



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 mark 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. Deaflympics were originally known as? [1]
2. Write two principles of integrated Physical Education. [1]
3. Write four events of winter Paralympics. [1]
4. List down any four importance of yoga. [1]

Or

What do you mean by Tapa?

5. What do you mean by Dharana? [1]
6. Write about Gomukhasana. [1]

Or

What is Pranayama?

7. What do you mean by powered paragliding? [1]
8. How hip-waist ratio test is administered? [1]

Or

Define Anthropometry.

9. What do you understand by contractility of muscles? [1]
10. Write the meaning of dynamic equilibrium with suitable example. [1]

Or

What is centre of gravity?

11. What is Juvenile Delinquency? [1]

Section-B

12. List down the various career options in Physical Education. Explain any two. [3]

Or

Explain Sports Authority of India and Kunzru committee.

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

14. Differentiate between Summer and Winter Olympics with four associated event names. [3]

Or

Describe Olympic flag & rings , motto and oath in detail.

15. Explain in detail Arjuna Award. [3]

16. Explain physical fitness components. [3]

17. Explain any three components of wellness. [3]

18. Explain in detail Paralympics. [3]

Or

Explain IPC's developmental initiatives any three in detail.

19. List down all the eight elements of yoga. Explain any three. [3]

Section-C

20. Describe the opportunities available to act as leader in sports. Elaborate the objectives of adventures sports. [5]

21. What do you understand by lever? Explain the types of levers with suitable examples. [5]

22. What do you mean by properties of muscles? Explain the functions of muscles in detail. [5]

Or

Explain the microscopic structure of skeletal muscles.

23. Explain in detail about the Equilibrium, its types and application in sports with two examples. [5]

24. What do you understand by the term Sports Psychology? Elaborate the importance of psychology in physical education and sports. [5]

25. Define periodisation with an example. Explain the principles of Sports Training. [5]

26. Explain in detail prohibited substances and methods. [5]

Or

Write an essay on athlete's responsibilities for doping.

End of Examination