

MID TERM EXAM
PHYSICAL EDUCATION (Theory)
Class XI

Time:-3Hrs.

M.M.-70

General Instructions:-

***Question paper contained 34 Questions.**

***All questions are compulsory.**

***Question number 1 to 20 carry 1 mark each and write the correct option on your answer sheet.**

***Question numbers 21 to 30 carry 3 marks each answer. These questions should be in approximately 80-100 words each.**

***Question number 31 to 34 carry 5 marks each answer to these questions should be in approximately 150-200 words each**

SECTION- A

(1×20=20)

Q.1. When was the first khelo India Games held?

- | | |
|-----------|-----------|
| (a) 2016 | (b) 2018 |
| (c) 2017. | (d) 2019. |

Q-2. "Physical Education is the sum of changes in an individual caused by experience centring motor activity" Who said this?

- | | |
|------------------------|--------------|
| (a) Prince martin. | (b) Millions |
| (c) Charles A. Butcher | (d) Cassidy |

Q-3 Where is the headquarter IOC?

- | | |
|--------------|-----------------|
| (a) New York | (b) Switzerland |
| (c) Paris | (d) France |

Q-4 Where the 2020 Olympics were scheduled.

- | | |
|-----------------|-----------|
| (a) Los Angeles | (b) India |
| (c) Mexico | (d) Tokyo |

Or

What is the full form of AAHPERD?

Q-5 Whistle and Guns are not used in these games.

- | | |
|-------------------------|-----------------------------|
| (a) Commonwealth games. | (b) Deaflympics games |
| (c) Paralympic games. | (d) Special olympic Bharat. |

Q-6 Which of the following asana is helpful in controlling diabetes?

- | | |
|----------------|------------------|
| (a) Vakrasana. | (b) Mandukasana. |
| (c) Vajrasana. | (d) Garudasana. |

Or

What is the full form of NADA

Q-7 From which year did the Arjuna Award start

- (a) 1964
- (b) 1963
- (c) 1962
- (d) 1961

Q-8 Jal neti is done for.

- (a) Nose
- (b) eyes
- (c) hands
- (d) legs

Q-9 Endurance is earlier known as.

- (a) Stamina.
- (b) Energy
- (c) Power.
- (e) control

Q-10 Which asana is associated with eagle.

- (a) sirsasana
- (b) garudasana
- (c) padmasana
- (d) savasana

Q11-Neuromuscular coordination is in between

- (a) Brain and body.
- (b) brain and bones
- (c) stomach and body
- (d) none

Q-12 Khelo India games in India held from.

- (a) 31st January 2018
- (b) 21st January 2018
- (c) 27th January 2018.
- (d) 31st February 2018

Q13-Career branches in physical education are

- (a) exercise physiology
- (b) sports sociology
- (c) sports nutrition
- (d) all of the above

Q14-Modern physical education originated in Germany in which year

- (a) 1980
- (b) 1800
- (c) 1825
- (d) 1806

Q15-Lifestyle is closely related with.

- (a) time
- (b) shape
- (c) Height
- (d) sleep

Q16-What is the full form of 'WADA'

- (a) White Anti doping Agency.
- (b) Wide Anti doping Academy
- (c) World Anti doping Agency
- (d) None of the above

Q17- Speed can be improved how much

- (a) Less.
- (b) more
- (c) medium
- (d) None

Q18- An athlete with total or partial limb loss is

- (a) Amputee
- (b) cerebral palsy
- (c) intellectual disability
- (d) articulation disability

Q19- Yog nidra improves

- (a) eyesight. (b) Brain
(c) Eyes. (d) None

Q20-Not an objective of physical education.

- (a) organic development. (b) social development
(c) emotional development. (d) technical development

SECTION- B

(3×10=30)

21) Write short notes on Chacha Nehru sports awards.

Or

Discuss elaborately about the paralympic movement?

- 22) Explain the origin of ancient olympic games?
23) Draw the flowchart classifying asanas.
24) Write a short note on dhyana and samadhi?
25) What is power?
26) Explain the benefits of yog nidra.

Or

Enlist the various career options available in the field of physical education and sports.

27) Write short notes on the following-

- a) Olympics flag. b) Olympics motto

- 28) What is cardiovascular fitness and endurance?
29) write down four components of positive lifestyle.
30) mention any three objectives of the Deaflympics.

Or

What does Pranayam explain briefly?

SECTION- C

(5×4=20)

31) What is adapted physical education? discuss elaborately about the aim and objectives of adapted physical education?

32) What is wellness discussed in detail about the components of wellness?

Or

Explain any three achievements of the special olympic Bharat?

- 33) Explain the technique benefits and cautions of Shashankasana?
34) Discuss about the dronacharya award in detail.

Or

Define yoga and the meaning of yoga. Explain its importance in daily life.

