



CLASS – XI
SUBJECT: PHYSICAL EDUCATION

Time 3 Hrs

MM.70

General instructions:

1. All questions are compulsory.
2. Attempt all parts of a question together.
3. Question paper carries two parts namely A & B
4. The number of question should be written clearly.
5. Answer to questions carrying 1 mark should not exceed 30 words each.
6. Answer to questions carrying 2 marks should not exceed 40-60 words each.
7. Answer to questions carrying 3 marks should not exceed 60-80 words each.
8. Answer to questions carrying 5 marks should not exceed 100-125 words each.

PART-A

- | | | |
|-------|---|---|
| Q.1 | Write down the meaning of physical education. | 1 |
| Q.2. | What do you mean by pragmatism? | 1 |
| Q.3. | What do you mean by professional ethics? | 1 |
| Q.4. | Define stress? | 1 |
| Q.5. | Define sports sociology. | 1 |
| Q.6. | Define Leadership. | 1 |
| Q.7. | Define the term 'Measurement'. | 1 |
| Q.8. | Define Fitness. | 1 |
| Q.9. | Define Philosophy, explain Idealism. | 2 |
| Q.10. | Explain basic concepts of projectile used in sports. | 2 |
| Q.11. | Why self assessment is important for career choice? | 2 |
| Q.12. | Write the brief history of Olympic games? | 2 |
| Q.13. | What do you mean culture; explain games and sports is man's culture heritage. | 2 |
| Q.14. | What are the general functions of leader? | 3 |
| Q.15. | Explain the effect of exercise on muscular system? | 3 |
| Q.16. | Explain fundamental concepts of biomechanics in physical education and sports. | 3 |
| Q.17. | Explain the importance of sports sociology in sports. | 3 |
| Q.18. | Classify and explain drugs used by sports persons to enhance sports performance. | 5 |
| Q.19. | Explain the objectives of physical education. | 5 |
| Q.20. | What are the qualities of a good leader, How the leadership qualities are developed through sports? | 5 |
| Q.21. | Define warming up, explain the types of warming up. | 5 |

PART-B



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|-------|---|---|
| Q.22. | Write the brief history of game/Sport of your choice. | 2 |
| Q.23. | Explain any six latest general rules of the game/Sport of your choice. | 3 |
| Q.24. | Draw the diagram of the field/court of the related games/sports of your choice. | 5 |
| Q.25. | Explain any two fundamental skills of the game/Sport of your choice. | 2 |
| Q.26. | Explain any three terminologies related to game/Sport of your choice. | 5 |
| Q.27. | Write specific exercises of warm-up and conditioning. | 3 |



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