



# INDIAN SCHOOL AL WADI AL KABIR

FINAL EXAM 2023-24

Physical Education (048)

Class – XI  
Date: 22.02.2024

Time: 3 Hours  
Max. Marks: 70

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

## SECTION— A

(1 Mark each)

1. The correct positioning of fingers in Anulom-Vilom is :



(a)



(b)



(c)



(d)

2. After completing D.P.Ed. you can teach Classes .....  
(a) I to VIII (b) I to V (c) VI to VIII (d) I to X
3. How many components are included in Khelo India Program?  
(a) 10 (b) 12 (c) 8 (d) 15
4. .... is a very good Kriya to get rid of nasal allergy.  
(a) Vastradhauti (b) Dandadhauti (c) Neti (d) Kapalbhathi
5. Given below are the two statements labeled Assertion (A) and Reason (R) :  
A : The heart, blood and blood vessels constitute as the circulatory system of the body.  
R : Arteries carry blood away from the heart and veins carry blood back to the heart.  
In the context of above two statements, which one of the following is correct?  
(a) Both (A) and (R) are true and (R) is the correct explanation of (A).  
(b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).  
(c) (A) is true, but (R) is false.  
(d) (A) is false, but (R) is true.

6. Qila Raipur sports festival was first held in :  
 (a) 1930 (b) 1931 (c) 1932 (d) 1933
7. What is the maximum range of movement possible at a joint known as ?  
 (a) Flexibility (b) Coordinative ability (c) Locomotor ability (d) None of the above
8. Identify the following figure:



- (a) Olympic Flag (b) National Flag (c) Special Olympics Flag (d) None of these

9. Match the following:

Column A	Column B
A. Wearable gear	(i) Natural grass
B. Playing Surface	(ii) Smart Watch
C. Protective Equipment	(iii) 3D Lasers
D. Sensor Tools	(iv) Helmet

Option	A	B	C	D
a)	iv	ii	i	iii
b)	i	ii	iii	iv
c)	iii	iv	ii	i
d)	ii	i	iv	iii

10. Given below are the two statements labeled Assertion (A) and Reason (R) :

A: Doping can be defined as the use of chemical substances, foreign to the body, to improve performance in competition, may be national or international.

R: Doping can have many harmful side effects.

In the context of above two statements, which one of the following is correct?

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).  
 (b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).  
 (c) (A) is true, but (R) is false.  
 (d) (A) is false, but (R) is true.

11. The plane which divides the body into a left and a right is called :  
(a) coronal plane                      (b) sagittal plane                      (c) vertical plane                      (d) transverse plane
12. An individual's ability to bounce back emotionally in the face of adversity is referred as .....  
(a) Aggression                      (b) Anxiety                      (c) Resilience                      (d) Motivation
13. The first case of doping in Modern Olympics came to light in:  
(a) 1904                      (b) 1908                      (c) 1912                      (d) 1916
14. .... is a person's ability to control their body position relative to some support base.  
(a) Inertia                      (b) Balance                      (c) Spin                      (d) None of the above
15. The simplest possible joint movement is:  
(a) circular motion                      (b) flexing movement                      (c) gliding movement                      (d) swinging motion
16. Which of the following is a matter of inheritance?  
(a) Personality traits                      (b) Habits & routines                      (c) Character                      (d) Manners & etiquettes
17. Which parameters are required for calculation of BMI?  
(a) Weight and Height                      (b) Age and Gender                      (c) Weight and Age                      (d) Height and Age
18. The first modern Olympic games were held in the year .....  
(a) 1896                      (b) 1900                      (c) 1904                      (d) None of the above

**SECTION—B**

**(2 Marks each)**

19. What do you mean by sports journalism?
20. List the principles of Niyama.
21. What is the main aim of Adaptive Physical Education?
22. What is the formula for calculating waist-hip ratio?
23. Define Abduction.
24. What is meant by Team Cohesion?

**SECTION—C**

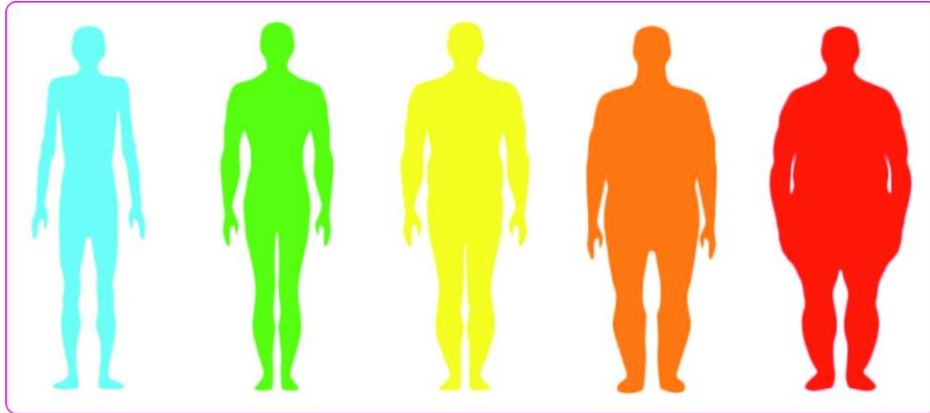
**(3 Marks each)**

25. Write in brief about the objectives of Physical Education.
26. Briefly explain procedure of any two Pranayama techniques.
27. Describe any two qualities of a good leader.
28. What is physiology? Write its importance.
29. Explain Kinetics and Kinematics.
30. Explain Resilience and its importance in sports?

**SECTION—D**

**(4 Marks each)**

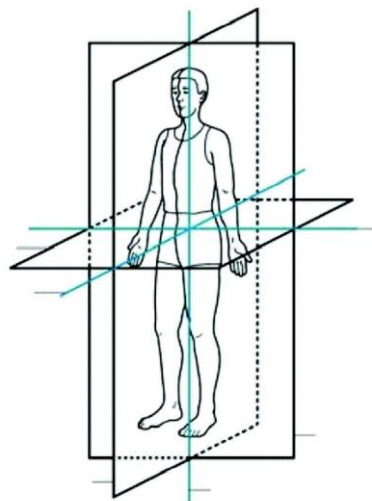
**31.** BMI is considered a very useful test for body composition. People with high BMI are advised to workout and pay attention to their weight with the help of workout and improvement in their dietary habits. Based on this answer the following questions:



- (a) The range for Normal BMI is .....
- (b) 30-34.5 is the range for .....
- (c) A person with BMI 26 is .....
- (d) A male whose weight is 90kg and height is 1.7m his BMI is .....

OR

- (d) 25.0—29.9 is the range for .....
- 32.** To perform the daily activities, we need to change body positions or move our body parts as well as we need to displace from one place to another. Every human movement is described in three dimensions based on a series of planes and axis.



On the basis of the above, answer the following questions:

- (a) A..... is an imaginary flat surface passing through the body or organ along which a movement takes place.
- (b) A vertical plane that divides the body into left and right side is known as .....
- (c) .....axis runs from left to right through the centre of the body.
- (d) Sagittal axis is also known as..... axis.

**Or**

- (d) ..... plane passes through the middle of the body and divides the body horizontally in the upper and lower half.

**33.** The ancient Olympics were a prestigious and sacred sporting event. These games celebrated physical prowess, skill, and unity. Athletes competed in disciplines like running, discus, wrestling, and chariot racing. The games were accompanied by religious rituals and truces, during which conflicts were suspended.



Based on the above, answer the following questions:

- (a) Ancient Olympics were held in ..... , Greece.
- (b) The first ancient Olympic Games can be traced back to .....B.C.
- (c) There were a series of athletic competitions held for representatives of various city states of Ancient Greece held in honor of .....
- (d)..... of France, is rightly known as the “Founder of the Modern Olympic Games”.

**Or**

- (d) They continued for nearly 12 centuries, until Emperor Theodosius ordered in \_\_\_\_\_A.D. to ban the Olympic Games.

### **SECTION—E**

**(5 Marks each)**

- 34.** What is sports training? Write the principles of sports training.
- 35.** Explain in detail the career options in Physical Education.
- 36.** What is doping? Explain its disadvantages
- 37.** Describe the different types of Bones.

-----x-----x-----x-----x-----x-----