



ANANDALAYA
ANNUAL EXAMINATION
Class: XI

Subject: Physical Education (048)

Date : 13-02-2025

M.M : 70

Time : 3 Hr.

General Instructions:

1. The question paper consists of 5 sections and 37 Questions.
2. Section A consists of Questions No. 1-18 carrying 1 mark and are Multiple Choice Type Question.
3. Section B consists of Questions No. 19-24 carrying 2 marks each and shall not exceed 60-90 words.
4. Section C consists of Question No. 25-30 carrying 3 marks each and shall not exceed 100-150 words.
5. Section D consists of Questions No. 31-33 carrying 4 marks each and are case studies.
6. Section E consists of Questions No. 34-37 carrying 5 marks each and shall not exceed 200-300 words.

Section - A

1. Which of the below course/qualification can make your career in physical education? (1)
(A) M.P. ED (B) B.A (History) (C) B.COM (D) M.A (Political Science)
2. In Physical education the word "Physical" is referred as _____ (1)
(A) Physical education (B) education
(C) body action (D) emotional development
3. In the year 2018, that time Sports Minister Col. Rajyavardhan Singh Rathore, launched a sports programme, which is known as: (1)
(A) Sports Authority of India (B) FIT India
(C) Khelo India (D) none of the above
4. The first case of doping in Modern Olympics came to light in _____. (1)
(A) 1904 (B) 1908 (C) 1912 (D) 1916
5. B.P.Ed is referred as _____ (1)
(A) Bachelor of physical education (B) Business of Physical Education
(C) Biomechanics of physics education (D) Behavior of physical education
6. "Playing beyond the rules of the games" is violation of which of the educational value? (1)
(A) Pursuit of Excellence (B) Balance between Body, Will and Mind
(C) Joy of Effort (D) Fair Play
7. Who define yoga as "Skillness in action"? (1)
(A) Maharashi Patanjali (B) Bramaanda Purana
(C) Lord Krishna (D) Maitri Upanishad
8. Which Pranayam should be avoided during winters? (1)
(A) Sheetli (B) Simhasana (C) Swastikasana (D) Vajrasana
9. Given below are two statements, one is labelled as Assertion (I) and the other is labelled as Reason (II). (1)
Assertion (I): Disorder is disruption caused to normal functions of a person.
Reason (II) : Disorder is any aliment that disturbs the health of a person which hinder a person's performance and diminish his efficiency.
In contest of the two statements which one of the following is correct? (1)
(A) Both (I) and (II) are true and (II) is the correct explanation of (I)
(B) Both (I) and (II) are true and (II) is not the correct explanation of (I)
(C) (I) is true, but (II) is false
(D) (I) is false, but (II) is true.

10. Which game is the origin of Ludo?
 (A) Chaupar (B) Gilli Danda (C) Kalaripayattu (D) Shatranj (1)
11. Identify the Test: (1)



- (A) Sit and reach (B) Push up
 (C) Partial curl up (D) Modified push up
12. The synovial joints in which angular movement is allowed in just one plane is called _____. (1)
 (A) hinge joint (B) saddle joint (C) plane joint (D) pivot joint
13. Bones serve as a store house for _____.
 (A) potassium (B) phosphorus (C) both (B) & (D) (D) calcium
14. Acceleration due to an external force acting on a moving object is technically defined as change in that object's: (1)
 (A) location (B) velocity (C) movement (D) direction
15. Using a sweep shot in hockey, wherein more force and time are applied, gives it much more power than a hit is an example of which principle of Biomechanics _____. (1)
 (A) force-motion (B) force-time
 (C) range of motion (D) segmental interaction
16. _____ is the simplest possible joint movement. (1)
 (A) Flexing movement (B) Circular motion
 (C) Swinging motion (D) Gliding movement
17. Match the following columns. (1)

List-I		List-II	
1.	Preparatory Period I	(i)	Active rest
2.	Preparatory Period II	(ii)	General fitness
3.	Competition Period	(iii)	Games related movement
4.	Transitional Period	(iv)	Competition provided

Codes:

(A)	(B)	(C)	(D)
(i) 2	(i) 2	(i) 1	(i) 4
(ii) 4	(ii) 3	(ii) 4	(ii) 1
(iii) 1	(iii) 4	(iii) 2	(iii) 3
(iv) 3	(iv) 1	(iv) 3	(iv) 2

18. Which of the following prohibited substance is used to slow heart rate and steady body movements? (1)
 (A) Anabolic Steroids (B) Diuretics (C) Stimulants (D) Beta Blockers

Section-B (Attempt any five)

19. Define the concept of Olympism. (2)
20. Write the two objectives of Adaptive Physical Education? (2)
21. Mention any two types of joint along with its scientific names. (2)
22. Write any one effect and one complication of using 'Anabolic Steroids'. (2)
23. Define substance abuse and eating disorders. (1+1)
24. Briefly explain Measurement & Evaluation. (2)

Section-C (Attempt any five)

- 25. Briefly explain any three career options in Physical Education. (3)
- 26. Describe the Olympic Motto. (3)
- 27. How can a Physiotherapist help CWSN children? (3)
- 28. Name three organs associated with respiratory system along with its function. (3)
- 29. Mention three types of body movement along with one example of each. (3)
- 30. Write down any six adolescence related problems. (3)

Section-D

- 31. Praveen is a good player. He wished to win in sports and make his country proud at the national and international level, but he does not get proper coaching and guidance. He takes it as a challenge and wants to pursue a career in sports so that he can provide coaching and proper guidance to such children. He wants to make them aware of the various schemes run by Government of India and encourages them to participate in these schemes so that they are able to make their country proud in the field of sports. (4)

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

- 31.1 State one National and one International competition in sports.
- 31.2 Write one career prospects in physical education?
- 31.3 What are the schemes run by government of India for promotion of Sports?
- 31.4 Mention the educational qualification requires to become a coach.

- 32. The path of yoga is a flight of eight steps. Efficiency in yoga is attained through step-by-step process. These are also known as eight elements of yoga. They are for the individual to think about and ponder over with a rational mind because yoga is not about mindlessly accepting externally imposed rules-it is about finding the truth for oneself and connecting with it. (4)

On the basis of your knowledge answer the following questions:

- 32.1 _____ is the first element of Yoga?
- 32.2 Which is the last element of yoga?
- 32.3 The last three limbs of Astanga yoga are the essential stages of meditation. Name them.
- 32.4 Name the five yamas or code of conduct towards the outside world?

- 33. Arun was training to take part in the 10000 m run for the National school games to be held six months later. His impression was that if he could attain an ideal weight, he would do well at the competition but he was unable to do so at the school trials. He then consulted his school PE instructor who explained to him that physical fitness was multi-factorial and not merely being having at ideal weight. Over the next three months, while working with the coach, he paid attention to all the five components of physical fitness with special focus on Endurance. The coach also focused on regular stretching and weight training in between. Thanks to his coach's understanding of fitness, he won the race on the final day. (4)

Keeping this in mind, answer the questions below:

- 33.1 Which component of Physical Fitness was mainly required by Arun?
- 33.2 Weight training is done for improvement of which component?
- 33.3 The Coach emphasized stretching for the improvement of which component?
- 33.4 Mention one athletic event where speed plays an important role.

Section-E (Attempt any three)

- 34. Define cooling down. Explain the benefits of cooling down. (1+4)
- 35. Elucidate the importance of anatomy and physiology in the field of sports. (5)
- 36. How can Physical education help in creating leaders? Elaborate. (5)
- 37. Explain how yoga can help in active lifestyle and stress management? (5)