

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

CLASS: XI

*(Humanities Stream)*

**Max. Marks:70**

P- B

**Time: 3 Hrs**

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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 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.	Discus 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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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 coubertine 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