

BUDHA DAL PUBLIC SCHOOL PATIALA
FINAL EXAMINATION (19 March 2026)

Class XI

Subject - Physical Education (Set-A)

M.M. 70

Time: 3hrs.

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. The Central Government Physical Education Committees was set up in 1948, which is also known as:
- (a) Tara Chand Committee (b) Raj Kumari Amrit Kaur Committee
(c) Simon Committee (d) NIS Committee
- Q2. Traditionally, sports were played on which surfaces?
- (a) Natural green surfaces (b) Artificial grass (c) Both (a) and (b) (d) None of these
- Q3. What do you mean by NOC?
- (a) National Olympic Committee (b) National Olympic Congress
(c) National Olympic Course (d) National Olympic Community
- Q4. In 393 A.D., which emperor banned Olympic Games?
- (a) Augustus (b) Theodosius (c) Claudius (d) Marcus Aurelius
- Q5. What is meant by 'Dhauti'?
- (a) Satisfaction (b) Purification (c) Detachment (d) Dedication
- Q6. Who gave this definition 'Checking the impulses of mind is Yoga'?
- (a) Patanjali (b) Shankracharya (c) Shri Krishna (d) Swami Sivananda
- Q7. World Disability Day is celebrated on:
- (a) 2nd April (b) 21st June (c) 29th August (d) 3rd December
- Q8. A disability present at the time of birth is also known as:
- (a) Invisible disability (b) Locomotor disability (c) Congenital disability (d) Temporary disability
- Q9. Mallakhamb stands for:
- (a) A gymnast's pole (b) Running (c) Martial Art (d) All of these
- Q10. Which type of strength is used in pushing the wall?
- (a) Maximum strength (b) Isotonic strength (c) Isometric strength (d) Strength endurance
- 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

A-1



- Q12. Skinfold technique is used to measure:
(a) Weight (b) Fat percentage (c) Girth measurement (d) Over fatness
- Q13. Ligament connects :
(a) Bone to Bone (b) Cartilage to muscle (c) Blood to cartilage (d) Cartilage to muscle
- Q14. Hip joint is an example of:
(a) Pivot joint (b) Hinge joint (c) Ball and socket joint (d) Condylloid joint
- Q15. Meso cycle is a training of:
(a) one week (b) 4 to 10 days (c) 3 to 6 weeks (d) 3 months
- Q16. Overload in training can be avoided by increasing:
(a) intensity (b) frequency (c) duration (d) recovery
- Q17. What is the aim of Physical Education?
(a) Physical development (b) Wholesome development of an individual
(c) Growth and development (d) Mental development
- Q18. "Endomorph" is characterized by
(a) husky and muscular (b) soft and fat (c) thin and bony (d) none of these

SECTION - B

- Q19. Who started the modern Olympic games?
- Q20. What is Asana?
- Q21. What are the types of disabilities?
- Q22. Name the components of physical fitness?
- Q23. What are mesomorph?

OR

- Q24. Define joints?

SECTION - C

- Q25. What do you understand by active and passive warming up?
- Q26. Write a short note on meditation?
- Q27. How a physiotherapist helps children with special needs?
- Q28. How does a good leader regulate team behaviour?
- Q29. What is BMI? How will you calculate it?

OR

- Q30. Differentiate physiology and anatomy.

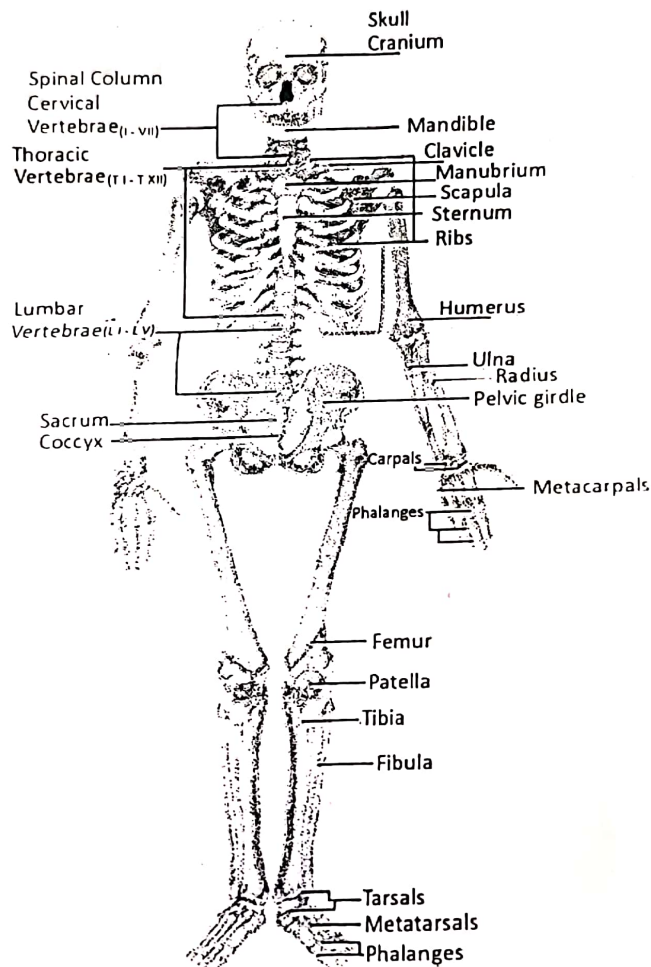
SECTION - D

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 :



- (a) Name any four long bones ?
- (b) How many bones are there in the vertebral column ?
- (c) Scapula is an example of
- (d) How many carpals are there ?