INTERNATIONAL INDIAN SCHOOL, DAMMAM
BOYS SENIOR SECONDARY SECTION
SECOND TERM EXAMINATION
PHYSICAL EDUCATION (048) Theory
CLASS: XI (Humanities Stream)

Max. Marks: 70
Time: 3 Hrs

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.

Q: 1. What do you mean by IPC? 1
Q: 2. What is Olympic movement? 1
Q: 3. What do you mean by lifestyle physical activity? 1
Q: 4. What do you mean by sports environment? 1
Q: 5. Define Physiology? 1
Q: 6. What do you mean by axial skeleton? 1
Q: 7. Define force? 1
Q: 8. Define centre of gravity? 1
Q: 9. What are objective of Chacha nehru award? 2
Q: 10. Briefly describe about Olympic Oath. 2
Q: 11. What do you mean by body composition? 2
Q: 12. Is physical activity environment should be safe and clean. Why? 2
Q: 13. What are joints? Any four Types. 2
Q: 14. What are the capillaries and types of capillaries? 2
Q: 15. What do you mean by centrifugal force? 2
Q: 16. What do you mean by law of acceleration? 2
Q: 17. Are the Olympic Games free from discrimination today? Give your views. 3
Q: 18. Write a short note on Indian Olympic Association 3
Q: 19. Discuss any three components of health related physical activity 3
Q: 20. Discuss the function of muscles. 3
Q: 21. Explain arteries and veins. 3
Q: 22. Explain the role played by coubertine in the origin of Modern Olympic games. 3
Q: 23. Explain principal of Stability. 3
Q: 24. What do you understand skeleton system? Explain the free movable joints in detail. 5
Q: 25. What are types of lever and application in sports? 5
Q: 26. Explain Respiratory System with Diagram. 5
Q: 27. Explain Arjun Award in detail? 5
Q: 28. Explain Oxygen dept. 5
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Time: 3 Hrs

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Q: 1. Mention about Olympic flame? 1
Q: 2. What is the aim of CBSE sports? 1
Q: 3. What do you mean by flexibility? 1
Q: 4. Enlist the elements of positive sports environment? 1
Q: 5. Define Anatomy? 1
Q: 6. What do you mean by human physiology? 1
Q: 7. What do you mean by biomechanics? 1
Q: 8. What do you mean by equilibrium? 1
Q: 9. What is the criteria for dhonacharya Award? 2
Q: 10. What are the main functions of IOC? 2
Q: 11. What are vigorous physical activity? 2
Q: 12. Give any two exercises in the stage of adolescence. 2
Q: 13. Mention briefly about freely movable joints. 2
Q: 14. What do you mean by skeletal system? 2
Q: 15. What do you mean by centripetal force? 2
Q: 16. What is law of inertia? 2
Q: 17. Discuss about the opening ceremony of Modern Olympic Games 3
Q: 18. Explain the role played by cobertine in the origin of Modern Olympic games. 3
Q: 19. Discuss any three technique in behavior change in for physical activity. 3
Q: 20. Elucidate the classification of bones 3
Q: 21. What do you mean by twitch muscles? Explain? 3
Q: 22. What do you mean by law of reaction along with application in sports? 3
Q: 23. What are the three types of Force explain with application in sports 3
Q: 24. Explain Rajiv Gandhi Khel Ratna Awards in detail. 5
Q: 25. Explain the structure of heart with diagram 5
Q: 26. Explain Oxygen Depth in detail. 5
Q: 27. Explain origin of Ancient Olympic games. 5
Q: 28. Elucidate the importance of anatomy and Physiology in the field of sports. 5