

BUDHA DAL PUBLIC SCHOOL PATIALA
FINAL EXAMINATION (19 February 2025)

Class XI

Subject - Physical Education (Set-A)

Time: 3hrs.

M.M. 70

GENERAL INSTRUCTIONS:

- 1) The question paper consists of 5 sections and 37 Questions.
- 2) Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
- 3) Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. There is internal choice available.
- 4) Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. There is internal choice available
- 5) Sections D consist of Question 31-33 carrying 4 marks each and are case studies.
- 6) Section E consists of Question 34-37 carrying 5 marks each and should not exceed 200-300 words. There is internal choice available.

Section – A

Q1. SAI stand for :

- (a) Sports Appointment of India (b) Sports Academic of India
(c) Sports Authority of India (d) Spots Accreditation of India

Q2. How many components are included in Khela India Program?

- (a) 10 (b) 12 (c) 8 (d) 15

Q3. What do you mean by NOC?

- (a) National Olympic Committee (b) National Olympic Congress
(c) National Olympic Course (d) National Olympic Community

Q4. Which of the following represents the correct combination of colours of Olympic rings:

- (a) Blue, Yellow, Black, Green, Red (b) Brown, Blue, Yellow, Black, Red
(c) Purple, Green, Red, Pink, Green (d) Blue, Yellow, Brown, Green, Purple

Q5. Which of the following is a Kriya?

- (a) Kapalbhathi (b) Bhastrika (c) Ujjayi (d) Nadi Shodhana

Q6. Out of the following which one is not an element of Ashtanga Yoga?

- (a) Yama (b) Niyama (c) Dhauti (d) Pratyahara

Q7. World Disability Day is celebrated on:

- (a) 2nd April (b) 21st June (c) 29th August (d) 3rd December

Q8. Which of the following is not Disability etiquette?

- (a) Avoid asking personal questions (b) Use a normal tone of voice
(c) Listen attentively (d) Pretending to understand

Q9. Which type of strength is used in pushing the wall?

- (a) Maximum strength (b) Isotonic strength (c) Isometric strength (d) Strength endurance

Q10. Mallakhamb stands for:

- (a) A gymnast's pole (b) Running (c) Martial Art (d) All of these



Q11. Skinfold technique is used to measure:

- (a) Weight (b) Fat percentage (c) Girth measurement (d) Over fatness

Q12. 'Mesomorphy' is characterized by

- (a) Well defined muscles (b) Soft and round body (c) Slow metabolism (d) Thin

Q13. The principal organ of respiration is:

- (a) Nose (b) Larynx (c) Trachea (d) Lungs

Q14. Which out of the following is a voluntary muscle?

- (a) Smooth muscle (b) Skeletal muscle (c) Cardiac muscle (d) All of the above

Q15. The way of performing an action scientifically is:

- (a) Style (b) Technique (c) Skill (d) Strategy

Q16. Warming up is performed to

- (a) Learn new skills (b) Enhance mechanical efficiency (c) Relax (d) Reduce heart rate

Q17. Meso cycle is a training of:

- (a) one week (b) 4 to 10 days (c) 3 to 6 weeks (d) 3 months

Q18. The science that deals with the structural aspect of the human body is known as:

- (a) Physiology (b) Anatomy (c) Botany (d) Kinesiology

SECTION - B

Q19. Name any two wearable gears.

Q20. Write any 2 benefits of doing Sutra Neti.

Q21. What are the types of disabilities?

Q22. Name two traditional sports and regional games.

Q23. What do you mean by evaluation?

Q24. Define Sports Training.

SECTION - C

Q25. Write a short note on Summer Olympic games.

Q26. Write the aim of adaptive physical education.

Q27. Discuss briefly about the importance of physical fitness.

Q28. What is BMI? How will you calculate it?

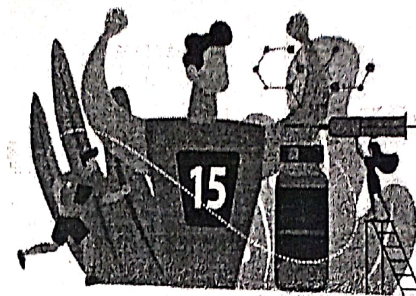
Q29. Write down the properties of cardiac muscles.

Q30. What do you understand by active and passive warm-up?

SECTION - D

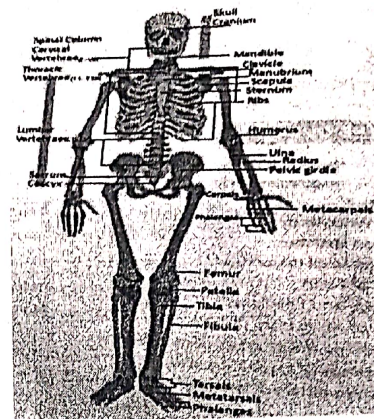
Q31. Doping refers to an athlete's use of prohibited drugs or methods to improve training and sporting results. Doping methods or substance might harm the health of athletes and might be fatal

1. The full form of WADA is
2. are used to lose weight rapidly in sports.
3. is the process of increasing the Red blood cells by blood transfusion.
4. In, IAAF (International Association of Athletics Federation) became the first governing body to prohibit doping.



Q32. On the basis of given picture answer the following questions:

1. Name any four long bones.
2. How many bones are there in the vertebral column?
3. Scapula is an example of
4. Shoulder joint is an example of joint.



Q33. The Ministry of Sports and Youth Affairs introduced Khelo India Program to revive sports culture right from the grass-root level. The aim of introducing this programme is to inspire the young talent of the country to participate in sports activities. This scheme focuses on nurturing raw talent, promoting mass participation and connecting rural India to global games.

1. Khelo India Program was introduced in
2. Under the Talent Identification and Development scheme, players from priority sports are selected at various levels of participation.
3. All the components of the Khelo India Scheme are gender and afford equal opportunities to women for participating in sporting activities and development of sports.
4. Under Sports for Peace and Development the Government of India provides a special package to for enhancing sports facilities in the State.



SECTION - E

Q34. Classify various playing surfaces in sports?

Q35. How a special education counselor, occupational therapist, speech therapist and special educator helps children with special needs?

Q36. Briefly explain the structure of respiratory system.

Q37. What is sports training? Write the principles of sports training?