



विद्या सर्वार्थ साधिका

ANANDALAYA
ANNUAL EXAMINATION
Class : XI

Subject : Physical Education (048)

Date : 10-03-2023

M.M : 70

Time : 3 hour.

General Instructions:

1. The question paper consists of 5 sections and 37 Questions.
2. Section A consists of Questions No. 1-18 carrying 1 marks and is Multiple Choice Type Question.
3. Section B consists of Questions No. 19-24 carrying 2 marks each and shall not exceed 60-90 words.
4. Section C consists of Question No. 25-30 carrying 3 marks each and shall not exceed 100-150 words.
5. Section D consists of Questions No. 31-33 carrying 4 marks each and is case studies.
6. Section E consists of Questions No. 34-37 carrying 5 marks each and shall not exceed 200-300 words.

Section -A

1. Which of the following is not a cycle under the principle of cyclicity? (1)
(A) Macro (B) Mini (C) Meso (D) Micro
2. 'The more force one exerts on the downward bounce, the higher he bounces into the air'. Which law is this statement being referred in this statement? (1)
(A) Newton's third law of motion (B) Law of gravitation
(C) Newton's first law of motion (D) Newton's second law of motion
3. When a person performs a cartwheel he is rotating around the_____. (1)
(A) Frontal axis (B) Vertical axis (C) Sagittal axis (D) None of these
4. The femur is the _____ bone in the body. (1)
(A) small (B) longest (C) flat (D) round
5. Which scale is used to rank the things? (1)
(A) Nominal measurement scale (B) Interval scale
(C) Ratio scale (D) Ordinal scale
6. Which International Federation was the first to ban doping? (1)
(A) Basketball (B) Rugby (C) Hockey (D) Athletics
7. Oxygenated blood flows in _____. (1)
(A) veins (B) capillaries (C) heart (D) arteries
8. Sagittal plane divides the body into_____. (1)
(A) front and back (B) left and right (C) upper & lower half (D) none of these
9. A motion that pulls a body part away from the midline of the body is called_____. (1)
(A) Abduction (B) Adduction (C) Distance (D) Flexion
10. The trainer gets an idea of how much the player's performance has improved, with the help of: (1)
(A) Skills (B) Measurement (C) Teachers (D) Evaluation
11. When a person performs a somersault he rotates around_____. (1)
(A) Sagittal axis (B) Antero-posterior axis (C) Vertical axis (D) Frontal axis

12. Co-ordination in the nervous system and muscles is related to_____. (1)
 (A) endurance ability (B) speed ability (C) co-ordinative ability (D) strength ability
13. The performance enhancement drug generally used by boxers and judo players to reduce their weight is_____. (1)
 (A) Diuretic (B) Peptide hormone
 (C) Anabolic steroid (D) Beta-2 agonist
14. Through 'Dhouti' Kriya a person can clean_____. (1)
 (A) stomach (B) food pipe (C) lungs (D) both (A) & (B)
15. The first Olympics is believed to have been played in_____. (1)
 (A) 776 BC (B) 394 AD (C) 1898 (D) 1894
16. Which sports used artificial grass in the 1976 Olympics for the first time? (1)
 (A) Field Hockey (B) Football (C) Badminton (D) Golf
17. Which of the following material is used to reduce the weight and increase the life span of sports equipment? (1)
 (A) Steel (B) PVC (C) Compost material (D) Rubber
18. Match list-I and list-II and select the correct answer from the codes given below: (1)

| | List-I | | List-II |
|----|---------------|-------|----------------|
| 1. | Flat | (i) | Scapula |
| 2. | Short | (ii) | Vertebra |
| 3. | Irregular | (iii) | Carpals |
| 4. | Long | (iv) | Humerus |

Codes:

| | (A) | (B) | (C) | (D) |
|-----------|-----------|-----------|-----------|-----|
| 1 - (ii) | 1 - (i) | 1 - (iii) | 1 - (i) | |
| 2 - (iii) | 2 - (iii) | 2 - (i) | 2 - (iii) | |
| 3 - (i) | 3 - (iv) | 3 - (ii) | 3 - (ii) | |
| 4 - (iv) | 4 - (ii) | 4 - (iv) | 4 - (iv) | |

Section-B (Attempt any five)

19. What do you mean by preparatory period of sports training? (2)
20. Define supination and pronation. (2)
21. Different kinds of strength are required for various sports. Make a flow chart and mention the names. (2)
22. Which field of study in sports is called 'Biomechanics'? (2)
23. Write any two problems related to adolescence. (2)
24. Define sports training. (2)

Section-C (Attempt any five)

25. Discuss the changing trends in sports. (3)
26. Differentiate between active and passive flexibility. (3)
27. Is the study of Kinesiology helpful in sports? Give your views. (3)
28. Briefly explain any three management strategies for solving adolescent problems. (3)
29. How is team cohesion useful in sports? (3)
30. Explain principles of continuity, overload and progression. (3)

Section-D

31. Competitions in sports have many advantages for seeking out outstanding players and getting together teams of school, university, state or even national teams to represent the various institutions. These not only permit to excel at sports but also boost leadership qualities as well as offer opportunities to represent the country and bring laurels. Taking this into account, the government has launched many schemes to boost interest in sports and encourage students to take sports as a full-time career option. Most prominent among these is the 'Khelo India' program. Keeping this in mind, answer the questions below: . (4)
- 31.1 When was 'Khelo India' program launched?
- 31.2 Why has it been introduced?
- 31.3 What are the benefits of this program?
- 31.4 How many verticals has outlined for Khelo India programme?
32. In today's time, doing well at studies and scoring high marks in examination is the sole focus of many students and their parents. Many consider taking part in sports and physical activities as taking time off from their studies. But this is a misconception as a fit body is a must for a fit mind. Currently, wellness and fitness are part of a better lifestyle and this is gradually gaining importance. To do well one needs to feel well and sports and regular physical activity contributes a lot to this. We now understand that both these are multidimensional and interlinked. Keeping this in mind, answer the following questions: (4)
- 32.1 How do we define physical fitness, wellness and lifestyle?
- 32.2 What are the six dimensions of wellness?
- 32.3 What are the advantages and disadvantages of modern lifestyle?
- 32.4 List down the components of Physical fitness.
33. Olympics have a fascinating history since their inception in ancient times. Today, these sports reflect the ultimate glory a sportsperson in the competing sports can hope for. As a physical education student, Arnav was called to talk about the history of Olympics and how it has evolved to its current form. He also talked about how it has become the leading international sporting event in which thousands of athletes from around the world participate and how the host country begins preparations for this sporting event years in advance. Based on the above situation, answer the following questions: (4)
- 33.1 When and where the modern Olympics restarted?
- 33.2 State the Olympic motto.
- 33.3 List the various types of Olympic championships?
- 33.4 What do the Olympic oath and symbols on the Olympic flag stand for?

Section-E (Attempt any three)

34. Define Yoga. Explain the importance of yoga. (5)
35. "Traditional sports and Regional games provide unique opportunities for promoting wellness". Justify the statement. (5)
36. Shloka a physical education student is working on a project to collect the data of sports person to assess the human movements in the sports with minimal injuries. List the importance of Biomechanics in sports and explain them. (5)
37. While it is easy to enhance performance through doping, It may have serious consequences. Explain in detail about the side effects and its disadvantages. (5)