



ANANDALAYA
PERIODIC TEST-2
Class: XI

Subject: Physical Education (048)

Date : 25-09-2024

M.M : 70

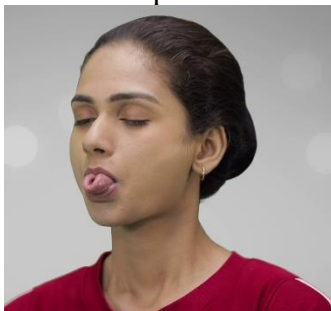
Time : 3 Hrs

General Instructions:

1. The question paper consists of 5 sections.
2. Section A consists of questions 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. **Attempt any five.**
4. Sections C consist of questions 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. **Attempt any five.**
5. Sections D consist of questions 31-33 carrying 4 marks each and are case studies.
6. Section E consists of questions 34-37 carrying 5 marks each and should not exceed 200-300 words. **Attempt any three.**

Section -A

1. RFID chips are of _____ and passive types. (1)
(A) active (B) motion (C) still (D) magnetic
2. Purification of oesophagus and stomach can be done by _____. (1)
(A) kapalbhati (B) dhouti (C) jal neti (D) vasti
3. Toxic chemicals and pesticides causing birth defects is a disability caused by ____ factor. (1)
(A) Genetic (B) Emotional (C) Environmental (D) Nutritional
4. Identify the pranayama shown in the picture below. (1)



- (A) Bhastrika (B) Sheetli (C) Bhramari (D) Kapalbhati
5. Strength of a muscle is dependent upon the number of which types of fiber? (1)
(A) red (B) white (C) yellow (D) all of these
 6. For sports such as rowing, we primarily need upper body's _____. (1)
(A) strength (B) flexibility (C) endurance (D) all of these
 7. Under khelo India, the scholarship of ` 5 lakh for talented players is awarded for ____ years. (1)
(A) Six (B) eight (C) four (D) five
 8. Emotional wellness is the ability to achieve a balance between work and _____. (1)
(A) leisure time (B) workplace stress
(C) building relationship with coworker (D) all of these

9. A person with intellectual disability is an IQ of _____. (1)
(A) below 70 (B) 70-100 (C) 100-125 (D) 125-150
10. Human body composition is focused on alerting the ratio of _____. (1)
(A) fat (B) muscle (C) both (i) and (ii) (D) none of these
11. Which of these is not a health-related component in testing? (1)
(A) speed (B) flexibility
(C) body composition (D) muscular strength
12. The first year of Fit India programme focused on _____. (1)
(A) equipment (B) fitness (C) playing area (D) eating habits
13. Adaptive physical education aims to _____. (1)
(A) promote physical fitness (B) enhance social adjustments
(C) develop motor skills (D) all of these
14. Interval time between the presentation of a stimulus and the initiation of the muscular response to that stimulus is called _____. (1)
(A) agility (B) reaction time (C) power (D) speed
15. The most common example of static strength is _____. (1)
(A) plank pose (B) push-ups (C) tadasana (D) high jump
16. Physical education personnel gets priority in special recruitment drives in the field of _____. (1)
(A) Medical (B) Engineering (C) Police & Defense (D) Textiles
17. With waist to hip ratio of over 1, the health risk are _____. (1)
(A) less (B) same (C) more (D) no difference
18. Mind does not distract during the state of _____. (1)
(A) Pratyahara (B) Ahimsa (C) Dhyana (D) Asana

Section-B

Attempt any five questions from this section

(5 x 2 = 10)

19. What are the three cycles of breathing in pranayama? (2)
20. Write about the sensors used in modern sports? (2)
21. Define adaptive physical education. (2)
22. Exemplify specific task fitness. (2)
23. 'Power lifting needs endomorph somatotype.' Explain. (2)
24. Mention the causes of disability. (2)

Section-C

Attempt any five questions from this section

(5 x 3 = 15)

25. Describe the soft skills required for a career in sports media. (3)
26. What is kapalbhati? List its health benefits. (3)
27. What etiquette should be followed while dealing with a hearing impaired person? (3)
28. Why environmental wellness important in today's time? (3)
29. Explain any one type of Sheldon somatotype classification. (3)
30. Define First-aid along with its aim and objectives. (3)

Section-D

31. A group of physically disabled people was in party where other persons were also present. While some of them were decent with the disabled but some others were disrespecting too. Based on this information and the image answer the questions. (4)



- 31.1 Communicate with the individual slowly and _____.
 - 31.2 Make _____ contact during your communication with them.
 - 31.3 Keep your surroundings _____, friendly and comfortable for people with special needs.
 - 31.4 Do not make assumptions about their _____.
32. Fit India Movement/Programmed was launched on 29th August, 2019 by the Government with the view to make fitness an integral part of our daily lives. Based on this and its logo answer the questions that follow: (4)



- 32.1 The mission of the movement is to bring about behavioral changes and move towards a _____ active life style.
 - 32.2 _____ movement is a people centric movement to be run on voluntary basis with participation of as many citizens as possible.
 - 32.3 It promotes traditional rural and indigenous games by inculcating at least ____ to ____ minutes of physical activities.
 - 32.4 It aims to create awareness amongst the citizens about personal _____ and its importance.
33. While selecting test items for the fitness, a Physical education teacher asked her students to list down test items and explain why they chose that particular activity. By doing so, teacher was also trying to make students understand the impact of each activity and relationship between components of physical fitness. (4)

On the basis of given information answer the following questions.



- 33.1 List down any two exercises for explosive strength.
- 33.2 Mention any two exercises for muscular endurance.
- 33.3 Muscular strength can be measured through _____.
- 33.4 Shuttle run test can be used to measure _____.

Section-E

Attempt any three questions from this section

(3 x 5 = 15)

34. Explain any five qualities and the role of a leader in holding his team together. (5)
35. Distinguish between Test, Measurement and Evaluation. Highlight their importance in sports. (5)
36. How a Speech therapist, Occupational therapist and a Special educator help CWSN children? (5)
37. Differentiate between skill related physical fitness and health related fitness components of physical education. (5)