



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 1-11 carrying 01 marks should be in approximately 20- 30 words.
4. Answer to question 12-19 carrying 03 marks should be in approximately 80-100 words.
5. Answer to question 20-26 carrying 05 marks should be in approximately 150- 200 words.

Section-A

1. Who introduced Special Olympics at World level? [1]
2. The International Paralympic Committee was founded in which year. [1]
3. Write the full form of ICSD. [1]
4. List any four elements of yoga. [1]

Or

Write about ujjai pranayama.

5. What do you mean by tratoka? [1]
6. Write about halasana. [1]

Or

What is trikonasana.

7. List down any four qualities of a leader. [1]
8. Write the formula of BMI. [1]

Or

Make the norm table of BMI.

9. What are the functions of Respiratory System? [1]
10. Write about buoyancy force. [1]

Or

Write the two importance of Kinesiology.

11. What is zero transfer of learning? [1]

Section-B

12. List down the various Physical Education courses available in India. Explain any two. [3]

Or

Write short note on Ministry of youth Affairs & Sports and National Council of Educational Research and Training.

13. What do you mean by Physical Education? Explain any two objectives. [3]

14. Write about Ancient Olympics. [3]

Or

Explain the major role of IOA in detail.

15. Explain in detail Rajeev Gandhi Khel Ratna Award. [3]

16. Explain health related physical fitness components. [3]

17. Explain the concept of positive life style. [3]

18. Explain any three objectives of adapted physical education. [3]

Or

Detail note on Special Olympics Bharat and its vision.

19. How Basti is performed? [3]

Section-C

20. Elaborate the behavior changes stages for physical activity. [5]

21. What do you mean by Body Type? Explain the types of somatotypes and its traits. [5]

22. What do you mean by Respiratory System? Explain the structure of Respiratory System. [5]

Or

Detail note on Oxygen Debt and Second-wind.

23. What do you mean by Biomechanics and Kinesiology? Explain the importance of Kinesiology in the field of Physical Education. [5]

24. What do you mean by learning? Describe the various laws of learning. [5]

25. Define periodisation, what is overload and explain the symptoms of overload. [5]

26. What do you mean by ergogenic aids and list it down? Explain any three from it. [5]

Or

What are the side effects of prohibited substances?

End of Examination