

INTERNATIONAL INDIAN SCHOOL, DAMMAM
BOYS SENIOR SECONDARY SECTION
FIRST TERM EXAMINATION

SUB : PHYSICAL EDUCATION (48)

Marks 70

CLASS -XI

SET - A

Time: 3 Hrs

(For Humanities)
Boys

All the questions are compulsory

Answer of questions carrying 1 mark should not exceed 30 words.

Answer of questions carrying 2 mark should not exceed 60 words.

Answer of questions carrying 3 mark should not exceed 100 words.

Answer of questions carrying 5 mark should not exceed 250 words.

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| Q. 1. | What do you mean by Physical Education? | 1 |
| Q. 2. | What are yogic kriyas? | 1 |
| Q. 3. | Name the element of Yoga. | 1 |
| Q. 4. | What are prohibited substances? | 1 |
| Q. 5. | What is gene doping? | 1 |
| Q. 6. | What are artificial oxygen carriers? | 1 |
| Q. 7. | What do you mean by test? | 1 |
| Q. 8. | What is BMI? | 1 |
| Q. 9. | Write the formula for calculating BMI. | 1 |
| Q.10. | What do you mean by samoto type? | 1 |
| Q.11. | What are health status indicators? Enlist them. | 2 |
| Q.12. | Discuss the ways to prevent diabetes? | 2 |
| Q.13. | What do you mean by pranayama? Mention type of pranayama. | 2 |
| Q.14. | What are the traits of endomorphs? | 2 |
| Q.15. | What is waist – Hip Ratio? How is it calculated? | 2 |
| Q.16. | How do you measure skinfolds? | 2 |
| Q.17. | Define physical fitness and wellness in details. | 3 |
| Q.18. | “Yoga is an Indian heritage” Elaborate. | 3 |
| Q.19. | Discuss the procedure of measurement of leg length and upper leg length. | 3 |
| Q.20. | Briefly explain the importance of test and measurement in sports | 3 |
| Q.21. | What are Beta -2 Agonist? | 3 |
| Q.22. | What are the side effects of stimulants and narcotics? Explain. | 3 |
| Q.23. | Explain any two Classification of Body types. | 5 |
| Q.24. | Discuss prevention of and management of obesity in detail. | 5 |
| Q.25. | What is meditation? What is the importance of meditation in sports? | 5 |
| Q.26. | Describe the responsibility of an athlete? Explain urine test and blood test. | 5 |
| Q.27. | Explain in details Minor and Major Complication of any five Prohibited Substances | 5 |
| Q.28. | What is good health and what are the indicators of physical health? | 5 |