

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

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 Lakshmibai National Institute of Physical Education (LNPE) is situated?
(a) New Delhi (b) Patiala (c) Kerala (d) Gwalior
- Q2. SAI stand for :
(a) Sports Appointment of India (b) Sports Academic of India
(c) Sports Authority of India (d) Spots Accreditation of India
- Q3. Which Olympics marked the debut of Olympic torch relay?
(a) Amsterdam, 1928 (b) London, 2012 (c) Mexico, 1968 (d) Berlin, 1936
- Q4. Where is the headquarters of International Olympic Committee located?
(a) U.S.A. (b) London (c) Switzerland (d) Germany
- Q5. Word 'Yoga' derived from:
(a) Yuj (b) Yug (c) Yua (d) Yuy
- Q6. How many Niyamas have been outlined in Ashtanga Yoga?
(a) 4 (b) 3 (c) 5 (d) 2
- Q7. Which of the following is not a physical disability?
(a) Injury to Spinal Cord (b) Injury to neck (c) Loss of limb (d) Attention Deficit Disorder
- Q8. What is the term used for children with Special Need?
(a) Viklang (b) Divang (c) Differently Abled (d) All of the above
- Q9. It is also called as isometric strength:
(a) Maximum strength (b) Explosive strength (c) Static strength (d) Strength endurance
- Q10. R.I.C.E treatment refers to
(a) Rest, Ice, Crutches, Elevation (b) Rest, Ice, Compression, Exercise
(c) Rest Ibuprofen, Crutches, Exercise (d) Recovery, Ice, Compression, Exercise
- Q11. What is the formula for BMI?
(a) Weight/ height (b) Weight/ (height)² (c) Height/ weight (d) (Weight/ Height)²

B-1



Q12. Sit and reach test is used to measure:

- (a) Agility (b) Flexibility (c) Strength (d) All of the above

Q13. A part of the respiratory system also called as Voice box is

- (a) Trachea (b) Nasal Cavity (c) Pharynx (d) Larynx

Q14. Vertebra is an example of

- (a) Long bone (b) Flat bone (c) Short bone (d) Irregular bone

Q15. Outer load in training depends on

- (a) Sweating (b) Colour of skin (c) The intensity of load (d) Fatigue

Q16. WADA stands for

- (a) World Anti-Doping Association (b) World Anti-Doping Alliance
(c) World Anti-Doping Agency (d) World Anti-Doping Alumina

Q17. A Disability present at the time of birth is also known as

- (a) invisible disability (b) locomotor disability (c) congenital disability (d) temporary disability

Q18. Somatotype is a method for describing:

- (a) human body length (b) human physique (c) human skull (d) human behaviour

SECTION - B

Q19. Explain one benefit of variable technology in sports.

Q20. Who started the modern Olympic games?

Q21. List any two importance of Pranayamas.

Q22. What is disability?

Q23. Name some traditional sports.

OR

Q24. What do you mean by WADA?

SECTION - C

Q25. Write a short note on fit India program.

Q26. Write a short note on winter Olympic games.

Q27. Write the technique of doing Jal Neti.

Q28. How a physiotherapist help children with special needs?

Q29. Explain physical wellness.

Q29. Differentiate physiology and anatomy.

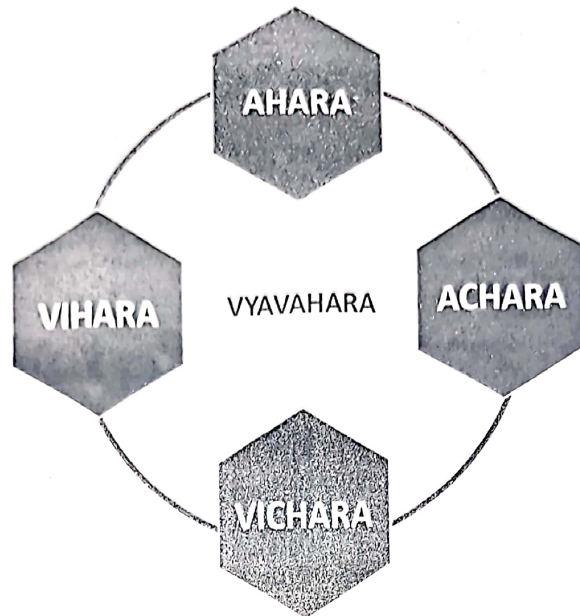
OR

Q30. Why must a good leader be accountable?

SECTION - D

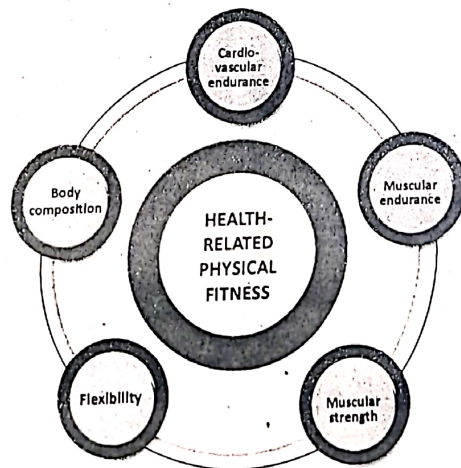
Q. 31. Yogic concept considers health as a holistic way and sees the person as a whole. The five Sanskrit terms, Ahara, Vihara, Achara, Vichara and Vyavahara are essential concepts in Yoga and Ayurveda that describe various aspects of a healthy lifestyle.

B-2



1. refers to introspection or self-reflection.
2. refers to social behaviour or interaction with others.
3. refers to diet or food.
4. includes daily habits such as sleeping patterns, exercise routines and work schedules.

32. Measurements of health-related fitness encompass a range of assessments aimed at evaluating an individual's physical condition and overall well-being. These measurements serve as valuable tools in understanding an individual's level of fitness and assessing various aspects of health, including cardiovascular endurance, muscular strength, flexibility and body composition. These measurements play a crucial role in promoting healthy lifestyles, preventing chronic diseases and enhancing overall quality of life.



1. is a screening tool that can indicate whether a person is underweight or if they have a healthy weight, excess weight or obesity.
2. is used to measure Cardiovascular Fitness/Cardiovascular Endurance.
3. The test is a common measure of flexibility and specifically measures the flexibility of the lower back and hamstring muscles.
4. The Sit and Reach box has the following dimensions : (sides), 12" x 10" (front and back) 12" x 21" (top) Inscribe the top panel with centimeter/mm gradations.

Or

It is crucial that the vertical plane against which the subject's feet will be placed is exactly at the cm mark.

B-3

Q. 33. The values and meaning of Olympism are expressed by the Olympic symbol (the five rings) and other identifying Olympic elements (the flame, the torch relay, the motto, the maxim, the anthem and the oaths). These make it possible to transmit a message simply and directly. They give the Olympic Movement and the Games their own identity.



1. The Olympic Creed is, "The important thing in life is not the....., but the fight; the essential thing is not to have won, but to have fought well."
2. of France, is rightly known as the "Founder of the Modern Olympic Games".
3. At the modern Olympic Games, a flame was lit for the first time in the stadium at Amsterdam, in.....
4. The Olympic flag was created under the guidance of Baron Coubertin in 1913 and was released in

Or

The Olympic flag was first hoisted in 1920 in at the Antwerp Olympic games in the main stadium.

SECTION - E

Q34. Write a short note on:

- a) The Motto and maxim b) Olympic flag

Q35. Explain in detail the career options in physical education.

Q36. What is Doping? Explain its disadvantages.

OR

Q37. Describe the different types of bones.

B-4

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