

21/1/16

INTERNATIONAL INDIAN SCHOOL, DAMMAM
BOYS SENIOR SECONDARY SECTION
MODEL EXAMINATION
PHYSICAL EDUCATION (048) Theory

CLASS : XI

Max. Marks:70

SET- A

SCIENCE

Time: 3 Hrs

All the questions are compulsory

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

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

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

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

Q: 1.	What is sports journalism?	1
Q: 2.	Define Endurance?	1
Q: 3.	What is Olympic Moto?	1
Q: 4.	What do you mean by elements of yoga?	1
Q: 5.	What do you mean narcotics?	1
Q: 6.	What do you mean by adaptation?	1
Q: 7.	What is body Composition?	1
Q: 8.	What do you mean by appendicular skeleton?	1
Q: 9.	Mention briefly about freely movable joints?	2
Q: 10.	Clarify the meaning of equilibrium?	2
Q: 11.	What do you mean by sports training?	2
Q: 12.	What is the contribution of Central Advisory Board of Physical Education and Recreation	2
Q: 13.	What is a intellectual wellness?	2
Q: 14.	What are the criteria for the Rajiv Gandhi Khel Ratna Award?	2
Q: 15.	What do you mean by harmful ergogenic aids?	2
Q: 16.	What do you mean by waist-Hip Ratio?	2
Q: 17.	What do you mean by Force? Explain their Types?	3
Q: 18.	What are the various career option in physical education?	3
Q: 19.	Discuss any three technique in behavior change in for physical activity.	3
Q: 20.	Discuss about Olympic fame and Olympic oath.	3
Q: 21.	“Yoga is Indian Heritage”, elaborate.	3
Q: 22.	What do you mean by law of reaction along with application in sports?	3
Q: 23.	How will you measure the somototype? Explain the procedure in brief.	3
Q: 24.	What do you mean by sports training? Enumerate the principles of sports training.	5
Q: 25.	Explain the structure of heart with diagram	5
Q: 26.	Explain Oxygen Depth in detail.	5
Q: 27.	Explain warming up and limbering down?	5
Q: 28.	Elucidate the importance of anatomy and Physiology in the field of sports.	5