



विद्या सर्वार्थ साधिका

ANANDALAYA ANNUAL EXAMINATION

Class : XI

Subject : Physical Education (048)

Date : 14-03-2024

M.M : 70

Time : 3 Hours

General Instructions:

1. The question paper consists of 5 sections and 37 Questions.
2. Section A consists of question No. 1 – 18 carrying 1 mark each and is Multiple Choice Type Question. All questions are compulsory.
3. Section B consists of question No. 19 – 24 carrying 2 marks each and is very short answer types and should not exceed 60-90 words. Attempt any 5.
4. Section C consists of question No. 25 – 30 carrying 3 marks each and is short answer types and should not exceed 100-150 words. Attempt any 5.
5. Section D consists of question No. 31 – 33 carrying 4 marks each and is case studies.
6. Section E consists of question No. 34 – 37 carrying 5 marks each and is long answer types and should not exceed 200-300 words. Attempt any 3.

SECTION – A

1. (1)



Identify the Pranayam from the given below:

- (A) Bhastrika (B) Sheetli (C) Bhramari (D) Kapalbhatai
2. Indian Olympic Association was founded in which year? (1)
(A) 1900 (B) 1925 (C) 1930 (D) 1927
3. Which of these elements of Yoga defines the control of senses? (1)
(A) Yama (B) Niyam (C) Dhyana (D) Pratyahara
4. Special educator helps children with special needs to recognize their highest potential and strive to perform beyond their limitations. To which of this he communicates about the progress of CWSN? (1)
(A) Teachers (B) Students (C) Parents (D) Principal
5. The game that involves a player hitting the selected target marble using one of his marbles is _____. (1)
(A) Gutte (B) Latto (C) Kho - Kho (D) Kancha
6. Namita is a sports girl and participates in Physical activities in school. She wants to study physical education in higher classes and set up career in it. Which of these is not related to the physical education profession? (1)
(A) Referee (B) Physical Education Teacher (C) Sports Nutritionist (D) Nurse
7. Which of these connect muscles to bones? (1)
(A) Ligaments (B) Muscles (C) Tissues (D) Tendons

8. The study of the law of physics as applied to physical activity, exercise and sports is called _____. (1)
 (A) Biophysics (B) Biochemistry (C) Biomechanics (D) Bioscience
9. The Olympic flag was created by Baron Coubertin in _____. (1)
 (A) 1913 (B) 1915 (C) 1920 (D) 1950
10. Ranji trophy is related to which sports? (1)
 (A) Hockey (B) Cricket (C) Badminton (D) Football
11. Which of the following is not used for doping? (1)
 (A) Anabolic steroids (B) Stimulants (C) Cocaine (D) Crocine
12. 'Grand slam' is used in which sports? (1)
 (A) Tennis (B) Badminton (C) Chess (D) Polo
13. Psychology means the scientific study of mind and _____. (1)
 (A) body (B) attitude (C) behavior (D) lifestyle
14. A Gymnast performing a cartwheel during a floor routine will move through the _____ plane. (1)
 (A) frontal (B) sagittal (C) transverse (D) vertical
15. Which of these is not related to cardiovascular system? (1)
 (A) Heart (B) Blood Vessels (C) Blood (D) Trachea
16. The speed of physical growth is fast in the first three years. At which age it starts slowing down? (1)
 (A) 11 – 13 Years (B) 12 – 15 Years (C) 7 – 8 Years (D) 60 – 65 Years
17. Match the List – I with the List – II and select the correct answer from the code given below: (1)

LIST – I		LIST – II	
Prohibited Substance		Examples	
i	Anabolic- Androgenic steroids	1.	Diamorphine, morphine
ii	Diuretics	2.	Betamethasone, cortisone
iii	Narcotics	3.	Testosterone, androsterone
iv	Glucocorticoids	4.	Amiloride, metolazone

Code				
	i	ii	iii	iv
A	4	1	2	3
B	3	3	1	2
C	4	3	1	2
D	3	4	1	2

18. The modern Olympic Games started in 1896 in _____. (1)
 (A) Japan (B) China (C) Italy (D) Athens

SECTION - B

19. List down any four objectives of the Khelo India Programme. (2)
20. What are the different disadvantages of Doping? (2)
21. How does a speech therapist help CWSN? (2)

22. What is the muscular endurance? (2)
23. Give any two leadership factors for team Cohesion. (2)
24. Highlight any two causes of disability. (2)

SECTION -C

25. What is the meaning and application of sports psychology? (3)
26. Write a brief note on factors affecting training load. (3)
27. What changes occur during adolescence? List any four. (3)
28. How we can maintain our physical fitness? (3)
29. List out the importance of sports psychology. (3)
30. Describe the principle of periodisation in terms of sports training. (3)

SECTION – D

31.



Look at the Cricket team of India just before the commencement of match. Captain might be giving some directions to the team members about good playing tactics and how handle the bad situations. This behavior needs good leadership skills.

Based on the image and your knowledge about leadership answers the following question:

- I. _____ plays an important role in developing the quality of leadership. (1)
- II. The main motive of the leader should be the synchronization of proper _____. (1)
- III. A leader should have excellent _____ skills. (1)
- IV. An _____ leaders can analyze the situation and make a decision accordingly. (1)

32. One visually impaired girl needs to cross the road. So she took the help of another girl for this.



Based on the above picture answer the following questions:

- I. We should demonstrate right attitude towards _____. (1)
 - II. We should not be sympathetic towards them and _____ only when they actually need. (1)
 - III. Do not make assumptions about their _____. (1)
 - IV. Adults with _____ want to be treated as independent people. (1)
33. Amit has been coaching to state level Volleyball team of his state. He got to know from the caretaker of the coaching centre, that he found some syringes and various medicines in the compound. On the basis of above answer the following:
- I. What could Amit make out of his statement? (1)
 - II. How would you explain Doping to the players? (1)
 - III. How would he prevent his team of addiction for these substances? (2)

SECTION - E

34. Describe the different values of Olympism. (5)
35. Write a note on cohesion in sports and its importance. (5)
36. Rani is very good at playing Volleyball. She has a flexible body and possesses high endurance. (5)
What type of flexibility does he have passive or active? Differentiate between the both.
37. What are the objectives and rights of the Indian Olympic Association? (5)