



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 difference between rules of ancient and modern Olympics. [1]
2. Enlist components of health related physical fitness. [1]
3. Define pranayama. Mention any two. [1]
4. Enlist the behavior changing stages for physical activity. [1]
5. Define kinesiology. [1]
6. What do you mean by buoyancy force? [1]
7. Define law of readiness. Give one example from sports. [1]
8. What is plateau in sports? [1]
9. How can breathing control emotions? [1]
10. Define overload. [1]
11. Classify and explain doping. [1]
12. Write a short note on Special Olympic Bharat. [3]
13. Write a short note on teaching as career option in physical education. [3]
14. Briefly explain objectives of adaptive physical education. [3]
15. According to you, what is the role of a physical education teacher towards children with special needs? [3]
16. Explain somatotypes given by William Herbert Sheldon. [3]
17. What do you mean by anthropometric measurements? Explain the procedure for anthropometric measurement of arm length. [3]
18. Define center of gravity. Write any two applications of center of gravity in sports with appropriate examples. [3]

19. Write a note on adolescent problems and their management. [3]
20. Describe in detail about Rajiv Gandhi Khel Ratna Award. [5]
21. Define wellness. Explain the importance of wellness for a sportsperson. [5]
22. Explain elements of yoga in detail. [5]
23. Safety measures are important during adventure sports. Suggest in detail safety measure, which can prevent injuries during adventure sports. [5]
24. What do you mean by skeleton system? Classify joints and explain each of them with example. [5]
25. Define limbering down. Explain the importance of limbering-down in sports. [5]
26. What is doping? Explain the side effects of prohibited substances in detail. [5]

End of Examination