

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

Class XI

Subject - Physical Education (Set-B)

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. Where Lakshmbai National Institute of Physical Education (LNPE) is situated?  
(a) New Delhi (b) Patiala (c) Kerala (d) Gwalior
- Q2. The Central Govt. Physical Education Committees was set up in 1948, which is also known as:  
(a) Tara Chand Committee (b) Raj Kumari Amrit Kaur  
(c) Simon Committee (d) NIS Committee
- Q3. The First Olympic torch was lit in:  
(a) 1896, Athens, Greece (b) 1920, Antwerp, Belgium  
(c) 1924, Paris, France (d) 1928, Amsterdam, Netherland
- Q4. "Helping others to feel safe from violence" is an example of which of the following Olympic value?  
(a) Friendship (b) Respect (c) Excellence (d) Trust
- Q5. How many Niyamas have been outlined in Ashtanga Yoga?  
(a) 4 (b) 3 (c) 5 (d) 2
- Q6. Word 'Yoga' derived from:  
(a) Yuj (b) Yug (c) Yua (d) Yuy
- Q7. What is the term used for Children with Special Needs?  
(a) Viklang (b) Divang (c) Differently abled (d) All of the above
- Q8. Which one is Congenital disability?  
(a) Down Syndrome (b) Cerebral Palsy (c) Polio (d) Both (a) and (b)
- Q9. R.I.C.E. treatment refers to :  
(a) Rest, Ice, Crutches, Elevation (b) Rest, Ice, Compression, Elevation  
(c) Rest, Ibuprofen, Crutches, Exercise (d) Recovery, Ice, Compression, Exercise
- Q10. Social wellness refers to the relationships we have :  
(a) With ourselves (b) With other people (c) With environment (d) All the above
- Q11. WHR is calculate by :  
(a) Multiplying waist by hip measurement (b) Adding hip by waist measurement  
(c) Dividing hip by waist measurement (d) Subtracting waist from hip measurement



Q12. What is the formula for BMI?

- (a) Weight/height (b) Weight/(height)<sup>2</sup> (c) Height/Weight (d) (Weight/Height)<sup>2</sup>

Q13. Which type of joints allow angular movement only in one direction?

- (a) Hinge joint (b) Saddle joint (c) Gliding joint (d) Ball and Socket joint

Q14. The ability of a muscle to shorten forcefully is known as:

- (a) Extensibility (b) Contractility (c) Elasticity (d) Excitability

Q15. Cause of overload in training is associated with :

- (a) Intensity (b) frequency (c) duration (d) faulty training method

Q16. The systematic planning of athletic or physical training is called :

- (a) Periodization (b) Specificity (c) Frequency (d) Variance

Q17. Full form of IAAF :

- (a) International Association of Athletics Federation  
(b) Interstate Association of Athletics Federation  
(c) Interstate Association of Athletics Foundation  
(d) Indian Association of Athletics Federation

Q18. The articulation of two or more bones of the skeleton is known as :

- (a) Cartilage (b) Joint (c) Syndermosis (d) None of the above

#### SECTION - B

Q19. Who started the modern Olympic Games?

Q20. List any two important pranayamas.

Q21. Define Disorder.

Q22. Name the components of physical fitness.

Q23. What is vital capacity?

Q24. Define Training Load.

#### SECTION - C

Q25. Write a short note on the teaching career in physical education.

Q26. What are the types of Disorder? Explain.

Q27. A good leader delegates duties and responsibility. Do you agree?

Q28. What is waist-hip ratio? How is it calculated?

Q29. Explain the functions of skeletal system.

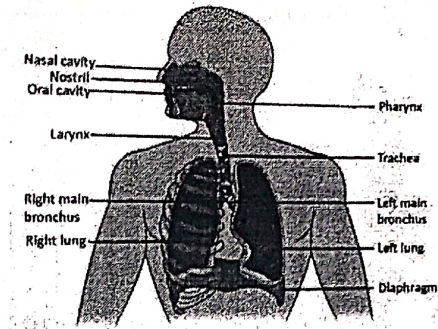
Q30. How is general warming up different from specific warming up?

#### SECTION - D

Q31. In haling and exhaling of air i.e. the physical process by which a living organism takes in oxygen from the surroundings and gives out carbon dioxide is known as respiration. Respiration is the basic necessity for survival of not only humans but all the animals of earth.



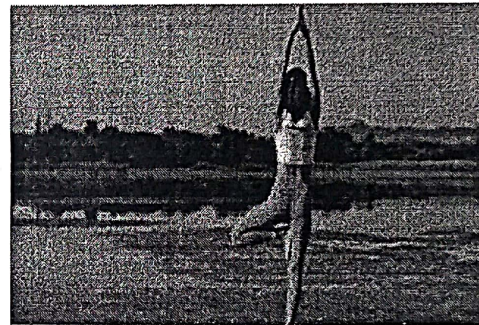
1. In the inner side of the nose there are two oval-shaped openings called .....
2. The ..... is a muscular tube-like structure located in the head and neck region that serves as a passageway for both food and air.
3. .... is also named as windpipe.
4. The ..... acts as a stopper not to allow the food to enter the trachea.



Q32. The path of yoga is a flight of eight steps. Efficiency in yoga is attained through step-by-step process. These are also known as eight elements of yoga. They are for the individual to think about the ponder over with a rational mind because yoga is not about mindlessly accepting externally imposed rules – it is about finding the truth for oneself and connecting with it.

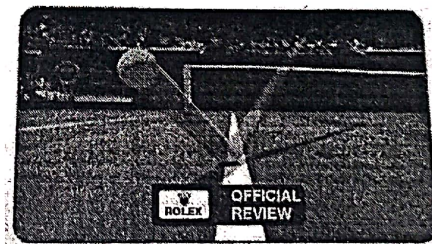
On the basis of your knowledge of elements of yoga answer the following questions:

1. Which is the first element of yoga?
2. Which is the last element of yoga?
3. The last three limbs of Ashtanga Yoga are the essential stages of meditation. Name them.
4. What is the meaning of Pranayama?



Q33. Technology has taken over today's modern world. Many professional and amateur sports bodies have embraced new technologies to protect athletes, engage fans, track world records and make it easier to officiate the games. Officiating technology is widely used in sports to help referees and officials make accurate decisions during matches.

1. In the given picture uses ..... technology.
2. .... Technology is used in Football to determine if the ball has completely crossed the goal line, signaling to the referee if a goal has been scored.
3. .... is used by Referees to replay videos to review crucial decisions like fouls or offside calls, reducing mistakes and ensuring fair play.
4. .... technology tracks the ball's trajectory to determine if it's in or out, helping referees make accurate line calls in tennis, badminton etc. and decisions on LBWs (in cricket).



### SECTION - E

- Q34. What do you mean by Yoga? Outline the importance of yoga.
- Q35. Explain in detail the somatotypes.
- Q36. Describe the different types of Bones.
- Q37. What is doping? Explain its disadvantages.