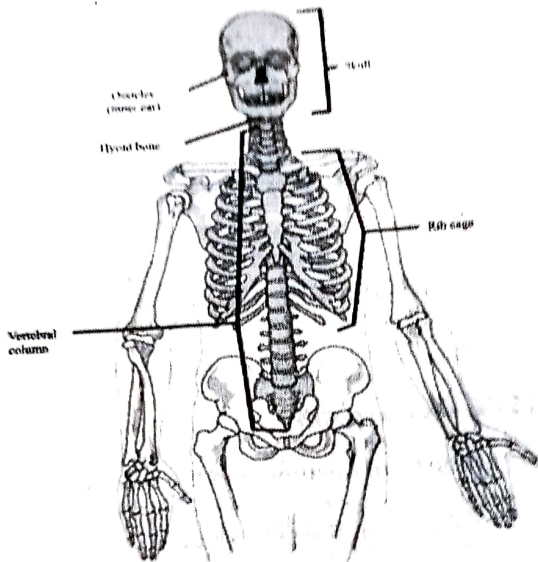
Q30. Experts have, however managed to come up with practical methods of body type – somatotype classification, which have also proven useful in the field of physical education and sports somatotype (or body type) is the present shape and composition of a human body. There are three somatotypes currently used Endomorphy, Mesomorphy and ectomorphy.



On the basis of case study and picture answer the following questions:

1. Identify the center image body type.
2. A soft and round body shape with short arms, legs and neck is an example of a/an _____ picture.
3. Somatotype is a method introduced by _____
4. Picture 1 type person is good for _____ games.

Q31. The human skeleton consists of 206 bones, out of them, some are long, some are small, some are flat and some are shapeless. For convenience of study they can be divided mainly into two part (i) Axial skeleton and appendicular skeleton.



On the basis of case study and picture answer the following questions:

- a) _____ type of skeleton consists of the skull, vertebral column and rib cage.
- b) Total number of bone in above shown Skeleton.
- c) The adult human skeleton has _____ bones.
- d) Largest bone in the human body is _____.

SECTION - E

Q32. Explain in detail about changing trends in sports and games regarding equipment.

Q33. Briefly explain any four Pranayam techniques with their benefits.

Q34. Define First Aid. Explain PRICE procedure as a treatment of injury.

OR

What is circulatory system? Explain the structure, location and functions of heart.