



DELHI PUBLIC SCHOOL SURAT
PHYSICAL EDUCATION (THEORY)

Roll No:

Class: XI

Marks: 70

Time Allowed: 3Hrs

Instructions:

1. Question paper consists of 26 questions.
2. All questions are compulsory.
3. Answer to question carrying 01 mark should be in approximately 30 words.
4. Answer to question carrying 03 marks should be in approximately 90 words.
5. Answer to question carrying 05 marks should be in approximately 200 words.

1. Write any one importance of integrated physical education. [1]
2. Define active flexibility and give one example. [1]
3. Enlist components of wellness. [1]
4. What do you mean by cardiovascular endurance? [1]
5. What is inclusion in education? [1]
6. Mention any two physical characteristics of Mesomorphs. [1]
7. Write any one difference between growth and development. [1]
8. Define sports training. [1]
9. Write any one role of free-play in the development of motor component. [1]
10. What is the physiological basis of adaptation? [1]
11. Enlist types of ergogenic aids. [1]
12. Briefly explain Olympic symbols. [3]
13. Write a short note on the origin of ancient Olympic Games. [3]
14. How can we use positive lifestyle for the prevention of health threats? [3]
15. Define and classify asanas. Briefly explain about any two types of yogaasana. [3]
16. Briefly explain the concept and procedure of yoga nidra. [3]
17. What do you mean by physical activity? Write about its types. [3]
18. Define extreme sports. Briefly write its objectives. [3]
19. Define warming – up and throw light on the importance of warming-up before competition. [3]
20. Define physical education. Explain in detail its aim and objectives. [5]
21. Explain in detail Paralympic sports. [5]

22. Describe in detail about importance of test, measurement and evaluation in physical education and sports. [5]
23. With the help of structure of heart, explain circulatory system and its main organs in detail. [5]
24. What do you mean by lever and explain the use of different types of levers with appropriate examples from the field of physical education and Sports? [5]
25. What is the scientific concept behind sports training? Explain in the light of principles of sports training. [5]
26. Explain the prohibited performance enhancing substances in detail. [5]

End of Examination

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